

ISTP Overview

Order of Preferences	Type Dynamics
<ul style="list-style-type: none"> ❖ 1st Thinking: Dominant ❖ 2nd Sensing: Auxiliary ❖ 3rd Intuition: Tertiary ❖ 4th Feeling: Inferior 	<ul style="list-style-type: none"> ❖ Introverted Thinking: Inwardly logically analyzing data based on their experience ❖ Extraverted Sensing: Outwardly acting on the immediate facts and details ❖ Intuition: As you mature, consider possibilities as well as realities ❖ Extraverted Feeling: Development challenge is making personal connections

ISTP Brief Description:

- ❖ Leads by quietly setting an example
- ❖ Influences, when asked, by having all the needed information ready
- ❖ Focus is on finding the logical ways to get things done

ISTP Characteristics Frequently Associated:

- ❖ Tolerant, flexible, quiet observer
- ❖ Organize facts using logical principles and value efficiency
- ❖ Acts quickly to find workable solutions when a problem occurs; able to get through large amounts of data

Managing Stress:

Appreciate your stress triggers and figure out ways to minimize them: Stress triggers for ISTPs may include out of control emotions, being overwhelmed with responsibilities or illogical situations, working with strict guidelines and not having enough time alone.

Understand how your type displays stress: Under stress, ISTPs may have outbursts of emotions and become irritated, excessively logical, and very sensitive to how others perceive them.

Situations that are stressful for ISTPs:	
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
T = Typical Work Stressors for Thinking Types <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 = Typical Work Stressors for Perceiving <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 Tips for ISTPs:

- ❖ In your dominant, you enjoy organizing data and are focused on practical results; you believe in the economy of effort – doing only what is necessary with the least possible discussion and hassle.
→ **TIP:** Think about this when selecting a job or assignment. Look for opportunities where you can thrive on variety and novelty, and enjoy the challenge of solving a new, concrete, extensive issue.
- ❖ When you are under stress, you may get caught up in what's happening around you and not take time to logically process what you're observing to make good decisions.
→ **TIP:** Learn to recognize when you are becoming stressed, so you can step away from the situation before making a decision.
- ❖ You tend to change course readily if you see a more efficient way of doing things. When working with others, keep in mind that others may have difficulty in “reading” you.
→ **TIP:** Adapt your thinking to keep this in mind and not overlook others' emotional needs and values.
- ❖ When greatly stressed, you may erupt outwardly in inappropriate displays of emotion.
→ **TIP:** Openly communicate to others when you need space so you can take some time alone to recover and reenergize.
- ❖ You want everyone treated equally and will tolerate a wide range of behaviors until your principles are attacked.
→ **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:

Continue	Start	Stop
<ul style="list-style-type: none">❖ <i>Analyzing and solving programs in a realistic and pragmatic way</i>❖ <i>Being adaptable and action-oriented</i>	<ul style="list-style-type: none">❖ <i>Building in time for autonomy and 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 working under strict guidelines and regulations</i>❖ <i>Allowing yourself to become overly defensive when proving the logic behind your feelings</i>