

JUNGLIAN FUNCTIONS

ISFP

Make room for
what matters

Fi
Se
Ni
Te



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PERSONALITY COLLECTION

Before you begin

This book explores ISFP through Jungian functions. You can read it to understand the framework, examine a type hypothesis, or revisit a decision whose reasons remain difficult to explain.

I want to offer questions specific enough to use in your life. The examples are neither a diagnosis nor an official assessment. The framework leaves much out: your history, learned skills, culture, and the circumstances in which you act.

Pages 7–48 present the collection’s shared foundations. The ISFP section begins on page 49. Both language editions follow the same path.

Mila, Samir, and Jeanne are fictional characters. Their neighborhood walk provides a continuing example. The places are imaginary; the illustrated maps are not real routes to follow.



Why I wrote this book

I'm Kyrian Hermansen. I have spent more than 200 hours studying this subject and worked through personality typing with more than 200 people. That personal experience informs my explanations; it is not a scientific study.

I care deeply about making Jungian functions understandable. They are often skimmed over, although I believe they should guide the search for a type. A list of appealing traits tells us little about the reasons behind a decision.

ISFP deserves more than the quiet-artist stereotype or the idea of someone who simply follows a feeling. You can care about a value and reason carefully. Enjoying a hands-on activity need not define your personality.

I want you to recognize a process, then look for a counterexample. Changing your hypothesis along the way can be a useful outcome too.



Planning a walk together

Mila is helping Samir and Jeanne prepare a short neighborhood walk. They hope to share places residents care about: a shaded square, an old storefront, a flower-filled courtyard. Each brings memories and preferences.

Mila loves the courtyard and already imagines the detour. Then she wonders whether its residents actually want a group passing through. Samir would like to settle the route soon. Jeanne points out that a walk they enjoy will not necessarily suit every visitor.

They must check access, obtain needed permission, and describe the duration honestly. The project leaves room for convictions, direct experience, interpretations, and practical resources.

No character represents a single function. Mila provides a starting point for observing different ways of considering the same situation, including uncertainty and revision.



Finding your way through the book

If functions are new to you, begin with the origins and the eight processes. The ISFP portrait follows, then a chapter for each function in the sequence used here: Fi, Se, Ni, and Te.

If you know the basics, you can begin on page 49 and return to definitions when needed. “Feeling” and “sensing” have technical meanings here; everyday usage can be confusing.

The applications cover work, relationships, learning, and ordinary decisions. The final notebook offers four weeks of observation. There is no required score and no exercise you must pass to keep your type.

Keep a real example nearby. A declined invitation, a commitment made too quickly, or an unfinished conversation often offers more to examine than a broad personality judgment. The references support further reading.



A few starting questions

Think of a recent decision that felt right to you. What did you choose? What did you accept giving up? Identify the specific reason for your satisfaction: perhaps you honored a commitment, protected time, or acknowledged a limit.

Then consider a disappointing decision. Was the outcome poor, or had you agreed to something that did not suit you? These problems can overlap but call for different responses.

Record what you knew when deciding. It is easy to judge using information that arrived later. Include other people's part: an explicit request, an assumed expectation, or a shared constraint.

Keep these notes. At the end, you can revisit the same situations with more precise language, without rewriting your history to fit the portrait.



Keep the portrait open

A typology distinguishes tendencies to make some differences easier to describe. It necessarily simplifies the people it describes. For Jung, this question belongs to a wider account of psychological life; it does not provide a list of sixteen identities to adopt. [4, 5]

Saying “I’m ISFP” can start a conversation about how you understand a situation. It still leaves much out: your history, your skills, learned habits, and what today’s circumstances require.

You may recognize a process in the model without identifying with the qualities attached to a type’s nickname. You may also change your working hypothesis as you learn about the functions. That possibility belongs in a careful examination of experience.

As you read, mark one passage that fits and one that does not. Find specific situations for both. Disagreement with a portrait deserves as much attention as the pleasure of recognizing yourself.



Reading the ISFP code

ISFP stands for Introversion, Sensing, Feeling, and Perceiving. In the arrangement used here, Introverted Feeling, Fi, is dominant. Extraverted Sensing, Se, is auxiliary. Ni and Te complete the sequence.

