



Stressors & Remedies

INFP

Possible Stressors:

- Multiple tasks, demands and roles
- Rigid structures and time pressures
- Conflict and hostility among those close to you
- Insufficient time to work alone
- Controlling, demanding or confronting people
- Compromising values to keep harmony
- Taking a stand and being barraged with criticism
- Negativity and excessive criticism
- Fear of impending loss and separation
- Violation of values

Typical Reactions to Stressors:

- Refuse to consider new viewpoints or information
- Hypersensitivity – overreaction to imagined slights
- General and global negativity - critical of self and others
- Fear that you are incompetent
- Feel a strong urge to take action to correct errors
- Martyr attitude
- Depression, hopelessness, withdrawal
- Active and/or passive aggression
- Loss of confidence and sense of confidence

Resources and Remedies:

- Take time for fun, engage in relaxing activities
- Read mysteries, play chess, or engage in an activity that requires analysis and strategy
- Talk to close friends and associates
- Take time alone
- Refocus on what is right rather than what is wrong
- Keep it to yourself when you are upset
- Reflect on personal values and priorities
- Reconsider goals with a more realistic view of the failings of others

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