



Stressors & Remedies

ISFP

Possible Stressors:

- Multiple tasks, demands and roles
- Rigid structures
- Pressure to make decisions with long term ramifications
- Conflict and hostility among those close to you
- Insufficient time to work alone
- Controlling, demanding or confronting people
- A political climate that demands conformity to unacceptable values or procedures
- Negativity and excessive criticism
- Fear of impending loss and separation
- Public airing of private matters
- Giving too much of yourself in service to others
- Violation of values

Typical Reactions to Stressors:

- Hasty actions or intense take-charge behavior
- Hypersensitivity – overreaction to imagined slights
- General and global negativity - critical of self and others
- Fearful that you are incompetent
- Feel a strong urge to take action to correct errors
- A martyr attitude
- Depression, hopelessness
- Active and/or passive aggression
- Loss of confidence

Resources and Remedies:

- Take time for fun, engage in relaxing activities
- Pull back from service to others
- Stop the cycle of guilt by using cause-and-effect statements to objectively determine what happened
- Talk to close friends and associates
- Take time alone
- Refocus on what's right rather than what's wrong
- Keep it to yourself when you are upset
- Reflect on personal values and priorities
- Read mysteries, play strategy games, or come up with a new system for organizing to put some order to life

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