Feeling names a judgment process involving values. It does not measure the amount of emotion someone experiences. A thinking preference can accompany intense feeling; a feeling preference can accompany careful data analysis.

Sensing is not limited to sensory pleasure. It concerns attention to concrete information. You can enjoy abstract ideas and identify with ISFP, just as painting does not establish a type.

The letters offer organizational reference points. Examine the reasons behind choices and the information you seek. A type nickname cannot replace that work.



ISFP: make room for what matters

Recognize a preference, refine it through experience, and give it a form others can understand. The portrait begins with ordinary decisions, uncertain agreements, and room to change your mind.



The courtyard Mila wanted to share

Mila's first map crosses the flower-filled courtyard. She loves its light and the small objects beside the doors. Then Jeanne asks who gave permission. Mila realizes she has confused a visible place with an available one.

Her enthusiasm fades. She does not want to turn residents into scenery. The reaction gives her something to examine: how much room is she leaving for their choice? She can clarify that value without making one oversight a judgment on her entire character.

They leave the courtyard out while the question remains unresolved. Mila looks for a public stop. She feels disappointed to lose an image she liked and relieved not to disregard the concern.

Agreement with a decision can coexist with regret about its cost.



ISFP or INFP?

In this convention, ISFP and INFP share dominant Fi and inferior Te. Comparison concerns Se and Ne: attention to present experience or exploration of possibilities and associations. It does not divide practical people from deep thinkers.

Preparing a visit, you may want to go there, observe, and adjust. Or you may begin by generating possible angles and connections. Both approaches remain available to everyone.

Examine several situations where you genuinely could choose a method. What helped you move forward? What information did you seek before instructions required it?

One project cannot settle the question. Skills and context may explain the method. Record similarities and differences, leaving the hypothesis open rather than choosing the most flattering portrait.



Fi: clarify what matters to you

A value can guide a choice before you can explain it. Naming it lets you discuss it, consider its consequences, and choose how to honor it.



Introverted Feeling

In typology, Fi is a judgment process directed toward internal reference points of value. It examines what seems acceptable, important, or faithful to a conviction. “Feeling” describes more than a passing emotion.

Mila can feel disappointed about removing the courtyard while approving the decision. Emotion and judgment do not say exactly the same thing. She likes the place and also wants residents to choose what they share.

This distinction keeps every desire from becoming a value. It also acknowledges that a difficult decision can remain right to you without bringing immediate pleasure.

Revisit a choice you stand by despite its cost. What priority did you protect? Describe it concretely enough for someone else to understand its effect here.



Se: meet the actual situation

An idea can change after a few minutes on site. Attending to what is present gives your values concrete conditions and lets you adjust what you imagined.



Extraverted Sensing

Se directs attention toward concrete information in the present environment. A detail, distance, voice, or visible change may inform a decision. It guarantees neither perfect perception nor technical skill.

Mila estimated the walk from a map. Walking with Jeanne, she notices two stops require backtracking. The route remains possible, but its rhythm no longer matches a short, relaxed visit.

Observation gives her a question to address. She can reorder stops, shorten the route, or announce a different duration. Concrete information does not choose for her.

Find something you know mainly through representation. Could a visit, trial, or demonstration add information? Specify what you want to check first.



Ni: finding an overall direction

Details can give rise to an overall impression. Put it into words, then examine what it illuminates, what it assumes, and what information might change it.



Te: give your choices practical support

An intention becomes easier to honor when people know what needs doing, by whom, and under which conditions. Simple structure can support a project you care about.



Week 1: name a priority

This week, choose a decision small enough to describe precisely. Record available options and your choice. Name the reason that mattered most before assigning any function.

Make the reason concrete. If you write “protect my freedom,” specify what you wanted to do or decline. If you write “be loyal,” identify the commitment involved.

Add the accepted cost. A choice can protect a priority while disappointing you elsewhere. Keep both in the account.

At week’s end, revisit two decisions. Did the same priority guide them? If not, what changed in context? You need not construct perfect consistency. The aim is greater precision about your reasons.

