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# Myers-Briggs Type Indicator® Stress Management Report

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**European Edition**

Report prepared for  
**WEBINAR EXCLUSIVE ISFP**

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## Introduction

This report uses your results on the *Myers-Briggs Type Indicator*® (MBTI®) assessment to describe how you are likely to experience and react to stress. It also suggests ways you can manage stress successfully. The MBTI instrument, developed by Isabel Briggs Myers and Katharine Cook Briggs based on Carl Jung's theory of psychological types, has been used for more than 60 years to help people understand their unique personality. For more than 20 years, it has been used to identify and describe the natural stress reactions of the sixteen types.

The personality types described by Myers and Briggs result from natural, healthy differences in the way people's minds work and the way they view themselves and the world. These same natural differences can be observed when people of each of the sixteen types experience and react to stress.

### **This Report Can Help You**

- **Recognize that the ways you behave, react to others, and generally look at life when you are experiencing stress are different than when you are *not* experiencing stress**
- **Become aware of circumstances or events that are likely to trigger your stress reactions**
- **Identify the most and least effective ways for you to deal with stress and your stress reactions**
- **Identify the most and least helpful ways for others to respond to your stress reactions**
- **Learn from your stress experiences and reactions so you can modify them rather than be controlled by them**

Some people are concerned that their stressed, out-of-character behavior indicates that something is seriously wrong with them. If this is true for you, be assured that this report will allay any such fears you may have. Your stress reactions are predictable, natural, and healthy for your personality type, and they are temporary and manageable.

### **How Your MBTI® Stress Management Report Is Organized**

- **Summary of Your MBTI® Results**
- **Your Natural Personality Characteristics**
- **Your Stressed Personality Characteristics**
- **How Your Stressed Personality Is Triggered**
- **Handling Your Stress Reactions**
- **How Others Can Support You When You Are Stressed**
- **Learning from Your Stress Reactions**



## Summary of Your MBTI® Results

The MBTI instrument identifies two opposite ways in which people focus their attention, take in information, make decisions, and deal with the outer world. Individuals use all eight of these opposites at least some of the time, but they tend to prefer one element in each pair over the other and to feel most comfortable and energized when they use their preferences. Your four preferences combine and work together to form your natural personality type. The pairs of opposite preferences are shown below, as is the type you have identified as your best-fit type.

Verified Type: ISFP				
<b>Where you focus your attention</b>	<b>E</b>	<b>Extraversion</b> People who prefer Extraversion tend to focus on the outer world of people and activity.	<b>I</b>	<b>Introversion</b> People who prefer Introversion tend to focus on the inner world of ideas and impressions.
<b>The way you take in information</b>	<b>S</b>	<b>Sensing</b> People who prefer Sensing tend to take in information through the five senses and focus on the here and now.	<b>N</b>	<b>Intuition</b> People who prefer Intuition tend to take in information from patterns and the big picture and focus on future possibilities.
<b>The way you make decisions</b>	<b>T</b>	<b>Thinking</b> People who prefer Thinking tend to make decisions based primarily on logic and on objective analysis of cause and effect.	<b>F</b>	<b>Feeling</b> People who prefer Feeling tend to make decisions based primarily on values and on subjective consideration of person-centered concerns.
<b>How you deal with the outer world</b>	<b>J</b>	<b>Judging</b> People who prefer Judging tend to like a planned and organized approach to life and want to have things settled.	<b>P</b>	<b>Perceiving</b> People who prefer Perceiving tend to like a flexible and spontaneous approach to life and want to keep their options open.

The rest of this report is based on the verified type you provided. All of the information about your personality and your way of experiencing, reacting to, and managing your stress therefore reflects your verified type and not your reported type.



## Your Natural Personality Characteristics

The parts of your personality type, ISFP—Introversion, Sensing, Feeling, and Perceiving—combine and work together to describe people as shown in the chart below.

