



Myers-Briggs Type Indicator® Stress Management Report

Developed by Naomi L. Quenk

Report prepared for
J. SAMPLE
June 17, 2026



CPP, Inc. | 800-624-1765 | www.cpp.com

Myers-Briggs Type Indicator® Stress Management Report Copyright 2011 by Peter B. Myers and Katharine D. Myers. All rights reserved. Myers-Briggs Type Indicator, Myers-Briggs, MBTI, and the MBTI logo are trademarks or registered trademarks of the MBTI Trust, Inc., in the United States and other countries. The CPP logo is a trademark or registered trademark of CPP, Inc., in the United States and other countries.



Introduction

This report uses your results on the *Myers-Briggs Type Indicator*® (MBTI®) assessment to describe how you are likely to experience and react to stress. It also suggests ways you can manage stress successfully. The MBTI instrument, developed by Isabel Briggs Myers and Katharine Cook Briggs based on Carl Jung's theory of psychological types, has been used for more than 60 years to help people understand their unique personality. For more than 20 years, it has been used to identify and describe the natural stress reactions of the sixteen types.

The personality types described by Myers and Briggs result from natural, healthy differences in the way people's minds work and the way they view themselves and the world. These same natural differences can be observed when people of each of the sixteen types experience and react to stress.

This Report Can Help You

- **Recognize that the ways you behave, react to others, and generally look at life when you are experiencing stress are different than when you are *not* experiencing stress**
- **Become aware of circumstances or events that are likely to trigger your stress reactions**
- **Identify the most and least effective ways for you to deal with stress and your stress reactions**
- **Identify the most and least helpful ways for others to respond to your stress reactions**
- **Learn from your stress experiences and reactions so you can modify them rather than be controlled by them**

Some people are concerned that their stressed, out-of-character behavior indicates that something is seriously wrong with them. If this is true for you, be assured that this report will allay any such fears you may have. Your stress reactions are predictable, natural, and healthy for your personality type, and they are temporary and manageable.

How Your MBTI® Stress Management Report Is Organized

- **Summary of Your MBTI® Results**
- **Your Natural Personality Characteristics**
- **Your Stressed Personality Characteristics**
- **How Your Stressed Personality Is Triggered**
- **Handling Your Stress Reactions**
- **How Others Can Support You When You Are Stressed**
- **Learning from Your Stress Reactions**



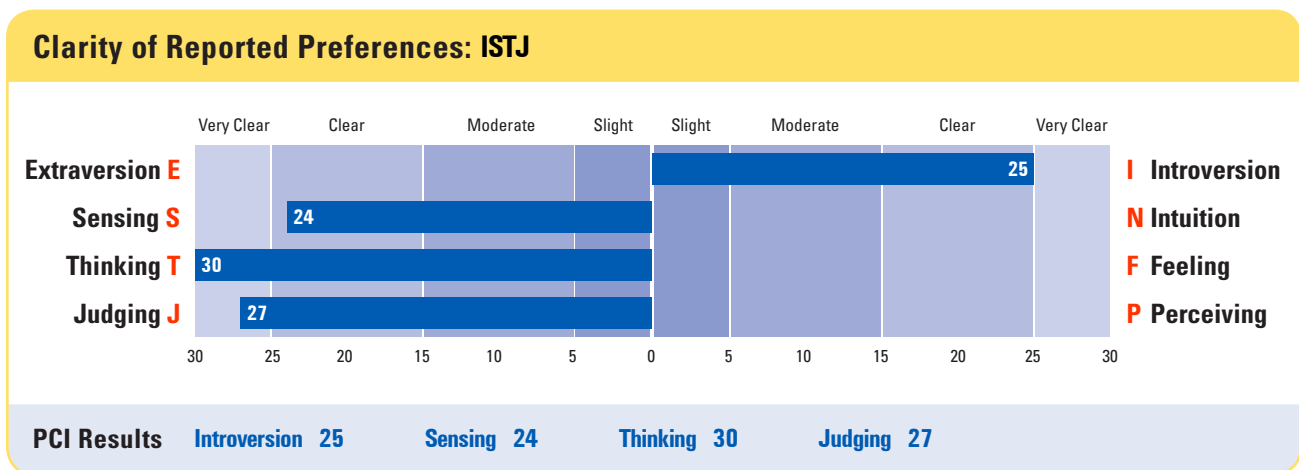
Summary of Your MBTI® Results

The MBTI instrument identifies two opposite ways in which people focus their attention, take in information, make decisions, and deal with the outer world. Individuals use all eight of these opposites at least some of the time, but they tend to prefer one element in each pair over the other and to feel most comfortable and energized when they use their preferences. Your four preferences combine and work together to form your natural personality type. The pairs of opposite preferences are shown below, as is the type you reported when you responded to the MBTI items.

