

## INTJ Overview

Order of Preferences	Type Dynamics
<ul style="list-style-type: none"> <li>❖ <b>1<sup>st</sup> Intuition:</b> Dominant</li> <li>❖ <b>2<sup>nd</sup> Thinking:</b> Auxiliary</li> <li>❖ <b>3<sup>rd</sup> Feeling:</b> Tertiary</li> <li>❖ <b>4<sup>th</sup> Sensing:</b> Inferior</li> </ul>	<ul style="list-style-type: none"> <li>❖ <b>Introverted Intuition:</b> Inwardly focused on integrating ideas and improving systems</li> <li>❖ <b>Extraverted Thinking:</b> Outwardly logically decisive, focused on accomplishing goals</li> <li>❖ <b>Feeling:</b> As you mature, assess situations more personally</li> <li>❖ <b>Extraverted Sensing:</b> Developmental challenge is acting on immediate realities</li> </ul>

### INTJ Brief Description:

- ❖ Leads by setting the course to make an idea become a reality
- ❖ Influences by intellectual depth and dedication
- ❖ Focus is on designing systems and changing the status quo

### INTJ Characteristics Frequently Associated:

- ❖ Independent with high standards of competence and performance; driven to implement and achieve goals
- ❖ Quickly sees patterns in external events and develops long-range perspectives
- ❖ When committed, organize, and carry action through

### Managing Stress:

Appreciate your stress triggers and figure out ways to minimize them: Stress triggers for INTJs may include dependent people, indecisiveness, small talk, repetitive work, public speaking, handling details or rushing.

Understand how your type displays stress: Under stress, INTJs may become impatient, appear cold and unfeeling, feelings may come out as range or pent-up emotions; and you may talk more.

Situations that are stressful for INTJs:	
<b>I = Typical Work Stressors for Introverts</b> <ul style="list-style-type: none"> <li>❖ Noisy</li> <li>❖ Constant supervision</li> <li>❖ Leading discussions</li> <li>❖ Public speaking or large group presentations</li> <li>❖ Frequent interruptions</li> <li>❖ Too much time outside oneself</li> </ul>	<b>N = Typical Work Stressors for Intuitive Types</b> <ul style="list-style-type: none"> <li>❖ Having to attend to realities</li> <li>❖ Having to do things the proven way</li> <li>❖ Having to attend to details</li> <li>❖ Checking the accuracy of facts</li> <li>❖ Needing to focus on past experience</li> <li>❖ Being required to be practical</li> </ul>
<b>T = Typical Work Stressors for Thinking Types</b> <ul style="list-style-type: none"> <li>❖ Using personal experiences to assess situations</li> <li>❖ Adjusting to individual differences and needs</li> <li>❖ Noticing and appreciating what is positive</li> <li>❖ Focusing on processes and people</li> <li>❖ Using empathy and personal values to make decisions</li> <li>❖ Having others react to questioning as divisive</li> </ul>	<b>J = Typical Work Stressors for Judging</b> <ul style="list-style-type: none"> <li>❖ Waiting for structure to emerge from process</li> <li>❖ Being expected to use “inner timing”</li> <li>❖ Too much flexibility around time frames and deadlines</li> <li>❖ Having to marshal energy at the last minute</li> <li>❖ Staying open to re-evaluation of tasks</li> <li>❖ Dealing with surprises</li> </ul>

## Managing Stress Tips for INTJs:

- ❖ In your dominant, you demonstrate intellectual clarity, sort intuitive hunches accurately, and have novel long-term perspectives.
  - **TIP:** Think about how you perform at your best. Try to proactively create more situations like these. Recognize when you're working on tasks that you prefer not to do over an extended period of time. Find quiet space and natural surroundings to unplug. Use your thinking function to find solutions so you allow yourself to become less serious.
- ❖ You may become overwhelmed with details and data when stressed and try to control everything.
  - **TIP:** Ask for help with overwhelming details; Find time to exercise or sleep more; schedule time off.
- ❖ When you are under stress, you may become impulsive or overindulgent in sensing activities such as watching too much TV, overeating, or excessive spending.
  - **TIP:** Learn to recognize when you are becoming stressed, so you can pause and reflect. Be open with others about being stressed and build in time for solitude and rest.
- ❖ You may appear aloof and abrupt with others.
  - **TIP:** Help others understand that data is important to you; allow them to understand that you are open to new ideas and change if the facts support it.
- ❖ To maintain a balance, carefully balance time spent with others with time to reflect so that you don't become overwhelmed.
  - **TIP:** Schedule personal breaks during long periods of intense interaction.
- ❖ Document actions to help you adapt and flex outside your preferences to manage stress triggers.
  - **TIP:** Conduct a continue, start, and stop exercise that can help you simplify ways to implement actions on a regular basis. For example:

Continue	Start	Stop
<ul style="list-style-type: none"> <li>❖ <i>Being calm and decisive</i></li> <li>❖ <i>Providing creative and insightful concepts for problem-solving and long-term thinking</i></li> </ul>	<ul style="list-style-type: none"> <li>❖ <i>Incorporating other people's perspectives and providing thanks and praise for their support</i></li> <li>❖ <i>Asking for help when needing to consider numerous facts and details</i></li> </ul>	<ul style="list-style-type: none"> <li>❖ <i>Being critical of those who don't see your vision right away</i></li> <li>❖ <i>Becoming single-minded in pursuing your vision</i></li> </ul>