



Stressors & Remedies

ESTJ

Possible Stressors:

- Feeling powerless - lack of control over time and tasks, or feeling unable to control a situation
- Changing procedures and poorly defined criteria
- Disorganized environment
- Frequent interruptions
- Illogical behavior
- Doubting your ability to cope with a situation
- Situations in which truth or principles are disregarded
- Inadvertently hurting someone while pursuing goals
- Failing to correct a situation when executing a plan

Typical Reactions to Stressors:

- Critical of self or others
- Conviction that others don't like you
- Self doubt, depressed
- Frequent expressions of anger
- Domineering, demanding stance
- Withdrawal, avoidance of others
- Becoming so engrossed in a situation that you seem cold and impersonal
- Self pity, illogical thinking, outbursts of emotions
- Fear of feeling strong emotions, may feel irrational

Resources and Remedies:

- Talk things through with a trusted person
- Reflect on the situation's negative impact on your own or others' well being
- Reconsider the facts and details to see whether goals and strategies should be adjusted
- Take time alone to regain control
- Engage in a physical activity
- Engage in an activity that will help you sort through motivations and emotions – journaling, reading, painting

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