



Stressors & Remedies

INTP

Possible Stressors:

- Working under strict rules and regulations
- Working with, being supervised by, or supervising incompetent people
- Being responsible for or dependent upon other's work results
- Anything illogical, unjust or unfair
- Too little time alone, too many people, being required to extravert
- Being confronted with strong negative emotions
- Not being understood
- Insufficient alone time

Typical Reactions to Stressors:

- Easily upset (may keep it inside or express it)
- Become entrenched in your position, cutting yourself off from others
- Hypersensitivity – overreact to imagined slights
- Over emotional
- Fear of permanently losing control of feeling and emotions
- Active and/or passive aggression
- Complaining, pouting
- Hypersensitivity to signs that you are ignored, disregarded, or disliked
- Preoccupation with minor logical inconsistencies

Resources and Remedies:

- Ask others for space, time alone to recover and regroup energies
- Use logic to identify and address unfounded fears
- Disengage from the situation
- Share your feelings with someone who will provide non-intrusive, forthright concern
- Look for new possibilities when stuck
- Engage in physical activity

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