



Stressors & Remedies

ESTP

Possible Stressors:

- Overly structured schedule or plans
- Lack of control over time frames for decisions
- Insufficient time for activities that bring renewal
- Long-term planning
- Inability to control circumstances
- Vague directions and unclear guidelines
- Binding commitments with no allowance for contingencies
- When concentrated efforts bring you no closer to your goals

Typical Reactions to Stressors:

- Negative distortions of reality
- Withdrawal, distancing from 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
- Consciously ignore or avoid distractions while working
- Ask others for help when needed
- Get help in identifying possibilities or options
- Make contingency plans
- Get help in identifying, organizing and delimiting overwhelming information
- Pursue favorite activities even if there doesn’t seem to be time
- Plan a remodeling project, an outdoor adventure vacation- something that captures the inner imagination

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