

# WHO THE HECK WAS THAT?!

## PSYCHOLOGICAL TYPE AND STRESS

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### Workshop Activity Questions

1. What **Energizes** you the most?
2. How are you when you are **“At Your Best”**?
3. What is most **Stressful** for you?
4. What are your **Reactions** when under stress?

Workshop Sheets on following pages:

# INTP

sitting  
alone  
thinking

looking ahead to  
resolve possible  
issues —  
solving problem that  
is complex + multi  
dimensional

being at party  
having to socialize  
"Vetch" about  
how they feel

can't get out  
of the moment  
overcome with  
feelings I can't  
resolve/identify

# INTJ

Most Energizing - sitting & thinking  
Solving Problem  
New Probs/Tasks

At your best

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IDEA mapping  
Focused  
Calm/Energized - <sup>in control</sup>  
Clear Thinking  
Planning

Most Stressful

- 
- Chaos/Unpredictability
  - Illogical
  - Non Stop Interaction/Doing
  - Doing/Thinking <sup>off</sup> Balance

How React when Stress

- 
- shut Down
  - Sound like a jerk
  - Dissociate
  - Stop taking care of self

# ENFJ

## + Energies

- Teams - brainstorming
- Being around other positive people = Humor
- Multitasking - being busy
- Helping/mentoring
- Getting things done - check off on list
- Harmony & Agreement
- Beauty/Aesthetics

## Stressors

- Negative People (GROUCHES) ☹️
- Not feeling like getting stuff done - overwhelmed
- Others don't let me mentor/help
- Being out of control
- Others not following through OR Planning ahead NOT DOING THEIR PART
- Being forced to micromanage
- Sterile/Boring environment

## @ best ...

- Conquer the world 🦸
- Much to do / In the Z.O.N.E
- Life is balanced ⚖️
- Get things done
- We get to play bc we get things Done
- We empower others 🦋
- We engage others

## Reactions to Stress

- Blame myself for EVERYTHING
- Implement structure (folding laundry) 😊
- Sleep
- No/Sick sense of humor/Cynical
- Immobilized
- Bossy/Directive
- Ck out/Avoid/Distract/Motivate

# INFP

ENERGY-GIVING

"AT OUR BEST"

Solutions - future focused  
people-focused 1:1 relationships  
"utopians"

**CREATIVE!**

option-woman!

intuitive - courageous

Calm "WISE"  
harmonious  
focused  
centered

intuitive power ↑↑↑

desire to help ↑↑↑

effective - "change a good"

STRESS INDUCING

RXNS to STRESS

TALKING WITHOUT BREATHING

Having to respond without time  
to reflect

feeling overlooked

asked to go against own  
higher values

Fear rejection -  
over-controlled environment

withdraw  
less objective  
paralyzed

bodily expressions/tensions  
↓ sleep, energy

tongue sharpens

not calm, harmonious or  
people-focused.

less intuitive? disempowered

# INFJ

①

1. Creativity
2. Being around other INFJs  
(Being understood)
3. One on One-deep conversation
4. Researching
5. Collaboration-small group
6. Being around animals
7. music, the arts

③

1. Noisy environment
2. Chaos
3. Conflict
4. No alone time
5. Perceiving we are helpless
6. When we are power-tripped
7. Too much criticism
8. Last minute changes

②

1. Creative, Imaginative
2. Centered, grounded
3. In harmony
4. Supportive
5. Listen Deeply
6. Able to brainstorm
7. Playful

④

1. Withdraw/shutdown
2. Get "OCD" ish
3. Overwhelmed
- L

# ENTJ

## ENERGIZING?

- Big issues/problems no one else wants
- Loud dance music
- Saving the world
- Zorro (creative, humorous, non-violent, psychological)
- Foreign stuff
- Lights-color-magic-music
- Challenges!

## WHAT STRESSES?

- Long meetings
- Unrealistic group brainstorming
- Overemphasis on hurt feelings
- Drama - blaming no possibility
- Every detail to a high level Question
- Circumstances make it difficult to look successful
- Being rushed & can't be playful + proactive
- Can't start early
- Right-wrong situations

## AT BEST? WHEN

- Quietly study situations - Come from behind to add clarity + structure to a relieved group
- Be the expert on a passionate <sup>Subject</sup>
- Can augment a bland plan & turn it into a winner
- Can brainstorm & build on a ~~idea~~ <sup>workable or brilliant (from team mates)</sup> <sup>Packaging</sup> <sup>hooking up</sup> <sup>with</sup> <sup>material</sup>

## How React?

- Become disengaged; impatient
- Take charge, overconfident or completely disengage
- Can't articulate my thoughts and feelings
- Can't access my feelings at all
- Become angry - irritated inside (it shows in my face)

# ISTJ

Enjoying

Scheduled, structured, planned  
we are in control.

at times

when things are working as planned

really stressed

Surprises, the unexpected,  
Someone throws in a new idea after  
we already planned and decided.  
Losing control.  
Anything unplanned.

When we are stressed

go to  
Worst-case scenario / over-react  
get grouchy  
Snap at people  
get stuck in the detail -  
Lose perspective

# ENFP

X Fun

1. Group work
2. Creative - Thinking outside of box  
- problem solving
3. Loves the process
4. Brainstorming - ideas
5. Variety of People - observing people  
- new places  
- enjoy differences
6. Fully participating - freedom
7. Inspiring others
8. New challenges - new opportunities
9. When there are no options
10. Working w/ people who aren't open to options
11. Paperwork - repetitive work / detail  
- project into the future
12. Lack of fun
13. Too much alone time
14. Crabby
15. Resentful
16. Picky
17. Get too verbal
18. hyper focus
19. Avoidance activities
20. ultra sensitive
21. emotional
22. Absolutists

# ISFJ

1. Energizing 2) when at Best you are 3) what pushes us.  
4) How do I react

- 1) Helping one/one + groups (small)  
2) Reflection - thinking

1. Quiet Time / Calm  
2. Centered & Connected to Others

## STRESSES

- 1) OVERLOAD  
2) CHANGE AT TOO RAPID TO DEAL WITH  
3) DIFFICULT TO REALLY THINK IT THRU.

## React

- 1) WITHDRAWN / ALONE  
2) Give In  
3) WORRY / ANXIETY  
4) WHATEVER - ANGRY - SELF-DESTRUCT

# ESTJ

energize

being right ☺

well laid out & executed plan

talking about plan

good conversation  
analysis w/ people  
facilitating  
achieving & being impact

our best

2. healthy & active  
around those we care about

mind  
body  
soul

↳ having meaningful conversation

↳ productive

3. Really stresses us  
people who are wrong ☺  
last minute plan or changes  
not being active

when I'm in the wrong  
lack of decision/direction  
and/or follow thru

unable to surface  
rational reasons for decisions

4. how we react w/ stress  
introvert  
take everything personally  
get sick - prolonged stress  
remove self from situation  
work too much  
analysis paralysis

(T) (S)

