



Stressors & Remedies

ISTP

Possible Stressors:

- Multiple tasks, demands and roles
- Rigid structures and time pressures
- Conflict and hostility in the workplace
- Being confronted with strong negative emotions
- Being unable to find ways to make things go faster or more smoothly
- Insufficient alone time
- Controlling, demanding or confronting people
- Violation of values
- Fears of losing something of value

Typical Reactions to Stressors:

- Hasty actions or intense take-charge behavior
- Become entrenched in your position, cutting yourself off from others
- Overreaction to helpful suggestions of others
- Insistence on logic, splitting hairs
- Hypersensitivity – overreact to imagined slights
- General and global negativity - critical of self and others
- Over emotional
- Cynicism, distrust and disappointment
- Martyr attitude
- Depression, hopelessness
- Active and/or passive aggression
- Loss of confidence and sense of competence
- Desire to jump into action

Resources and Remedies:

- Consider all options available
- Ask others for space, time alone to recover and regroup energies
- Reflect on personal values and priorities
- Review the facts, look for new interpretations
- Take time for fun, engage in relaxing activities
- Refocus on what's right rather than what's wrong
- Share your feelings with someone who will provide non-intrusive, forthright concern

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