

MBTI Type and Stress

INTPs

What are the signs that an INTP is under stress? Some things to watch for include being overly sensitive, becoming disorganized and unproductive, or focusing on minor logical inconsistencies to the point of excluding all else. Other INTPs can become caustic with their comments, with snide remarks or sarcasm. Some will display passive-aggressive behavior or have emotional outbursts. Finally, some INTPs will procrastinate, withdraw from others, and resent others who make depends upon them.

Stressors for INTPs include people they consider incompetent, particularly if they cause delays or trouble for the INTP. Other stress factors include irrational acts by others, or when people become emotional in response to an INTP's calm, rational evaluation of a situation or problem. If an INTP feels out of control in a situation, particularly when others are giving orders or instructions, and the INTP has little or no input into how the situation will be resolved, they can feel stress. Many INTPs feel time spent discussing personal issues or emotions is wasted time.

ESFJs

ESFJs react differently to stress. Some become rather unrealistic and unfocused, turning critical of themselves and others. They can start the "blame game," looking for people who are at fault for whatever problem is at hand. Others ESFJs lose their easy-going ways and become quite demanding. Others act the part of the martyr, complaining about all they have done to help and the lack of recognition for their efforts. Some ESFJs become extremely cautious, unwilling to take any risk. Still others tenaciously stay in situations that are comfortable to them, even if no longer appropriate.

What can cause this stress for ESFJs? One key stressor is seeing others get hurt or becoming emotional. Others feel stress when their well-meaning intentions to help other are misinterpreted or misjudged. If an ESFJ feels his or her loyalty is being taken advantage of, they can experience stress. When others challenge the ESFJ's beliefs, stress can result. ESFJs often dislike people who play the devil's advocate, or argue both sides of an issue to make sure all points are considered. Still other ESFJs dislike conflict so much they do as much as possible to end it, hoping to avoid unpleasantness, which might be impossible.

INFPs

How can you tell when an INFP is under stress, particularly at work? Some signs include losing confidence in their self-worth or contributions to the group, having unrealistic expectations from situations or people, and seeming to be moody and hypersensitive. Some INFPs seem to carry the weight of the world on their shoulders, or become discouraged or lose heart. Others appear to take on the role of martyr, acting as if no one loves or cares for them. INFPs have reported feeling cut off from all that is important to them when they are feeling stressed.

Some things that can cause stress for INFPs are feeling like someone they care about has been victimized, feeling as if they must compromise their dearly held values to maintain harmony or peace, or if some cause they believe in has been criticized. Another stressor might be the feeling they are being pushed around, then they decide they have had enough. INFPs can react strongly to others who likewise have strong emotional reactions to situations or comments.

ESTJs

As one would expect, ESTJs react differently to stress. Many try to bend the facts to fit their preconceived notions or plans. Others are a flurry of activity, being busy for the sake of being busy, without actually accomplishing much. Some ESTJs turn their attention inward, doubting themselves, their authority, and competence. Stress can cause ESTJs to become aggressive, demanding, and dictatorial. Still others focus on accomplishing tasks at all costs. Finally, ESTJs can become extremely sensitive to rejection, or ruminate about past mistakes.

What can cause this stress for ESTJs? First and foremost, having their authority challenged. Many ESTJs struggle to deal with emotional outbursts, particularly their own. If ESTJs believe someone has overlooked an obvious “fact” and is being illogical, they will likely feel stress. Sometimes ESTJs cannot contain their anger inside and can lash out at others, becoming rather sarcastic and arrogant in an attempt to belittle others. Other times ESTJs have trouble dealing with ambiguous situations.

ISFPs

How can you tell when an ISFP is under stress, particularly at work? One sign is when ISFPs complain about being unappreciated, or when they become very self-critical, and even more so when they become critical of others. They might act as if they need to solve the world’s problems. They can focus only on the negative, seeing the bleakest outcome in any possible solution. Many ISFPs isolate themselves from others, even family and friends. Confusion can surround them, so they lose their easy-going ways.

ISFPs can feel this stress when they are given inadequate time to discuss important issues before making a decision. Other events that trigger stress include being told they cannot do something, or feeling they are boxed in, whether by colleagues or by a situation. If others disrespect the ISFP's values, he or she can feel stress. ISFPs can struggle with balancing personal freedom with being connected with others. If the balance shifts too far in either direction, stress can result.

