

10 Prompts to Kickstart Introverted Intuition

Use these prompts while journaling, thinking, in pauses as you're learning, or while talking to yourself out loud (a very common— and surprisingly helpful— INFJ practice!).

Don't let yourself get overwhelmed by trying to use every prompt. Look through them until you find one that gets your wheels turning, then dive as deep as you can!

Processing Experiences

- What did that experience teach you about the way you, another person, or the world works?
- What insight does that experience give you about your feelings or needs?
- What insight does that experience give you about the other person? (It can be easy to assume— often incorrectly— that a difficult interaction says something negative about us).
- Imagine that you are the other person, doing or saying what they did. What might have motivated them?
- If that experience didn't go the way you expected, what made it go the way it did? How can you apply that to your future expectations?

Learning

- How does this new information relate to knowledge you already have about this topic? Think about connections and contradictions between this new information and the old.
- What does this new knowledge add to your understanding of the topic?
- Look at this new piece of information from different perspectives. Imagine how this fact, principle or theory plays (or played) out in the world, in real life. What is/was its impact?
- What insight does this information give you about the past (personal experiences or larger history)?
- What are some ways this information might inform your attitudes, beliefs, or actions in the future? Play through different scenarios and imagine responses you can make that are informed by this insight.