



TOOLBOX

ENTP (HONORING YOUR 3-YEAR-OLD)

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Tactics and Strategies to Attend to “Memory” (Introverted Sensing)



GOAL: Create a plan to get out of your 3-Year-Old grip, as well as implement daily behaviors that integrate the Memory function into your life.

Core idea: The inferior or 3-Year-Old function is often neglected due to preference given to its opposite, the Driver. In the case of ENTPs, Memory is a function that is often overlooked, but then sneaks up on the ENTP with a vengeance. It is often said it “happens to” the ENTP. While this grip can look like a momentary lapse, it can also infect the foundation of relationships.

In grip moments, the ENTP is either OVER or UNDER utilizing Memory due to uncertainty and inexperience with the function. Both avoidance and being caught in its hailstorm are grip behaviors.

A grip can be short-term, long-term or habitual.

Here are some common ENTP grip behaviors:

Overwhelmed by Details (Short-term) For the ENTP, the short-term grip of their “three-year-old” function, Introverted Sensing or Memory, emerges when they are forced into situations demanding intense attention to detail or memory-specific tasks. While the ENTP typically thrives on improvisation and wit, these particular situations cause an unusual, even unsettling, sense of uncertainty. This feeling is out of character, rendering them vulnerable and causing them to potentially defer decision-making authority to others. Essentially, they feel disarmed when they can't navigate by their usual quick-thinking or adaptability.

Solution: When ensnared in this grip, ENTPs should consider giving themselves a respite from high-demand tasks and instead engage in soothing activities that don't require intense problem-solving. Creating a list of such ‘respite tasks’, like reading a favorite book or going for a leisurely walk, can be helpful. In situations where a task cannot be avoided, consider outsourcing or seeking assistance from someone adept at handling it. It's essential for ENTPs to remember that it's okay to lean on others occasionally and that one challenging situation doesn't define their overall capability.

Descent into Pessimism (Long-term) When an ENTP falls into a long-term grip, it is as though a shadow casts over their usually bright and dynamic perspective.

This grip manifests as a melancholic worldview, making them feel trapped by fate. Instead of seeing multiple solutions or innovative approaches, they may perceive only insurmountable obstacles, especially in areas like health, relationships, or career. This isn't just a fleeting emotion—it evolves into a life philosophy that leans heavily on fatalism.

Solution: First, recognize the symptoms. Acknowledging the grip is the first step in combating it. Reconnecting with your dominant function, Exploration, can be helpful. Engaging in brainstorming sessions, discussing new ideas, or even merely reminiscing about past victories can help restore optimism. Additionally, journaling about past achievements or seeking feedback from trusted friends or family members who've seen you overcome challenges can realign your perspective.

Trapped in the Comfort Zone (Habitual) For an ENTP, the habitual grip subtly yet insidiously introduces self-limiting beliefs into their mindset. This grip convinces them to accept mediocrity, stay within their comfort zones, and abandon their intrinsic curiosity and exploratory nature. Over time, it becomes woven into their identity, making them believe they are limited in their capabilities and that many of life's challenges are just unsolvable. This grip is particularly dangerous because of its under-the-radar nature—it's not as overtly disruptive as the short-term or long-term grip, but its consistent influence can be devastating.

Solution: ENTPs need to shake things up and step out of their comfort zone. Reigniting their dominant function by initiating new projects, learning new skills, joining communities with diverse opinions, or even traveling to unfamiliar places can help. It's essential to consciously challenge those limiting beliefs by deliberately placing oneself in novel situations. Reflecting upon moments when they felt most alive, passionate, or engaged can act as a reminder of their intrinsic nature and help dispel the limiting beliefs introduced by the habitual grip.

ACTION

Listen to “Honor Your Introverted Sensing” recording in your Owners Manual Toolbox.

Self-diagnose which grip behaviors are most common to you using the charts below. Read the common reasons and reframes, then fill out the journal prompts to begin creating your Triage and Proactive plans.

