



Stressors & Remedies

ESFJ

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
- Lack of emotional support
- Situations where others are hurt

Typical Reactions to Stressors:

- Negative and pessimistic
- Blame others for your mistakes
- An over-controlling, rigid approach
- Insensitive, cold, short tempered, defensiveness
- Depression, withdrawal, avoidance of others
- Self-doubt
- Feel scattered, disorganized, out of sorts
- Overanalyze problems

Resources and Remedies:

- Socialize
- Review the situation with an impartial third party
- Share your feelings with others or write them down in a journal
- Alter routines or 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
- Rest, pay attention to physical needs

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