### What ISFPs Are Usually Like

- Focused on facts and details in their immediate environment; sensitive to nonverbal cues
- Quietly helpful to others in practical ways
- Accepting, nonjudgmental, and tolerant
- Apt to feel a special, sometimes uncanny, connection to all living things
- Naturally inclined to enjoy the present moment and try to make the most of it
- Likely to fulfill responsibilities and commitments without complaint
- Indecisive and unsure of themselves at times

ISFPs tend to decide when, where, and how to focus their energy by noticing and selecting among facts and details in their immediate environment, with a particular focus on ways to add to the comfort and well-being of their families and others they care about. Their overriding goal often centers on promoting harmony among all living things, and they can be tenacious and energetic in pursuing this value. The impressions they leave with others are shown below.

### How Others Describe ISFPs

- Helpful and caring in quiet, unassuming ways
- Observant and practical
- Down-to-earth, direct, appreciative of the simple things in life
- Gentle and uncritical, downplay people's faults
- Devoted and tireless when their values are involved
- Trusting and trusted

### What Happens When You Experience Stress

Stress drains your energy, causing you to lose confidence in your tried-and-true ways of behaving and solving problems. At first you may try harder and harder to do what usually works for you, which may lead you to exaggerate your natural personality type. As an ISFP, you may become increasingly self-doubting and insecure, and you may overreact to imagined slights with little evidence to support your judgments. As you continue to lose your connection to your natural, comfortable personality, you may instinctively, without any awareness, adopt a completely different approach, using the very opposite of your usual type preferences. When this happens, you may be described as being “in the grip” of your most inexperienced, childish, negative side. The following pages show how this works for you.



## Your Stressed Personality Characteristics

Just as you tend to be most comfortable and energized when you use the four preferences that combine and work together to form your natural personality type, so you are likely to feel uncomfortable, awkward, and unmotivated when you use your four opposite, less experienced, *nonpreferences*. Your four nonpreferences combine and work together to produce the characteristics of your stressed personality type, which for an ISFP combines Extraversion, Intuition, Thinking, and Judging—the exact opposite of your natural, comfortable type. When this happens, you are likely to show the reactions listed below.

### Signs of Stress in ISFPs

- Being distracted, unfocused, unable to get things done
- Becoming careless, sloppy
- Acting uncaring and hurtful to others
- Behaving in an abrupt, angry manner; yelling at people
- Being bossy and controlling, taking charge
- Being critical, aggressive, overbearing
- Feeling totally incompetent, doubting themselves, questioning their own values

Many of these characteristics are exaggerations and distortions of the qualities that describe a mature, well-functioning person of your opposite type, ENTJ. A well-developed, effective ENTJ is described below.

### What Your Opposite Type Is Usually Like

- Attracted to leadership roles
- Interested in developing and managing systems, structures, and people to achieve broad-ranging, long-term goals
- Likely to place a high value on their own and others' competence
- Vocal about their expectations and goals
- Naturally inclined to logically analyze and critique problems to arrive at the best solution
- Decisive and confident in their judgments
- Intolerant of inefficiency in individuals and organizations

You can probably see that it would be hard to detect the mature, well-developed, effective qualities of a natural ENTJ from the behavior of your stressed, in-the-grip personality.



## How Your Stressed Personality Is Triggered

Although there are life conditions that everyone finds to be stressful, the stress responses of some types can be triggered by events and circumstances that a different type may experience as desirable and energizing. As an ISFP, you probably find one or more of the following to be upsetting or objectionable enough to cause your out-of-character, in-the-grip personality to emerge.

### ISFP Stressors

- Dealing with time pressures, last-minute deadlines
- Being unable to meet expectations; lack of progress
- Feeling intimidated, out of your depth, not knowing something
- Being disrespected, not valued, not understood
- Dealing with undependable people, people not doing their share
- Being around conflict or demanding, aggressive people

### Stress-Related Cautions for ISFPs

Perhaps influenced by their gentle, unassuming, and trusting nature, ISFPs are among the most vulnerable of all the types to the stresses of high-powered, competitive environments. Some ISFPs may place less value on financial success, ambition, getting ahead, and similar goals than do others in our society. Yet people may judge them (and they may judge themselves) from these perspectives. Perhaps this contributes to ISFPs' tendency to see themselves as less competent and worthy than is objectively the case.

