

MBTI® types and stress triggers

<h3>ISTJ Stress Triggers</h3> <p>These could turn your world upside down</p> <p>challenging my bottom-line approach</p> <p>ABANDONING/DEVIATING FROM ROUTINE</p> <p>being rushed</p> <p>disregarding my established rules and regulations</p> <p>noise</p> <p>MESS/DISORDER</p> <p>BROAD INFORMATION</p> <p>ISTJ change</p> <p>UNCERTAINTY</p> <p>DENYING</p> <p>dismissing</p> <p>PERSONAL my logical</p> <p>NEEDS decisions</p> <p>Resilience tip for ISTJs: Talk with others to help you prioritize some logical actions you could take. Make sure you carry these out.</p>	<h3>ISFJ Stress Triggers</h3> <p>These could turn your world upside down</p> <p>PROCRASTINATION</p> <p>LAST-MINUTE CHANGES</p> <p>disregarding my established rules and regulations</p> <p>not being appreciated for the daily help I give</p> <p>WORKPLACE others' inadequacy</p> <p>CONFLICT affecting my work</p> <p>ISFJ noise</p> <p>INDECISION</p> <p>DISMISSING HOW I FEEL</p> <p>insufficient time to prepare</p> <p>others repeating mistakes</p> <p>Resilience tip for ISFJs: Talk with a few people you trust to help you prioritize what needs to be done and make a decision.</p>	<h3>INFJ Stress Triggers</h3> <p>These could turn your world upside down</p> <p>not being appreciated for "making a difference"</p> <p>SHORTSIGHTEDNESS</p> <p>Indecisiveness</p> <p>feeling</p> <p>DISORDER</p> <p>misunderstood</p> <p>LOUDNESS</p> <p>lack of closure</p> <p>NEGATIVITY</p> <p>FORCED TIME</p> <p>FROM OTHERS MANAGEMENT</p> <p>inflexible work environment</p> <p>dismissing how I feel</p> <p>IDEAS MET WITH CRITICISM</p> <p>CONFLICT</p> <p>INFJ routine</p> <p>disturbed</p> <p>"LET'S GO AROUND THE CIRCLE AND SHARE"</p> <p>Resilience tip for INFJs: Sit down with a trusted friend, maybe someone who helped you in the past, and decide which of your ideas would work best.</p>	<h3>INTJ Stress Triggers</h3> <p>These could turn your world upside down</p> <p>DISORGANIZED WORK ENVIRONMENT</p> <p>shortsightedness</p> <p>MICROMANAGING</p> <p>not having a goal in mind</p> <p>LACK OF INITIATIVE</p> <p>limited time to change plans</p> <p>procrastination</p> <p>talking about our</p> <p>INTJ feelings</p> <p>challenging my competence</p> <p>decision</p> <p>DISMISSING MY LOGICAL DECISIONS</p> <p>mindless rule followers</p> <p>Resilience tip for INTJs: Talk to others to decide which of your ideas are the best, and then implement these, even if you haven't explored every angle.</p>
<h3>ISTP Stress Triggers</h3> <p>These could turn your world upside down</p> <p>inefficiency</p> <p>lack of independence</p> <p>inability to logically assess situations</p> <p>challenging my bottom-line approach</p> <p>out-of-control emotions</p> <p>forcing a decision</p> <p>NOISE</p> <p>FORCED INTO DISMISSING MY ANALYSIS OF A PROBLEM</p> <p>EXTRAVERTED ACTIVITIES</p> <p>ISTP SMALL TALK</p> <p>disregarding my practical realities</p> <p>STRICT GUIDELINES</p> <p>Resilience tip for ISTPs: Talk to people to help you reconnect with the facts. Listen to their advice and let them know what you decide to do.</p>	<h3>ISFP Stress Triggers</h3> <p>These could turn your world upside down</p> <p>ENVIRONMENTS</p> <p>NEGLECTING PERSONAL VALUES</p> <p>disruptiveness</p> <p>DISREGARDING MY PRACTICAL REALITIES</p> <p>CONFLICT too much</p> <p>SITUATIONS happening</p> <p>DISMISSING WHAT I FEEL</p> <p>time pressure</p> <p>ISFP lack of understanding</p> <p>procedures limiting my freedom</p> <p>Resilience tip for ISFPs: Talk to others to get their reassurance and help in considering alternatives.</p>	<h3>INFP Stress Triggers</h3> <p>These could turn your world upside down</p> <p>MUNDANE WORK</p> <p>time management</p> <p>required of me</p> <p>NEGATIVITY FROM OTHERS</p> <p>shutting down my ideas</p> <p>BEING RUSHED</p> <p>values undermined or challenged</p> <p>ROUTINE</p> <p>PEOPLE/WORK</p> <p>UNCLEAR EXPECTATIONS</p> <p>IMPERSONAL INDIVIDUALITY</p> <p>disharmony</p> <p>INFP critical</p> <p>decisions</p> <p>BEING MET WITH CRITICISM</p> <p>crowds; too many people</p> <p>open disrespect</p> <p>Resilience tip for INFPs: Talk to others to get their reassurance and help in thinking through the facts.</p>	<h3>INTP Stress Triggers</h3> <p>These could turn your world upside down</p> <p>dismissing my analysis of a problem</p> <p>SOCIALIZING</p> <p>challenging my competence</p> <p>NOISE AND INTERRUPTIONS</p> <p>small talk</p> <p>talking with people who don't listen and having to repeat myself</p> <p>following strict guidelines</p> <p>TOO MANY EXTRAVERTED ACTIVITIES</p> <p>INTP BEING IN THE SPOTLIGHT</p> <p>not finding the logic in OTHERS NOT UNDERSTANDING MY IDEAS</p> <p>situations</p> <p>Resilience tip for INTPs: Talk to people to explore their ideas and the information they have, and work with them to decide what to do.</p>
