

15 Texts the INFJ in Your Life Would Love to Get

INFJs are very fond of the written word. For those INFJs who appreciate the value of texting, text messages are no exception to this fondness.

If there's an INFJ in your life who's very special to you, there are certain texts they would love to get from you. Some of the following texts would be fine for a friend, close family member, or significant other. But some should be reserved only for your beloved.

10 Texts to Send to the Special INFJ in Your Life, Plus 5 Bonus Texts

1. Hey, how are you doing?

Often, we INFJs don't want to burden other people with our problems. We're willing to listen to everyone else's, but somehow we think we're inconveniencing others when we admit something is wrong or when we just need to talk.

When you send this text, it's a nice reminder to your INFJ that you actually care about how they're doing. And you invite them to open up if something is wrong.

Just know that if you send this text, you need to be willing to listen if your INFJ wants to talk afterwards. They may just say

they're doing fine and then continue with their day, usually with a brighter smile.

But if they really do have something they need to share or talk to someone about, let them know you're available. If you don't have time when you send the text, though, just tell them when would be a good time to talk.

2. I was just thinking about you.

If you're in a romantic relationship with an INFJ, know that they will be thinking about you often. They would consider it a wonderful gift to know you were thinking about them, too. So, don't be shy about texting them these words when your INFJ crosses your mind.

You can also let your INFJ know if something specific you saw or something that happened reminded you of them. Anything you tell them to let them know they were in your thoughts will be welcome.

3. I'm so grateful for you.

Sometimes we INFJs can be really hard on ourselves. We tend to be perfectionistic, pushing ourselves to extremes and setting unrealistic expectations for ourselves.

To know that someone we care about is grateful for us in spite of all our flaws and imperfections would be a great

reminder to us that we don't have to push ourselves so hard. We're lovable just the way we are.

4. I'm going to the store. Do you need anything?

This is a thoughtful text. It says, in effect, "I know you're busy and may not have time to go to the store today. So, can I help you out by getting something you need?"

INFJs can have a lot of trouble asking for help. By offering your INFJ help—even in this seemingly small way—you're taking some of the burdens of life off their shoulders. And this is a terrific reminder to them that they're not dealing with things on their own.

5. I know we planned to go out this evening, but would you rather stay in?

I think most introverts would love to receive this kind of text, and INFJs are no exception. If you get the sense that your INFJ would rather spend a cozy night in instead of a somewhat hectic night out, go ahead and make this offer.

Just make sure you also don't mind staying in. If you had been looking forward to going out and will only reluctantly stay in, this might not be the best offer to make.

6. You've seemed a little tired/stressed lately. Is there anything I can take off your plate so you have more time to relax?

Like with the text in #4, this one is considerate. It lets your INFJ know that you care about their wellbeing and are willing to lend a hand to ensure they look after themselves. This kind of gesture will always endear you to an INFJ.

But only make this offer if taking something more on won't add stress to your plate. If you can't actually help your INFJ in this way, at least encourage them to lighten their own load so they have time to relax.

7. I've noticed you've been spending a lot of time around people recently. Do you want to cancel our plans this weekend so you can have some alone time?

This text lets an INFJ know that, not only are you paying attention to their needs, but you're willing to make sacrifices so they can meet them. Like all introverts, INFJs love and greatly value their alone time. Not only that—they need it to thrive.

If you've noticed your INFJ has been around people too much, send them this text to let them know you value them enough to change your plans for them. You can reschedule them for when your INFJ is feeling more energized and less peopled out.

Also note that if you're living with an INFJ and you feel they haven't had much time alone in the house, you can instead offer to give them some hours to themselves. (You don't have

to text this message, though.) This can happen if you're both teleworking, for instance.

The thing is, if you don't give your INFJ some alone time where you actually leave the residence, they may grow resentful.

They won't usually voice this resentment because they don't want to hurt your feelings. But if they're not getting much needed alone time, just know that they aren't happy. **Don't make your INFJ unhappy.** Give them some alone time.

8. I've noticed you haven't been taking much time for yourself lately. Do you want to cancel our plans this weekend so you can take some time for self-care?

This text is similar to the previous one, but it takes a more holistic view of an INFJ's self-care. Sometimes, in an INFJ's efforts to get all their work done and please everyone they know, they neglect simple things that energize, recharge, and fuel them—things like eating healthy, going out for walks in nature, reading, writing, journaling, listening to music, and other such activities.

Once again, by showing them you're willing to sacrifice your plans so they can look after their own needs, you're showing them how much you care about them. And an INFJ who feels cared for this way will be even more motivated to love and care for those around them.

Just know, while INFJs may appreciate this gesture, because of our nature, we may not accept the offer even if we really should. So, if you think your INFJ is in serious need of self-care—including alone time—you might have to insist they take the time for it.

9. Don't forget to take breaks while you're working.

We INFJs need these reminders **all the time**. We sometimes get so consumed with the idea that we need to be productive all day long that we forget to take breaks throughout the day. This inevitably leads to things like fatigue, exhaustion, and burnout.