Of the sixteen types, ISFPs are highest in reporting heart disease and hypertension, and highest in reporting stress associated with finances and with raising children. They are highest of the types in coping with stress by avoiding stressful situations, by getting upset or angry and not showing it, by watching TV, and by sleeping. Perhaps contributing to their observed low self-esteem, they are also highest on measures of dependence, indecisiveness, and shyness.



## Handling Your Stress Reactions

Just as each type's stress reactions are triggered by different circumstances and events, so each type typically finds particular ways of handling stress to be quite effective and other ways to be ineffective or to make matters worse.

As an ISFP, when you are overwhelmed by stress you may find that using one or more of the following suggestions will help you return to your natural, comfortable type.

### Best Ways for ISFPs to Manage Stress

- Get away to a quiet place, listen to music, go for a drive
- Do something very enjoyable, withdraw into fantasy
- Talk to a friend or someone who has had a similar experience
- Try to figure out what's wrong
- Learn what you need to know, get the job done
- Step back and get perspective, remember what is truly important to you

As an ISFP, you may find that one or more of the following behaviors hinder your efforts to return to your natural, comfortable type and may even make things worse for you.

### Worst Ways for ISFPs to Respond to Stress

- Be around more stimulation
- Talk to a lot of people about it
- Dwell on your perceived failures and inadequacies
- Recall mistakes you made years ago and generalize from them
- Avoid people for very long periods



## How Others Can Support You When You Are Stressed

People often assume that what helps them when they are stressed will work for everyone. Those who care about you, even when they know you well, may try to alleviate your stress by treating you the way they would like to be treated when they are experiencing stress. Sometimes this approach works—a friend, family member, or colleague may say or do just the right thing to help you get out of your stressed state. But at other times this approach fails—what’s right for one type may well be wrong and unhelpful for another.

You might therefore consider sharing the following list with people close to you, since others can best help you modify your stress and return to your natural, comfortable type through one or more of the suggestions below.

### How Others Can Be Most Helpful

- Leave you alone, let you get your job done
- Allow you more time to do things
- Give you time to consider and get used to totally new things
- Be available to you if and when you want help clarifying your situation or if you want to talk about the way you are feeling
- Validate and support you, remind you of the ways you are competent
- Respect your values and the choices you make

Some of the ways in which people may respond to someone else’s stress behavior are likely to be inappropriate for all or most types. Other responses are especially ineffective or detrimental for a particular type. As an ISFP, you may find one or more of the following approaches that others sometimes use to be unwelcome or even to hinder your return to your natural, comfortable type. You may wish to share the following information, as well as the preceding “helpful” list, with those close to you.

### How Others Can Make Things Worse

- Ask you questions, criticize you
- Try to get you to socialize
- Ask you about your feelings
- Try to talk you out of your feelings, saying “You shouldn’t feel that way”
- Give you unsolicited advice





## Learning from Your Stress Reactions

Stress is an inevitable, even necessary, part of life. Moderate stress can be energizing and motivating, presenting you with new experiences and challenges, as well as opportunities to do what you already do well with greater skill and enjoyment. Excessive stress can elicit the undesirable, puzzling, in-the-grip reactions typical of your particular personality type, as described in this report. However, you now know that what you find stressful and the ways you react to stress are natural for your type. You may not always be able to control or avoid the stresses in your life and work, but you can learn to deal with them, modify them, and grow from them.

### As an ISFP, you are likely to learn the following:

- To resist judging yourself by other people's standards
- At times attending to your own comfort and needs is more important than accommodating others
- You know a lot more than you think you do
- Other people's objective assessment of your competence is probably more trustworthy than your own
- To be more realistic about and accepting of those who don't share your values
- It is unwise to make permanent decisions or take irrevocable actions when you are experiencing great stress