



Stressors & Remedies

ISTJ

Possible Stressors:

- Deadlines
- Feeling unappreciated
- Others' incomplete or sloppy work that affects the quality of your work
- Dealing with sudden change
- Being asked to change something without a good reason
- Requirement to do things in an inefficient, ineffective way
- Being asked to "wing it"
- Brainstorming
- Dealing with people whose approach denies fact

Typical Reactions to Stressors:

- Negativity and pessimism
- Difficulty handling details or specifics
- Alternate between accommodating other's requests and withdrawing or resisting
- Blaming, accusing others
- Decrease in efficiency and productivity
- Sleeplessness, obsessive thinking about problems or worrying about the future
- Impulsiveness, thoughtlessness
- Catastrophizing

Resources and Remedies:

- Engage in relaxing activities engaging the senses – take a walk, listen to music
- Concentrate on the big picture, what's real and what isn't?
- Imagine the worst possible outcome and then plan the best approach to work towards resolution
- Organize and accomplish small projects
- Think through a situation, identifying what is real and what isn't
- Share your feelings with someone who will provide non-intrusive, forthright concern, and resists providing solutions
- Ask for help when needed

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