

INTP Overview

Order of Preferences	Type Dynamics
<ul style="list-style-type: none"> ❖ 1st Thinking: Dominant ❖ 2nd Intuition: Auxiliary ❖ 3rd Sensing: Tertiary ❖ 4th Feeling: Inferior 	<ul style="list-style-type: none"> ❖ Introverted Thinking: Inwardly evaluating ideas analytically and objectively ❖ Extraverted Intuition: Outwardly focused on possibilities for enhancing systems ❖ Sensing: As you mature, consider current realities as well as possibilities ❖ Extraverted Feeling: Development challenge is making personal connections

INTP Brief Description:

- ❖ Leads by convincing others of the merit and logic of ideas
- ❖ Influences by providing in-depth knowledge and analysis
- ❖ Focuses on logical and intellectual insights

INTP Characteristics Frequently Associated:

- ❖ Quiet, flexible, contained, and adaptable
- ❖ Develop logical reasons for everything of importance; interested in the idea more than social interaction
- ❖ Able to focus in-depth to problem solve; analytical, skeptical, and sometimes critical

Managing Stress:

Appreciate your stress triggers and figure out ways to minimize them: Stress triggers for INTPs may include social settings, interacting with groups, small talk, presenting in public, incompetence, and having to respond to someone else's agenda.

Understand how your type displays stress: Under stress, INTPs may become reticent, frustrated, impatient, and come across compulsive and self-critical.

Situations that are stressful for INTPs:	
<p>I = Typical Work Stressors for Introverts</p> <ul style="list-style-type: none"> ❖ Noisy ❖ Constant supervision ❖ Leading discussions ❖ Public speaking or large group presentations ❖ Frequent interruptions ❖ Too much time outside oneself 	<p>N = Typical Work Stressors for Intuitive Types</p> <ul style="list-style-type: none"> ❖ Having to attend to realities ❖ Having to do things the proven way ❖ Having to attend to details ❖ Checking the accuracy of facts ❖ Needing to focus on past experience ❖ Being required to be practical
<p>T = Typical Work Stressors for Thinking Types</p> <ul style="list-style-type: none"> ❖ Using personal experiences to assess situations ❖ Adjusting to individual differences and needs ❖ Noticing and appreciating what is positive ❖ Focusing on processes and people ❖ Using empathy and personal values to make decisions ❖ Having others react to questioning as divisive 	<p>P = Typical Work Stressors for Perceiving</p> <ul style="list-style-type: none"> ❖ Having to organize selves' and others' planning ❖ Working with timeframe and deadlines ❖ Others' distrust of last-minute energy ❖ Having to finish and move on ❖ Developing contingency plans ❖ Being required to plan ahead

Managing Stress – INTP

Managing Stress Tips for INTPs:

- ❖ In your dominant, you are logical, analytical, and enjoy taking things apart and reworking them.
→ **TIP:** Think about this when selecting a job or assignment. Look for opportunities where you can use your research and analyzing capabilities to solve problems.
- ❖ When you are under stress, you may become overly defensive or emotional.
→ **TIP:** Learn to recognize when you are becoming stressed, so you can pause and step away from the situation. Schedule time to be alone or engage in a physical activity.
- ❖ You enjoy autonomy. Be cautious not to schedule too much social or group activities where you are constantly extroverting.
→ **TIP:** Set boundaries and learn to say no selectively.
- ❖ You can become passive aggressive and complain when things are not going your way.
→ **TIP:** Openly communicate to others when you need space so you can take some time alone to recover and reenergize.
- ❖ You enjoy being objective and approach people and events as an observer.
→ **TIP:** Be careful to become overly defensive when trying to prove the logic behind your feelings.
- ❖ 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:

<i>Continue</i>	<i>Start</i>	<i>Stop</i>
<ul style="list-style-type: none">❖ <i>Observing objectively to find truth</i>❖ <i>Using logical analysis and applying it to people and events</i>	<ul style="list-style-type: none">❖ <i>Building in time for reflection</i>❖ <i>Communicating with others when you need space</i>	<ul style="list-style-type: none">❖ <i>Putting yourself in situations where you're dependent on others' work results</i>❖ <i>Allowing yourself to be impacted by others' emotions</i>