



Stressors & Remedies

ESFP

Possible Stressors:

- Overly structured schedule or plans
- Lack of control over time frames for decisions
- Too much speculation, creative problem solving or long-term planning
- Inability to control circumstances
- Loss of relationships
- Loss of purpose
- Vague directions and unclear guidelines
- Binding commitments with no allowance for contingencies
- Finding personal feelings and needs overwhelmed when helping others

Typical Reactions to Stressors:

- Negative distortions of reality
- Out of balance priorities, inability to make decisions
- Withdrawal, avoidance of others
- Looking for meaning in trivial events or comments; seeming “slightly paranoid”
- Sense of incompetence at work and at home
- Distractibility, “spinning one’s wheels”
- Chronic anxiety and sense of impending doom

Resources and Remedies:

- Change of focus by reading or engaging in other distracting activities
- Reduce external activities to allow time to process your feelings, perhaps with a friend who listens nonjudgmentally
- Concentrate on realism rather than pessimism,
- Get help in identifying possibilities or options
- Consciously ignore or avoid distractions while working
- Ask others for help when needed
- Make contingency plans
- Get help in identifying, organizing and delimiting overwhelming information
- Find a creative outlet such as music, art, crafts or writing to spark new ideas

What else can you learn about yourself from your Myers Briggs® Type? Contact melinda@melindaelliottcoaching.com to find out!