

ISFJ Overview

Order of Preferences	Type Dynamics
<ul style="list-style-type: none"> ❖ 1st Sensing: Dominant ❖ 2nd Feeling: Auxiliary ❖ 3rd Thinking: Tertiary ❖ 4th Intuition: Inferior 	<ul style="list-style-type: none"> ❖ Introverted Sensing: Inwardly taking in and assimilating personally important data ❖ Extraverted Feeling: Outwardly decisive, collaborative, sensitive to others' needs ❖ Thinking: As you mature, assess situations more objectively ❖ Extraverted Intuition: Developmental challenge is seeing and acting on new ideas

ISFJ Brief Description:

- ❖ Leads by encouraging others in tasks that suit them best
- ❖ Influences by ensuring that information is accurate, and that things are organized
- ❖ Focuses on setting priorities based on the needs of people

ISFJ Characteristics Frequently Associated:

- ❖ Quiet, friendly, responsible, and conscientious
- ❖ Strive to create order; committed and loyal in meeting obligations
- ❖ Considerate, remembers specifics about people important to them, and concerned with how others feel

Managing Stress:

Appreciate your stress triggers and figure out ways to minimize them: Stress triggers for ISFJs may include situations that are continuously changing, vague/disorganized social situations, constant talking & interruptions.

Understand how your type displays stress: Under stress, ISFJs may become quiet, experience fatigue and muscle tension, become irritable, have momentary panic, shut down and eat more.

Situations that are stressful for ISFJs:	
I = Typical Work Stressors for Introverts <ul style="list-style-type: none"> ❖ Noisy ❖ Constant supervision ❖ Leading discussions ❖ Public speaking or large group presentations ❖ Frequent interruptions ❖ Too much time outside oneself 	S = Typical Work Stressors for Sensing Types <ul style="list-style-type: none"> ❖ Attending to own and others' insights ❖ Having to do old things in new ways ❖ Having to give an overview without details ❖ Looking for the meaning in facts ❖ Focusing on possibilities ❖ Too many complexities
F = Typical Work Stressors for Feeling Types <ul style="list-style-type: none"> ❖ Analyzing situations objectively ❖ Setting criteria and standards ❖ Critiquing and focusing on flaws ❖ Focusing on tasks only ❖ Being expected to use logic alone to make decisions ❖ Asking questions that are divisive 	J = Typical Work Stressors for Judging <ul style="list-style-type: none"> ❖ Waiting for structure to emerge from process ❖ Being expected to use "inner timing" ❖ Too much flexibility around time frames and deadlines ❖ Having to marshal energy at the last minute ❖ Staying open to re-evaluation of tasks ❖ Dealing with surprises

Managing Stress Tips for ISFJs:

- ❖ In your dominant, you exhibit efficiency, calmness, and attention to specifics. You are focused on the present and are aware of your experiences.
 - **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 and delegate so you allow yourself to become less serious. Reach out to those who will listen to you and take you seriously.
- ❖ When you are under stress, you may become anxious over facts and details, and be worried about possible future disasters.
 - **TIP:** Learn to recognize when you are becoming stressed, so you can pause and reflect. Be open with others about being stressed and ask for help with priorities. Organize your task lists into more manageable activities.
- ❖ Your desire to help others and achieve goals can lead you to become overcommitted and overwhelmed with projects.
 - **TIP:** Focus on meeting your needs as well as the needs of others. Set and define your limitations and avoid taking responsibility for other people's roles. Delegate the details and ask for help.
- ❖ Be careful not to interpret corrective feedback as personal criticism.
 - **TIP:** Acknowledge and reflect on the feedback. Consider it a helpful tool for your growth and development.
- ❖ Be open to new ideas and possibilities. Don't be hesitant to try something new when someone suggests it.
 - **TIP:** Build in time for natural interruptions and change in plans.
- ❖ 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"> ❖ <i>Being helpful, sensitive, and considerate of others</i> ❖ <i>Contributing with your knowledge and expertise</i> 	<ul style="list-style-type: none"> ❖ <i>Listening without judgment to other perspectives</i> ❖ <i>Being open to new ideas, sharing your perspectives and needs</i> 	<ul style="list-style-type: none"> ❖ <i>Being anxious over facts and details</i> ❖ <i>Expecting others to be as efficient and organized</i>