

The Unifier

Champion (ENFP), Counsellor (INFJ), Healer (INFP), and Teacher (ENFJ)

Unifiers are abstract in speech and cooperative in pursuing their goals. Their greatest strength is diplomatic integration. Their best developed intelligence role is either *mentoring* (Counsellors and Teachers) or *advocacy* (Healers and Champions). As the *identity-seeking* temperament, Unifiers long for meaningful communication and relationships. They search for profound truths hidden beneath the surface, often expressing themselves in metaphor. Focused on the future, they are enthusiastic about possibilities, and they continually strive for self-renewal.

Interests: Unifiers tend to study the humanities. They seek careers facilitating the personal growth of others, whether through education, counselling, or other pursuits that promote the happiness and fulfilment of individuals and society.

Orientation: The lives of Unifiers are guided by their devotion to their personal ethics. They are altruistic, taking satisfaction in the well-being of others. They believe in the basic goodness of the world and of the people in it. They take a holistic view toward suffering and misfortune, regarding them as part of a larger, unknowable truth, a mystical cause-and-effect. With an eye toward the future, they view life as a journey toward a deeper spiritual knowledge.

Self-image: The Unifiers' self-esteem is rooted in empathetic action; their self-respect in their benevolence; and their self-confidence in their personal authenticity.

Values: The emotions of Unifiers "are both easily aroused and quickly discharged." Their general demeanor is enthusiastic. They trust their intuition and yearn for romance. They seek deeper self-knowledge and want to be understood for who they are behind the social roles they are forced to play. They aspire to wisdom that transcends ego and the bounds of the material world. They are driven to 'know thyself' which means becoming emotionally intelligent with capacity for affect regulation, vulnerability, intimacy, compassion, empathy and turning positive states into lasting traits.

Social roles: Unifiers seek mutuality in their personal relationships. Romantically, they want a *soul-mate* with whom they can share a deep spiritual connection. As parents, they encourage their children to form harmonious relationships and engage in imaginative play. In their professional and social lives, Unifiers strive to be catalysts of positive change.

Learning: Unifiers want teachers who are emotionally involved and expressive. They learn by discussions, by listening and sharing ideas. They are led by intuitive reactions and feelings of resonance. They are attracted to sensory, moving and feeling activities. They love interpersonal involvement and experiential interactions and thrive when intrapersonal self-development is the theme.

Stress: Unifiers experience stress when their desire for cooperation and harmony within their group conflicts with their desire for personal authenticity. Since Unifiers often go to great lengths to try to ensure that everyone's needs are met, they can become frustrated when others fail to do the same, either by acting independently of the wishes of the group, or by trying to enforce the wishes of the group without regard to individual needs. This tension is especially evident in the two mentoring types (Counsellors and Teachers). They can collapse into victimhood, overwhelmed with innocence, becoming irrational, aimless and fatigued.

Unifiers tend to come by their best ideas through a combination of intuition and feeling, so they may have difficulty explaining how they reached their conclusions. They may become frustrated, or even insulted, when others fail to share their enthusiasm and instead want an explanation of the reasoning behind the Unifier's insights. Since inspiration is not a conscious process, the Unifiers may not have an immediate explanation, even though their reasoning is sound, and so may feel dismissed and undervalued. Unifiers have a strong drive to work for the betterment of a group or organization, and can feel as though they are losing their identity if stuck in an environment that requires conformity. This is especially evident in the two advocating types (Champions and Healers).

Traits in common with other temperaments

- Abstract in communicating (like Clarifiers)
Unifiers focus not on what is, but on what could be or what ought to be (the ideal). They see the world as rich with possibilities for deeper understanding.
- Cooperative in pursuing their goals (like Stabilizers)
Unifiers believe that conflict raises barriers between people, preventing society from reaching its full potential. Unifiers seek harmony in personal and professional relationships, working toward solutions that respect the needs of all parties involved.