Behavior: Becoming anxious over situations that require precise attention to detail, feeling uncertain when unable to improvise

Reason:	Overreliance on dominant function leads to avoidance of situations that tap into the inferior "Memory" function.
Reframe:	Relying solely on improvisation limits growth. Embracing structured tasks can yield novel insights and strengthen cognitive flexibility.
Action:	Engage in low-stakes tasks that require detailed attention, like puzzles or assembling something. Outsource tasks that feel too overwhelming. Take periodic breaks to avoid burnout.

Behavior: Adopting a fatalistic outlook, feeling hopeless and cursed by fate especially in key life areas

Reason:	Ongoing neglect of the "Memory" function leads to the feeling of being trapped by past mistakes and challenges.
Reframe:	Challenges from the past can be learning experiences. Seeing them as lessons rather than setbacks allows for a shift in perspective.
Action:	Journal about previous challenges and triumphs to foster resilience. Discuss past events with close friends or family to gain perspective. Use positive affirmations to counter pessimistic thoughts.

Behavior: Lack of enthusiasm, becoming tied to comfort zones, and displaying an acceptance of mediocrity

Reason:

Persistent neglect of dominant function results in limiting beliefs, impacting the individual's belief in their own potential.

Reframe:

Embracing comfort doesn't always lead to contentment. Sometimes, stepping out of the comfort zone is the key to rediscovery and rejuvenation.

Action:

Actively engage in stimulating environments, brainstorm with others, join new communities or interest groups, and explore new hobbies or travel destinations. Set small challenges to push yourself out of the routine.

[Journal prompt] Name your personal grip behaviors and their solutions.

Which grip behaviors do I tend toward?

What are my reasons?

What is my reframe to replace these reasons?

What am I going to do to replace these grip behaviors?

Triage plan: Simple actions to regain control during a grip

Name between 1-3 simple activities you can take when you are in the middle of a grip behavior:

1. _____
2. _____
3. _____

Proactive plan: Daily Memory behaviors to create balance

Choose 3 Memory behaviors you can make part of your daily or weekly routine:

1. _____
2. _____
3. _____

Circle days of the week you will be practicing Memory: Su M T W Th F Sa

A Word on How to Best Use Memory:

As a dominant function, Memory focuses on internal experiences, past events, and personal knowledge. As the backbone of protectors and traditionalists, Memory users often rely on their wealth of experiences to navigate current situations. They value familiarity, routine, and consistency, frequently comparing the present to the past and drawing from stored "templates" of understanding. While novelty can be appealing, they will not disregard the wisdom they've accrued over time.

For ENTPs, Memory operates as their 3-Year-Old function. Usually drawn to new ideas, theories, and what could be, an ENTP might suddenly become preoccupied with past events, nostalgia, or even develop an unusually strong preference for routine. They may experience moments of self-doubt or feel trapped by previous choices, questioning their path and fixating on their past mistakes.

To healthily engage with Memory, ENTPs should intentionally integrate it into their lives. Taking moments to reflect upon past experiences can be beneficial. This can be done through practices like journaling, engaging in meditative reflection, or even merely discussing past events with close friends and family. By actively connecting with their past, they can derive lessons and insights that can inform their present and future decisions.

Remember, Memory is an introverted function, focusing inwardly on subjective experiences. Taking time to regularly decompress and introspect is vital.

Devote some quiet moments to engage in activities that provide a sense of familiarity and comfort. This could be revisiting a favorite book, watching an old movie, or engaging in a beloved childhood activity. These activities serve as anchors, allowing ENTPs to recharge and reaffirm their identity.

Using Memory shouldn't be about getting stuck in the past but about acknowledging it and understanding its impact on the present. When harnessed appropriately, it provides ENTPs with a deeper self-awareness and a balanced perspective. Recognizing that their rich tapestry of experiences contributes to their unique perspective and creativity can be empowering.

By integrating Memory in a positive manner, ENTPs can also aspire towards a more holistic understanding of themselves and their place in the world. Their usual innovative and pioneering spirit, coupled with lessons from their past, can lead them to create enduring and impactful legacies. Embracing the full spectrum of their cognitive functions, ENTPs can truly be catalysts for progressive and lasting change.