ENTJs

ENTJs, on the other hand, react differently to stress. They tend to become more aggressive and arrogant, and rely more heavily on logical, rational answers to questions. They might be closed to new ideas or wallow in self-pity. Some ENTJs focus exclusively on getting the job completed quickly, without considering any other issues. Others rehash old mistakes, and ruminate about them. Still others become highly emotional, reacting strongly to the smallest provocation.

What can cause this stress for ENTJs? Feeling powerless to make changes or influence others can do it. So can losing control over their feelings and how they react to other people. If an ENTJ feels he or she is no longer connected to his or her internal sense of competence, stress can result. Finally, if an ENTJ is hesitant about moving forward and taking advantage of opportunities, he or she can feel stress.

ISTPs

How can you tell when an ISTP is under stress, particularly at work? There are common signs that an ISTP is feeling stress. For example, they might become sarcastic instead of simply critical, they sometimes act in a passive-aggressive manner, they might have explosive outbursts, or have great trouble setting priorities. Other become lost in their own, private inner world, and completely withdraw from interacting with other people. Some ISTPs try to force the facts to fit their logical view of the world, even when they know it's impossible. Finally, some stressed ISTPs will simply become inactive and do nothing.

Some factors that can cause ISTPs to experience stress include people who take issues too personally, when they feel they are being treated unfairly or illogically, or when common sense and logic are ignored and a problem results. This is even harder if the ISTP has been trying to help others to see the correct way to solve the issues. If ISTPs are pressured into making quick decisions without time to reflect on what's important or logical, they can feel stressed

ENFJs

In contrast, our ENFJ friends react differently to stress. They tend to become pessimistic and self-critical. Others can become pushy, bossy, and impatient with other people. Some ENFJs turn patronizing, while others pretend as if everything were just fine even though it is not. ENFJs can insist on maintaining the illusion of harmony, although people know there's a major problem at hand. Some ENFJs will constantly search for the "truth" that will explain everything.

Some stressors for ENFJs include having their beliefs challenged, being "unfairly" or "harshly" criticized by someone they trust or hold dear, and people who are unwilling to try to resolve personal difference. Part of the problem can be self-inflicted: ENFJs can misinterpret the actions of others as having negative intentions or the start of something bad.

INTJs

How can you tell when an INTJ is under stress, particularly at work? Some signs INTJs are stressing include refusing or ignoring the help of others, questioning their own competence, becoming preoccupied with insignificant details, and making even simple tasks seem very complicated. Other INTJs can have a distorted view of reality or become confused, instead of their usual clear-headed selves. Some will become aggressive and try to force the completion of a task or project.

What causes stress to build up for INTJs? Working with people who are slow to make agreed-upon changes can cause stress. Likewise, if they must continuously justify their decisions or actions, they will probably start to feel stress. INTJs have a tough time with people they consider incompetent and stubborn. Finally, if there is continual, long-term emotional turbulence in a personal relationship, INTJs can feel a great deal of stress.

ESFPs

Let's take a look at ESFPs. Under stress, they might feel intimidated, become blunt, be hyperactive, too talkative, and disturbing to others. Others become overwhelmed by negative possibilities, while some turn overly sensitive. They might personalize comments by others, or misattribute meanings to events. Still others can become overly emotional, full of guilt, or lose their joy for life.

Stress for ESFPs can be caused by a number of factors, such as being told they can't do something. If they feel they are being fenced in or forced to do something they dislike in a rush, stress can result. If their values are not respected, they can feel stress, even if their values are not known to the rest of the group. Finally, ESFPs dislike people who misinterpret their desire to have fun as a lack of respect for serious issues.

INFJs

How can you tell when an INFJ is under stress, particularly at work? One common way to tell that INFJs are feeling stressed is when they limit their options to just one. They might insist there is only one solution to a problem. Others become extremely critical or angry, often blaming people for their troubles. Some INFJs accuse other people of failing to help, while some will make even the simplest task unnecessarily complex. There can be paradoxical behavior: some INFJs might extravert a great deal, saying harsh things with little regard for the feelings of others. In contrast, some INFJs can become rather introspective and shut themselves off from the world or outside help. Still other INFJs set unrealistic goals for themselves, which just makes matters worse. Finally, some INFJs might eat or drink too much.

What are possible stressors for INFJs? Well, being forced to learn or retain vast amounts of detailed information can often have that affect. Being around too many people, particularly those whom the INFJ considers shallow can be stressful. If the INFJ feels like he or she is under great critical scrutiny, they can feel overwhelmed. Finally, if people are underappreciated or emotional charged is not resolved, INFJs can feel stressed.