Sometimes we feel we need permission to take breaks during the day. If you take just a moment to remind your INFJ to do this once in a while, you give them this permission. Plus, it shows them that you know their tendencies and you're looking out for them. They will love you for that.

10. I love you.

Speaking of love, this text is so simple but the effect can be powerful. While I have strong feelings about confessing love in a text, if a relationship has already been established, I think it's important to send an "I love you" text every now and then.

Of course, true love can't only be expressed in words—it

must be displayed in consistent actions. But seeing those words once in a while will warm your INFJ's heart and bring a smile to their face.

5 Bonus Texts

1. Don't forget to do something fun today.

This is similar to encouraging INFJs to take breaks while they work, but here we're talking about after the workday. For INFJs who haven't embraced the concept of self-care, work never stops after work.

That's the time to catch up on chores, cook, iron, go through mail, go through emails, respond to texts, pay bills, prepare a grocery list, go grocery shopping, play counselor to friends and family, and make a "To Do" list with everything they didn't get done that day.

Let me tell you, an INFJ's "To Do" list almost never includes the phrase "have fun," and it only rarely includes activities that actually bring them joy.

Do the INFJ in your life a favor and remind them to take time for fun, whether it be watching a movie, playing a game, reading, dancing, or whatever they enjoy. And really try to encourage them to do at least one fun thing every day, even if it's something small. That one activity can help keep an INFJ from becoming exhausted or burned out.

2. Let me know when you want to leave the event tonight.

Like with #5, this again has to do with INFJs' introversion. Since we can quickly become drained around others, it's important for us to limit our people time to manageable amounts. This is especially true when INFJs are also empaths or HSPs (Highly Sensitive People).

If you text this to an INFJ before an event, it will be a relief to them to know you're already considering how they may want to leave before you do. This will help keep them from feeling guilty if they ask you to leave early.

Of course, you could also just tell them this on the way to the event. But if you text this message earlier, they get to enjoy even more of this feeling of relief.

And if the event isn't something obligatory, you'll really make their day if you tell them they don't have to go at all. But we already addressed that in #5.

3. I know you've been working hard on [INSERT CREATIVE PROJECT]. Can I see it/listen to it when it's done?

INFJs tend to be very creative people. Unless something is seriously wrong, we're almost always working on some creative project or other.

Your INFJ may offer to share their projects with you on their

own. But if you offer to look at or listen to them without being asked, that will show them you're taking an interest in that which is most special and sacred to them. This is a way of showing you care on a whole different level, and it will cause their heart to soar.

4. It's been a while since you've/we've [INSERT FUN ACTIVITY]. Did you want to do that sometime soon (i.e. today, this week, this weekend)?

I don't think I can emphasize enough how important it is to encourage INFJs to have fun. Sometimes we see fun as a luxury, one other people have the privilege of enjoying. But there are just too many things to do and too many people who need us for us to take time to do something fun. It's almost like it's against the rules for us.

If you've noticed your INFJ hasn't done a specific activity you know they enjoy for some time, encourage them to do it—either the two of you together or in a group, or them alone.

If you've noticed that your INFJ hasn't been very creative lately, you can use this opportunity to encourage them to take time for creativity. It's almost as essential as breathing for us, so it's essential for us to make and take time for it.

5. Is there something I'm not doing that you wish I did or something I'm doing that you wish I didn't do?

INFJs are naturally peacekeepers and harmony-preservers.

We don't like to tell others when things are bothering us because we don't want to bother them—and also because sometimes we think people should just know.

Since we're so attuned to how others are feeling, we often expect others to be attuned to our feelings. But, sadly, this is not usually the case. And it's this lack of communication that often leads to the infamous INFJ door slam.

You don't have to do this frequently. But, from time to time, you might want to check in with your INFJ to see if there's anything they would like you to do differently. They may say nothing, even after you encourage them to be honest. If that's the case, leave it at that.

But if they mention something, don't take it lightly. It probably took them great courage to be honest, and they most likely wouldn't mention something that was only a minor issue.

Just know, you shouldn't send this text if you're not actually prepared to change anything. And if you do sense something is wrong and they say it's not about you, you'll have to ask them what the real problem is.

You might have noticed that a lot of these texts have to do with paying attention to when an INFJ isn't looking after their needs. This is an all-too-common occurrence for INFJs. So, if someone in

our life makes a point to encourage us to take time for self-care, that will endear them to us even more.

Just make sure all your offers are sincere. Don't offer to help if you have no real help to offer or no time to offer it. But if you can just find a way to let your INFJ know that you love them, value them, and care about their health and wellbeing, do that.

One last tip. Don't be afraid to send an INFJ a long text. I know texting is supposed to be for short-form writing, but we tend to write books wherever we go. And we enjoy reading them, too—both actual books and texted ones. So, don't be afraid to send them.

~ Ashley C.