



# Advocate

## Personality

### INFJ-A / INFJ-T

(WHAT'S THE DIFFERENCE?)



# 01 Introduction

*"Treat people as if they were what they ought to be and you help them to become what they are capable of being."*

Introduction



The Advocate personality type is very rare, making up less than one percent of the population, but they nonetheless leave their mark on the world. Advocates have an inborn sense of idealism and morality, but what sets them apart is that they are not idle dreamers. These individuals are capable of taking concrete steps to realize their goals and make a lasting positive impact.

People with this personality type tend to see helping others as their purpose in life. Advocates can often be found engaging in rescue efforts and doing charity work. However, their real passion is to get to the heart of the issue so that people need not be rescued at all.



## Help Me Help You

Advocates indeed share a unique combination of traits. Though soft-spoken, they have very strong opinions and will fight tirelessly for an idea they believe in. They are decisive and strong-willed, but will rarely use that energy for personal gain.

Advocates will act with creativity, imagination, conviction, and sensitivity not to create an advantage, but to create balance. Egalitarianism and karma are very attractive ideas to Advocate personalities. These types tend to believe that nothing would help the world so much as using love and compassion to soften the hearts of tyrants.

*Nothing lights up Advocates like creating a solution that changes people's lives.*

Advocates find it easy to make connections with others. They have a talent for warm, sensitive language, speaking in human terms, rather than with pure logic and fact.

It makes sense that their friends and colleagues will come to think of them as quiet Extraverted personality types. However, they would all do well to remember that Advocates need time alone to decompress and recharge, and not to become too alarmed when they suddenly withdraw. Advocates take great care of others' feelings, and they expect the favor to be returned – sometimes that means giving them the space they need for a few days.

## Live to Fight Another Day

Really, though, it is most important for people with the Advocate personality type to remember to take care of themselves. The passion of

point. If their zeal gets out of hand, they can find themselves exhausted, unhealthy, and stressed.

This becomes especially apparent when Advocates find themselves up against conflict and criticism. Their sensitivity forces these personalities to do everything they can to evade these seemingly personal attacks. When the circumstances are unavoidable, however, they can fight back in highly irrational, unhelpful ways.

To Advocates, the world is a place full of inequity – but it doesn't have to be. No other personality type is better suited to create a movement to right a wrong, no matter how big or small. Advocates just need to remember that while they're busy taking care of the world, they need to take care of themselves, too.

---

## Strengths & Weaknesses



## Advocates You May Know