Reported Type: ISTJ

Where you focus your attention	E Extraversion People who prefer Extraversion tend to focus on the outer world of people and activity.	I Introversion People who prefer Introversion tend to focus on the inner world of ideas and impressions.
The way you take in information	S Sensing People who prefer Sensing tend to take in information through the five senses and focus on the here and now.	N Intuition People who prefer Intuition tend to take in information from patterns and the big picture and focus on future possibilities.
The way you make decisions	T Thinking People who prefer Thinking tend to make decisions based primarily on logic and on objective analysis of cause and effect.	F Feeling People who prefer Feeling tend to make decisions based primarily on values and on subjective consideration of person-centered concerns.
How you deal with the outer world	J Judging People who prefer Judging tend to like a planned and organized approach to life and want to have things settled.	P Perceiving People who prefer Perceiving tend to like a flexible and spontaneous approach to life and want to keep their options open.

The following bar graph shows how consistently you chose one side of each preference pair over its opposite when completing the MBTI instrument. The longer the bar, the more clearly you reported your preference. The shorter the bar, the less clearly you reported your preference.



Results on any self-assessment tool can be influenced by many factors, so it is possible that your natural preferences were not accurately identified when you responded to the MBTI items. If the information in this report does not fit you well, your type professional can help you determine which type fits you best.



Your Natural Personality Characteristics

The parts of your personality type, ISTJ—Introversion, Sensing, Thinking, and Judging—combine and work together to describe people as shown in the chart below.

What ISTJs Are Usually Like

- Oriented to gathering facts and details and using them when they need them
- Committed to truth and accuracy
- Organized, methodical, and practical
- Focused on past and present realities
- Reliable and conscientious
- Careful not to speculate about the future or the unknown
- Distrustful, even disparaging, of ungrounded ideas and sloppy procedures

ISTJs tend to decide when, where, and how to focus their energy by considering logical alternatives relevant to a task or situation, with the goal of accomplishing what is needed as efficiently and effectively as possible. Their use of logical analysis to select which facts, details, and sense impressions to attend to often takes into account what is known and verified by respected and well-established sources. The impressions they leave with others are shown below.

How Others Describe ISTJs

- Calm, quiet, and controlled
- Grounded, realistic, and practical
- Meticulous in everything they do
- Goal oriented and focused on the bottom line
- Conscientious and reliable
- Unimaginative and rigid at times

What Happens When You Experience Stress

Stress drains your energy, causing you to lose confidence in your tried-and-true ways of behaving and solving problems. At first you may try harder and harder to do what usually works for you, which may lead you to exaggerate your natural personality type. As an ISTJ, you may become increasingly compulsive, detail focused, and nitpicky, losing your ability to recognize when you have enough information to make a decision. As you continue to lose your connection to your natural, comfortable personality, you may instinctively, without any awareness, adopt a completely different approach, using the very opposite of your usual type preferences. When this happens, you may be described as being “in the grip” of your most inexperienced, childish, negative side. The following pages show how this works for you.



Your Stressed Personality Characteristics

Just as you tend to be most comfortable and energized when you use the four preferences that combine and work together to form your natural personality type, so you are likely to feel uncomfortable, awkward, and unmotivated when you use your four opposite, less experienced, *nonpreferences*. Your four nonpreferences combine and work together to produce the characteristics of your stressed personality type, which for an ISTJ combines Extraversion, Intuition, Feeling, and Perceiving—the exact opposite of your natural, comfortable type. When this happens, you are likely to show the reactions listed below.

Signs of Stress in ISTJs

- Catastrophizing, imagining that their own or others' minor errors will lead to terrible disasters
- Uncharacteristically misplacing or losing things
- Making impulsive purchases without thorough research
- Losing control, becoming emotional and tearful
- Becoming disorganized, inefficient
- Showing irritation and anger
- Becoming more outgoing, sociable, and talkative

Many of these characteristics are exaggerations and distortions of the qualities that describe a mature, well-functioning person of your opposite type, ENFP. A well-developed, effective ENFP is described below.

What Your Opposite Type Is Usually Like

- Excited by the many possibilities in the outside world
- Comfortable trying out new things
- Optimistic about what the future holds
- Energized by change, complexity, new experiences, and new places
- Likely to seek out and find like-minded individuals
- Easily bored by details, routine, and repetitive tasks
- Turned off by structured environments with many rules and procedures

You can probably see that it would be hard to detect the mature, well-developed, effective qualities of a natural ENFP from the behavior of your stressed, in-the-grip personality.



How Your Stressed Personality Is Triggered

Although there are life conditions that everyone finds to be stressful, the stress responses of some types can be triggered by events and circumstances that a different type may experience as desirable and energizing. As an ISTJ, you probably find one or more of the following to be upsetting or objectionable enough to cause your out-of-character, in-the-grip personality to emerge.

