



Stressors & Remedies

ENFJ

Possible Stressors:

- Uncooperative, undermining co-workers
- Feeling like you are not trusted and/or taken seriously
- Pressure to conform when you don't agree
- Confrontational, divisive relationships
- Having to deal with sudden change
- Personal criticism
- Insufficient time to do a good job
- When values are compromised
- Perception that a problem is your fault

Typical Reactions to Stressors:

- Negative and pessimistic
- Blaming, accusing others
- Over-controlling, rigid approach
- Insensitive, cold, short tempered, or defensive
- Withdraw, become depressed
- Self doubt
- Inefficient and scattered
- Obsessed with "seeking the truth"
- Overanalyze problems
- Seek harmony by compromising too much

Resources and Remedies:

- Socialize
- Share your feelings with others or write them down in a journal
- Start a new project
- Withdraw; find quiet time to reenergize
- Rely on spiritual values
- Join a support group
- Work to transform the stressful situation into a rewarding experience
- Delegate lower priority tasks
- Review the situation with an impartial third party

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