

MBTI® type stressors and stress reactions



We all get stressed out by different things. But do you know you what's most likely to send you into a spin? And how can others tell when you're feeling stressed?

Knowing more about your MBTI type can help. Here are some things that stress out each type, according to the most well-used part of their personality – their Core Character™, and how each type tends to behave when under pressure. MBTI types with an Extraversion preference are below and Introversion preference overleaf.

Activist

(ESTP & ESFP)



Stressors

- Lack of stimulation and excitement
- Theoretical, abstract tasks without practical application right now
- Being physically confined, e.g. through illness or circumstances

Behavior under everyday stress

- Seeks more and more external stimulation and excitement
- May behave in a thrill-seeking or dangerous way or over-indulge
- Lives solely in the present moment and will not make any decisions

Explorer

(ENTP & ENFP)



Stressors

- People who say "it'll never work"
- Too much seemingly irrelevant detail
- Lack of variety; not being able to do anything new.

Behavior under everyday stress

- Shares increasingly impractical ideas with more and more people
- Unable to take things seriously, becomes destructively 'playful'
- Will not be tied down to decisions

Director

(ESTJ & ENTJ)



Stressors

- Inefficient people, systems, or organizations
- Lack of closure, not being able to make decisions, blockers
- Having to focus on people's feelings, rather than the task

Behavior under everyday stress

- Becomes overly directive, forceful, even aggressive
- Makes snap decisions and imposes them on others
- Dismisses evidence/other opinions that do not fit their view

Nurturer

(ESFJ & ENFJ)



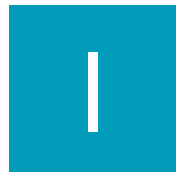
Stressors

- Conflict with others and between others
- Lack of warmth, not having their friendliness reciprocated
- Injustice in the world at large

Behavior under everyday stress

- Becomes effusive and over-friendly
- Demanding in getting their own and others' needs met
- Interprets situations in terms of their values, ignoring any evidence

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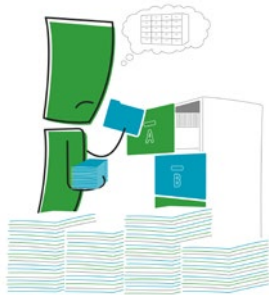


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Conserver

(ISTJ & ISFJ)



Stressors

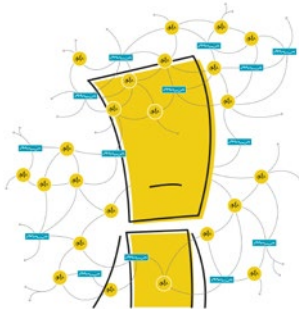
- Having to act without detailed, practical information or plans
- Others who dismiss the lessons of the conserver's past experience
- Changing things that already work

Behavior under everyday stress

- Obsessively searches for that one important piece of information
- Withdraws from the outer world
- Cannot make a decision until all the information has been found

Visionary

(INTJ & INFJ)



Stressors

- Not having time to think through possibilities before answering
- Having their well-considered ideas dismissed or ignored
- Disorganized, opinionated people

Behavior under everyday stress

- Withdraws, to build increasingly complex ideas in their head
- These models may become divorced from reality
- Unable to act until every possibility has been explored

Analyst

(INTP & ISTP)



Stressors

- Having their carefully reasoned solutions dismissed or ignored
- Illogical decisions that have not been thought through
- Excessive displays of approval or emotion from others

Behavior under everyday stress

- Withdraws to solve problems by themselves
- Fixates on finding the one correct solution
- Ignores other people; makes decisions without informing them

Conscience

(ISFP & INFP)



Stressors

- People who ignore, dismiss, or contravene their values
- Working in a job that is at odds with those values
- Inflexible and unthinking people or organizations

Behavior under everyday stress

- Withdraws into an inner dialogue
- Obsessively works through decisions that fit with their values
- Ignores facts that do not fit with the picture they have painted