ISTJ Stressors

- Dealing with sudden changes or any change you deem unnecessary or illogical
- Coping with the pressure of impending deadlines
- Receiving last-minute requests or demands
- Being forced to work on a new task before completing a current one
- Dealing with novel, previously unknown circumstances or surroundings
- Being in an inefficient, disorganized environment
- Having to depend on people whose work is sloppy or incomplete

Stress-Related Cautions for ISTJs

ISTJs tend to present a calm, controlled demeanor even when they are experiencing great stress, so others may be slow to recognize their state until their distress is extreme and they exhibit clear signs that they are not their usual effective self. This may be startling to others who expect the ISTJ to always be stable, realistic, and grounded.

Of the sixteen types, ISTJs are highest on a measure reflecting commitment to a logical approach and lowest on a measure of spontaneity. They are also lowest on a measure reflecting the direct expression of warmth and caring. Both of these characteristics may contribute to the observed tendency of an ISTJ's loved ones to mistakenly see the ISTJ as cold and uncaring. Being misunderstood in this way can be quite stressful for ISTJs.



Handling Your Stress Reactions

Just as each type's stress reactions are triggered by different circumstances and events, so each type typically finds particular ways of handling stress to be quite effective and other ways to be ineffective or to make matters worse.

As an ISTJ, when you are overwhelmed by stress you may find that using one or more of the following suggestions will help you return to your natural, comfortable type.

Best Ways for ISTJs to Manage Stress

- Get away from the stressful environment, even briefly
- Take time out to do something you really enjoy
- Accomplish small projects or parts of overwhelming tasks
- Spend time alone without distractions so you can work on whatever is causing the stress
- Bounce possible solutions off of someone you trust and respect
- Ask for help with prioritizing your responsibilities

As an ISTJ, you may find that one or more of the following behaviors hinder your efforts to return to your natural, comfortable type and may even make things worse for you.

Worst Ways for ISTJs to Respond to Stress

- Overdo your natural style by gathering ever more details and working harder and longer
- Look for evidence that your worst fears are entirely valid
- Loudly blame others
- Refuse help when it is offered
- Withdraw, shut down



How Others Can Support You When You Are Stressed

People often assume that what helps them when they are stressed will work for everyone. Those who care about you, even when they know you well, may try to alleviate your stress by treating you the way they would like to be treated when they are experiencing stress. Sometimes this approach works—a friend, family member, or colleague may say or do just the right thing to help you get out of your stressed state. But at other times this approach fails—what’s right for one type may well be wrong and unhelpful for another.

You might therefore consider sharing the following list with people close to you, since others can best help you modify your stress and return to your natural, comfortable type through one or more of the suggestions below.

How Others Can Be Most Helpful

- Leave you alone to sort through and complete tasks
- Offer concrete help, not vague promises or intentions
- Not interfere, but be available if you ask for input
- Help you put things in perspective, remind you of the bigger picture
- Not invalidate your stress or ignore signs that you are stressed
- Listen to you and empathize without judgment

Some of the ways in which people may respond to someone else’s stress behavior are likely to be inappropriate for all or most types. Other responses are especially ineffective or detrimental for a particular type. As an ISTJ, you may find one or more of the following approaches that others sometimes use to be unwelcome or even to hinder your return to your natural, comfortable type. You may wish to share the following information, as well as the preceding “helpful” list, with those close to you.

How Others Can Make Things Worse

- Not do what you ask
- Minimize your fears, make a joke out of them
- Give you help you don’t want or didn’t ask for
- Offer unsolicited advice
- Be patronizing, minimizing the source of your distress



Learning from Your Stress Reactions

Stress is an inevitable, even necessary, part of life. Moderate stress can be energizing and motivating, presenting you with new experiences and challenges, as well as opportunities to do what you already do well with greater skill and enjoyment. Excessive stress can elicit the undesirable, puzzling, in-the-grip reactions typical of your particular personality type, as described in this report. However, you now know that what you find stressful and the ways you react to stress are natural for your type. You may not always be able to control or avoid the stresses in your life and work, but you can learn to deal with them, modify them, and grow from them.

As an ISTJ, you are likely to learn the following:

- Your inexperienced Intuitive side can be quite imaginative about negative possibilities
- When you are stressed, you can check out your perceptions and judgments with trusted others
- Your past experiences probably don't justify your dire predictions
- Asking for help does not mean you are less competent
- Experiencing your own Intuitive side may help you have greater tolerance and appreciation for broad, Intuitive perspectives
- To recognize earlier when your stress is mounting, and take steps to head it off before it becomes a full-blown episode
- It is unwise to make permanent decisions or take irrevocable actions when you are in a highly stressed state

