



Stressors & Remedies

ENTJ

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
- Belief that you or someone else is incompetent
- Accusations that you are treating people like objects
- Situations in which truth or principles are disregarded

Typical Reactions to Stressors:

- Critical of self or others
- Believe that others don't like you
- Over sensitive to others' emotions
- Doubt yourself and your abilities
- Depression, withdrawal, avoidance of others
- Fear of feeling strong emotions, or of becoming irrational
- Frequent expressions of anger
- Domineering, demanding stance
- Rigid when solving problems, closing your mind to other viewpoints
- Self pity, illogical thinking, or emotional outbursts

Resources and Remedies:

- Talk things through with a trusted person
- Slow down, put tasks aside and consider whether your principles are reflected in your actions
- Consider how others are being affected
- Take time alone to regain control
- Do something to express your emotions – compose poetry, do artwork, listen to music
- Engage in a physical activity

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