

# RESOURCES AND REMEDIES THAT CAN HELP US ESCAPE “THE GRIP”

Type	Resources/Remedies
<b>ESTJ-ENTJ</b>	<p>Find someone to talk to</p> <p>Think of ways to reframe, refocus energies</p> <p>Spend time alone to regain control</p> <p>Get help in confronting the problem</p> <p>Make time for physical activity</p> <p>Get quiet, emotional support from trusted others</p>
<b>ISFP-INFP</b>	<p>When upset, find ways to hide it from others</p> <p>Reflect, meditate on personal values, priorities</p> <p>Take time for fun; engage in relaxing activities</p> <p>Talk to close friends and associates</p> <p>Have time alone for as long as needed</p> <p>Refocus on what is right</p>
<b>ISTP-INTP</b>	<p>Avoid confiding in others as long as possible</p> <p>Deny and resist pervasive inner fears</p> <p>Temporarily adopt behaviors that meet others' expectations</p> <p>Ignore or disengage from the situation</p> <p>Take time alone to recover and regroup energies</p> <p>Receive (unsolicited) validation and confirmation from others that the situation is indeed stressful</p>
<b>ESFJ-ENFJ</b>	<p>Talk it through with an uninvolved person</p> <p>Find time to be alone</p> <p>Rely on spiritual values and meanings</p> <p>Join a support group</p> <p>Help in transforming the stressful situation into a rewarding experience</p> <p>Take breaks; time off to nurture self</p>

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<b>ESTP-ESFP</b>	Change focus by reading or engaging in other distracting activities Consciously ignore or avoid distractions while working Ask others for help with tasks Be reassured about your own mental stability Identify possibilities and options Find help to identify, organize, and delimit overwhelming information
<b>INTJ-INFJ</b>	Get away, find quiet time to reenergize; walk or exercise Focus on hobbies and recreation Schedule in unscheduled time; take time off Engage in simple, non-pressured sensing activities Change the work schedule; accept help with overwhelming details Allow yourself to receive, non-intrusive, forthright concern from others
<b>ISTJ-ISFJ</b>	Get away, time alone in a pleasant sensing environment Think of concrete and specific validation of competence, worth, and previous positive outcomes Be wary of advice and help from others and acting on it Organize and accomplish small projects Find help with priorities Get others' concrete support to accomplish required goals
<b>ENTP-ENFP</b>	Rest, give attention to physical needs Find time for physical exercise Set boundaries; say no selectively Prioritize tasks and delegate to others Engage in relaxing sensing activities Plan, make lists to avoid unwelcome surprises