ISTP

(Introversion, Sensing, Thinking Perceiving)

Overview

ISTPs are generally quiet, spontaneous, adaptable, easygoing, and logical. They tend to focus their energy inward and re-energize through spending time on their own. The ISTP may be shy around people they are getting to know and generally keep to themselves unless they feel particularly passionate about a topic or are driven into action by a situation. The ISTP is often perceptive and uses an analytical framework to logically assess areas of interest. They are also quite independent and find that their most effective thinking occurs while spending time on their own.

The ISTP is usually interested in detailed information, specific data, and proven facts. They tend to organize and retain data in order to make judgments and provide explanations. The ISTP will often focus on the present situation and is generally uninterested in long-term planning or scheduling. They are comfortable with theory but are not overly interested in abstract thinking. For the ISTP, theory is most appealing when it has a practical application. ISTPs are also often action-orientated. They are usually drawn to risky, exciting or thrilling activities. Based on this predisposition, the ISTP is usually not interested in conventional or repetitive routines. They also use their action orientated approach to deal with problems and crisis situations in a calm and effective manner.

The ISTP generally places a high value on efficiency and desires to expend the least amount of energy to meet their goals. They also value freedom and flexibility and will often complete tasks in spite of any rules or regulations. This persistence often influences their ability to navigate through restrictions in order to accomplish seemingly impossible tasks. The ISTP prefers hands-on work and would rather be doing a task instead of discussing it. They usually desire the completion of quality work and hold others to this high standard. However, their tendency toward risk and spontaneity may result in not following through with some responsibilities or commitments. In their interaction with people, their focus for action can result in neglecting the personal needs of others. The ISTP is generally not comfortable with emotions and tends to neglect this aspect of themselves and others.

Procrastination

Since the ISTP has a preference for keeping things open-ended, they may have a tendency to procrastinate on completing tasks. They may also avoid or put off school work that they deem to be irrelevant or uninteresting. It can be beneficial for the ISTP to focus on the practical necessity of completing their current studies in order to achieve their long-term career goals. It is also important for the ISTP to identify what motivates them and outline a project plan that includes rewards. The use of rewards can be helpful for an ISTP to learn how to delay their gratification. As well, the ISTP would likely be able to decrease procrastination by further developing their time-management skills.
Career Exploration

An ISTP tends to find career satisfaction with careers that have the following characteristics:

- Applies their technical knowledge to practical situations
- Provides an opportunity to master and use their skills for specific tasks
- Involves efficiently working with their hands or tools
- Provides clear instructions for projects that produce concrete or useful products
- Involves working with other competent individuals that they respect
- Provides an opportunity for problem solving, crisis management, or other action-orientated activities
- Permits independent work with minimal time guidelines
- Involves challenging and fun work with minimal supervision

When exploring career options, an ISTP will often...

- Compile specific facts and statistics that pertain to their career options
- Naturally focus on current opportunities and benefit from predicting future career possibilities
- Take all available time to examine their options and chose only when required
- Feel uncertain about their career choice

Careers to Consider

The following is a list of suggested occupations that fit the qualities of an ISTP or are careers that other ISTP have found to be satisfying. Use this list as a starting point for further investigation but do not limit your options to only this list.

- Air Force Personnel
- Automotive Products Retailer
- Banker
- Carpenter
- Chiropractor
- Coach/Trainer
- Coal Miner
- Commercial Artist
- Computer Programmer
- Computer Repair Person
- Dental Hygienist/Assistant
- Economist
- Electrical Engineer
- Electronic Technicians
- Farmer
- Firefighter
- Forest Ranger
- Hunter
- Intelligence Agent
- Laborer
- Legal Secretary
- Mechanic
- Medical Technician
- Military Officer
- Pilot
- Police Officer/Law Enforcement
- Private Detective
- Purchasing Agent
- Race Car Driver
- Security Analyst
- Service Worker
- Steelworker
- Transportation Worker
- Weapons Operator
Work

At work, the ISTP will often...
- Maintain their concentration while completing projects of interest
- Gather and organize information in a way that makes it understandable
- Be drawn to work with real or tangible products
- Focus on the ‘doing’ aspect of a project
- Prefer working on their own
- Respect colleagues for their ability to complete tasks
- Potentially break the rules when challenging inefficient processes
- Focus on completing tasks without unnecessary discussions or effort
- Readily adapt their work load to address immediate needs
- Approach their work with a flexibility that responds to problems when they occur
- Desire freedom to complete a task within their own time frame
- Remain calm during crisis or difficult situations

At work, the ISTP should be aware that they may...
- Need to spend additional time in the planning stage of a project
- Need to anticipate future possibilities and plan accordingly
- Be easily enticed by new projects and need to ensure they complete their current commitments
- Lose patience with broad discussions
- Need to persevere to complete a task
- Take shortcuts and appear disorganized or unconcerned with their work
- Become easily bored with routine tasks
- Benefit from learning to be more reliable through improved organizational skills
- Be uninterested in long-term solutions and prefer immediate fixes
- Appear irresponsible from their inclination for spontaneity
- Become critical or negative and withdraw or delay their decisions when they feel unappreciated
- Focus on the task and think personal feelings and needs are unnecessary

Life

Decision Making
When it comes to decision making, the ISTP will often...
- Gather real or tangible data and base their decisions on this information
- Rationally and logically evaluate their options
- Need to intentionally examine the larger picture or additional possibilities
- Benefit from examining the impact their decision has on people
- Need to intentionally incorporate their values

Playing
In their spare time, the ISTP usually enjoys being outdoors, watching sporting events, and participating in adventurous activities. Their natural hand-eye coordination tends to make them skilled in physical activities or working with tools. When working on a project of interest, the ISTP has a tendency to become immersed and may rarely be seen by roommates and friends. In their personal relationships, the ISTP post-secondary student often indicates that they have never tried dating or will date infrequently.
**Stress**

An ISTP will often experience stress when...

- Feeling that their emotions are out of control
- Working within strict guidelines and requirements
- Perceiving their coworkers or supervisors are incompetent
- Confronted with a situation that cannot be logically assessed or explained
- Overwhelmed with their required tasks and neglect their personal needs
- Unable to determine the most efficient process
- Required to participate in too many extraverted activities
- Dealing with people who are excessively emotional

When they are affected by stress, an ISTP will often...

- Develop a firm and unwavering focus on logic
- Respond poorly when others provide helpful ideas
- Become overly sensitive to how other people perceive them
- Feel alienated from the people around them
- Use a tone that is underlined with complaining or sulking
- Under excessive stress, express emotions through outbursts of anger or tears

An ISTP can reduce stress by...

- Evaluating the facts in a situation to gain new insight
- Participating in independent activities that diverts their attention from the stressor
- Focusing on what they value
- Spending time on their own to re-energize
- Ignoring their concern of how other people perceive them