

# HOW BEING “IN THE GRIP” PLAYS OUT IN OUR BEHAVIOR

The specific content of what occurs when someone is “in the grip” will vary among individuals, but there are certain predictable forms that inferior will take in different types. The following are some general statements that most people accept about their own “grip.”

Type	Behavior “In the Grip”
<b>ESTJ-ENTJ</b>	Frequent expressions of anger Easy loss of control; emotionality Inflexibility; unwillingness to consider alternatives Domineering, demanding stance Withdrawal, avoidance of others Conviction that others dislike them Exaggerated, negative pronouncements with no data to back it up Hypersensitive to emotions (in self and others) Internal arguments with oneself Taking comments as personal criticisms
<b>ISFP-INFP</b>	Cynicism, distrust and disappointment General and global negativity; criticism of others A martyr attitude Depression, hopelessness Alternating active and passive aggression Loss of confidence and sense of competence in self and others Hypersensitive and overreacts to imagined slights Critical judgments of incompetence in self and others Precipitous action Combative, lawyer-like tone of voice
<b>ISTP-INTP</b>	Becoming upset (expressed or unexpressed) A profound sense of alienation and psychological distance from others Fear of permanently losing control of feelings and emotions Passive-aggressiveness A complaining, pouting tone Hypersensitivity to signs that they are ignored, disregarded or disliked Slowness, vagueness, distractibility Logic emphasized to an extreme Upset over other’s lack of attention to need for space Cutting and sarcastic judgments Forget things, misplace objects Disorganized and unproductive

Type	Behavior “In the Grip”
<b>ESFJ-ENFJ</b>	<p>Negativity and pessimism</p> <p>An over controlling, rigid approach</p> <p>Insensitivity, coldness, short temper</p> <p>Withdrawal, depression</p> <p>Self-doubt, conviction of own incompetence</p> <p>Inefficiency, scatteredness</p> <p>Feeling unappreciated, taken for granted</p> <p>Pressure to conform to some view with which they disagree</p> <p>All or nothing judgments based on irrelevant data</p> <p>Search for absolute, ultimate truth</p> <p>Excessive criticism</p>
<b>ESTP-ESFP</b>	<p>Reading negative implications between the lines</p> <p>Withdrawal, distancing from others</p> <p>Looking for meaning in trivial events or comments; seeming “slightly paranoid”</p> <p>Sense of incompetence at work and at home</p> <p>Distractibility, “spinning one’s wheels”</p> <p>Chronic anxiety and sense of impending doom</p> <p>Fantasizes of impending disasters and dire possibilities</p> <p>Grandiose, cosmic visions that are out of touch with reality</p> <p>Internal confusion</p>
<b>INTJ-INFJ</b>	<p>Intense anger, agitation, irritability, fatigue</p> <p>Overdoing sensory activities — eating, cleaning, repairing, exercising</p> <p>Physical stress symptoms such as muscle tension</p> <p>Seeing external details as major obstacles that impede progress</p> <p>Obsessive attention to perceived sources of stress; difficulty refocusing attention</p> <p>Sleeplessness due to persistent reviewing of problems</p> <p>Scattered, disorganized and out of sorts</p> <p>Obsessive focus on data, facts and details</p> <p>Adversarial attitude towards the outer world</p>

Type	Behavior "In the Grip"
<b>ISTJ-ISFJ</b>	<p>Global negativity and pessimism</p> <p>Alternation between accommodating others' requests and withdrawing or resisting</p> <p>Blaming, accusing others</p> <p>Decreased efficiency and productivity</p> <p>Sleepless nights; obsessive thinking about problems and catastrophes</p> <p>Shut down; do no work for extended periods, then become depressed</p> <p>Loss of ability to classify and organize facts and details</p> <p>Uncharacteristically spontaneous, thoughtless and impulsive</p>
<b>ENTP-ENFP</b>	<p>Passive-aggressiveness</p> <p>Work harder, longer, less effectively</p> <p>Worry, chronic anxiety</p> <p>Withdraw, shut down, avoid people</p> <p>Generate possibilities with no data and no follow-through</p> <p>Extremes of both emotion and activity level</p> <p>Loss of enthusiasm and motivation</p> <p>Feelings of sadness and despair</p> <p>Tunnel vision</p> <p>Picky, upset about little things; irritable and cranky</p>