ESTPs

In contrast, when ESTPs are under stress, then can lose their sense of humor and become quite sarcastic. Others become disorganized, forget things, and lose their drive and ambition. Some ESTPs isolated themselves from others, feeling as if no one cares about them. They can appear to think only about themselves, or become passive-aggressive, or extremely competitive. Some ESTPs can try to use their intuition and figure out what's going on, but they often draw the wrong conclusions when stressed. Still others try to overcome stressful feelings by staying in constant motion or action, without considering what it is they are doing.

Things that can cause stress to erupt for ESTPs include having their trustworthiness or abilities challenged. Feeling penned in, with no possibility to act independently or make changes can be stressful for many ESTPs. If people accuse them of not putting in enough effort on a project, some ESTPs can feel misunderstood and resentful. Likewise, when others accuse them of lacking commitment or wanting to play instead of taking care of their responsibilities, ESTPs can feel stressed.

ISFJs

How can you tell when an ISFJ is under stress, particularly at work? Some things to watch for include being overly cautious, getting angry at people who are late or unprepared, pessimism, and frustration when others fail to follow the rules. Some ISFJs turn into martyrs, complaining they do all the work for others and no one helps or cares about the ISFJ. Others can become rather unrealistic in their expectations about what can be done. Usually, they are quite the opposite in this regard.

Events that can cause stress to surface can include a lack of balance between home and work, being teased or ridiculed by others, and disruption of their routines, which often give ISFJs a sense of belonging, comfort, and stability. When the ISFJ's version of common sense is ignored, particularly in favor of wild ideas, many of them will experience stress. Many ISFJs are people pleasers, and they feel stress when they believe they are unable to please everyone all the time. ISFJs tend to want to avoid conflict, which is itself can lead to stress. Just thinking about conflict can make them feel ill. Harmony is so important to them, that they want to do whatever's possible to restore it.

ENTPs

In contrast, when ENTPs are under stress, they can turn very sarcastic and make biting comments, appear completely disorganized, become unproductive, or become very competitive. Some isolate themselves and become lethargic. Other ENTPs develop tunnel vision, or fall into passive-aggressive behavior. Still others jump from one idea to another without taking action on any of them.

ENTPs might feel stress when they are supervised too closely, their abilities are questioned, or if others suggest the ENTP is not to be trusted. Many ENTPs dislike being pressured into making a decision, especially if they are not ready. Others have a hard time just listening to people, instead of trying to solve their problems. Some ENTPs have a difficult time coming to a decision because they want to explore more options. Other group members might not appreciate the delay, causing stress. Still other ENTPs feel stress when they have to work within the "system," whatever it might be, especially when the system makes little sense to them.

ISTJs

As usual, we'll start with our friends the ISTJs. How can you tell when an ISTJ is under stress, particularly at work?

Some things to watch for include being very pessimistic, thoughtless and impulsive, and withdrawing from interaction with others. Other ISTJs might lack focus and appear

confused about what to do next, or they might constantly present fact after fact, overwhelming others. Still others might lose their ability to set priorities, or being to ruminate about problems.

Events that can cause this stress to appear can include people who are wasting their time talking too much, especially about personal matters. If there is no follow through on decisions that have been made, some ISTJs can get frustrated. Many of them dislike having to do things on the spur of the moment, without preparation to reflect on the best course of action. Few appreciate those who challenge their authority. Once they can resolve the outstanding issues, most can return to their normal style.

ENFPs

In contrast, when ENFPs are under stress, they can become overwhelmed by details and turn very picky. Tunnel vision is another common reaction, as are extreme swings in emotions and activity. They might become extremely concerned with health issues, or take on too much work, losing balance between home and work. Instead of actively pursuing goals, they can fall into passivity, lose their lust for life, or become depressed. ENFPs can lose perspective on their problems, believing them to be insurmountable.

ENFPs might feel stress when they have to deal with that they consider to be excessive bureaucracy or rules, particularly if it conflicts with a closely held value or belief. They can feel strong emotions if someone they care about or a cause they firmly believe in has suffered some disadvantage. When others overreact emotionally to situation, ENFPs are likely to respond in kind. Similarly, when ENFPs' core values are disrespected, ignored, ridiculed, or abused, they are sure to experience great stress. If these values can be included in the discussion and respected, ENFPs will likely feel better quite soon.