<h3>ESTP Stress Triggers</h3> <p>These could turn your world upside down</p> <p>challenging my bottom-line approach</p> <p>INEFFICIENCIES</p> <p>disregarding my practical realities</p> <p>ISOLATION</p> <p>COMMITMENTS</p> <p>required</p> <p>GOALS NOT RESULTING FROM EFFORTS</p> <p>planning</p> <p>routine</p> <p>ESTP quick decisions</p> <p>DISMISSING MY ANALYSIS OF A PROBLEM</p> <p>Resilience tip for ESTPs: Stop what you are doing, refocus on what you need to accomplish, and calmly think through what you will do next.</p>	<h3>ESFP Stress Triggers</h3> <p>These could turn your world upside down</p> <p>not being appreciated for the daily help I give</p> <p>FORCING A DECISION</p> <p>dismissing how I feel</p> <p>restrained by routine</p> <p>ANALYSIS PARALYSIS</p> <p>too much abstract information</p> <p>UNCERTAIN OF MY PURPOSE</p> <p>ESFP DATA</p> <p>financials</p> <p>VIRTUAL TRAINING</p> <p>unable to change commitments</p> <p>DETAILED PLANS</p> <p>Resilience tip for ESFPs: Stop what you are doing, refocus on what you should be doing (and who will be affected), and decide on a course of action.</p>	<h3>ENFP Stress Triggers</h3> <p>These could turn your world upside down</p> <p>organization at the expense of creativity</p> <p>TOO MANY DETAILS</p> <p>obligation</p> <p>THOUGHTLESSNESS</p> <p>lack of enthusiasm</p> <p>distrust</p> <p>enthusiasm</p> <p>RUDENESS</p> <p>MICROMANAGING</p> <p>FORCED TO MAKE DECISIONS BEFORE READY</p> <p>PROCEDURES</p> <p>spreadsheets</p> <p>ENFP LONG-TERM PLAN</p> <p>too many projects at once</p> <p>RULES OVER RELATIONSHIPS</p> <p>overcommitment</p> <p>MUNDANE TASKS</p> <p>Resilience tip for ENFPs: Take yourself away from people. Take a moment to stop and think through what is the right thing for you to do.</p>	<h3>ENTP Stress Triggers</h3> <p>These could turn your world upside down</p> <p>being told to do something unstimulating</p> <p>stubbornness</p> <p>focusing on personal problems</p> <p>DISMISSING MY ANALYSIS OF A PROBLEM</p> <p>shutting down my ideas</p> <p>isolation</p> <p>ENTP too many details</p> <p>MUNDANE TASKS</p> <p>MY COMPETENCE IS NOT RESPECTED</p> <p>inefficiency</p> <p>DEADLINES</p> <p>Resilience tip for ENTPs: Take yourself away from people; stop what you are doing, and quietly and calmly decide on a course of action.</p>
<h3>ESTJ Stress Triggers</h3> <p>These could turn your world upside down</p> <p>disregarding my established rules and regulations</p> <p>UNCERTAINTY</p> <p>DISMISSING MY LOGICAL DECISIONS</p> <p>working with people who are not organized</p> <p>INEFFICIENCY</p> <p>indecision</p> <p>LACK OF CONTROL</p> <p>constant changes</p> <p>ESTJ UNABLE TO COMPLETE COMMITMENTS</p> <p>challenging my bottom-line approach</p> <p>Resilience tip for ESTJs: Don't jump into a decision. Take some time out to explore the facts before taking action. Ask others for their ideas.</p>	<h3>ESFJ Stress Triggers</h3> <p>These could turn your world upside down</p> <p>DISREGARDING MY ESTABLISHED RULES AND REGULATIONS</p> <p>ISOLATION</p> <p>lack of emotional support</p> <p>unintentionally treating others badly</p> <p>DISRUPTING HARMONY</p> <p>challenges to established procedures</p> <p>dismissing how I feel</p> <p>UNCERTAINTY</p> <p>ESFJ NOT BEING APPRECIATED FOR THE DAILY HELP I GIVE</p> <p>regulations</p> <p>Resilience tip for ESFJs: Step away from the situation and the people involved. Find out the facts, and don't ignore any that seem uncomfortable.</p>	<h3>ENFJ Stress Triggers</h3> <p>These could turn your world upside down</p> <p>working in uncooperative environments</p> <p>SECLUSION</p> <p>harmony is disrupted</p> <p>indecision</p> <p>no time for brainstorming</p> <p>DISMISSING HOW I FEEL</p> <p>procrastinators</p> <p>excessive criticism</p> <p>not being appreciated</p> <p>ENFJ SHORTSIGHTEDNESS</p> <p>unexpected changes</p> <p>Resilience tip for ENFJs: Step away from the situation and people involved. Take time to calmly think through the alternatives.</p>	<h3>ENTJ Stress Triggers</h3> <p>These could turn your world upside down</p> <p>misinformation</p> <p>INEFFICIENCY</p> <p>others challenging my competence</p> <p>INDECISIVENESS</p> <p>disregarding my logical decisions</p> <p>OTHERS IGNORING ESTABLISHED GUIDELINES</p> <p>loneliness</p> <p>inability to make decisions</p> <p>ENTJ LACK OF CONTROL</p> <p>shortsightedness</p> <p>DISORGANIZATION</p> <p>Resilience tip for ENTJs: Don't jump into a decision. Take some time out to explore the possibilities before deciding what to do. Ask others for information and ideas.</p>