

How and INTJ Tries and Fails to Fix Problems

[CLICK TO WATCH VIDEO:](#)

<https://www.youtube.com/watch?v=RIhoJD5YXVs>

By Jade Joddle

Hey guys! This is Video Number Two following on from my INTJ video. It's about how I deal with problems, which is to think about it, find reasons, find connections, find patterns. "Oh, I've got a problem! I'm not breathing right. So if I do this, then it will go away, and it will be fine." And what happened to me last year is that I had a breathing problem where I couldn't take comfortable, full breaths. It came suddenly, and the way I tried to fix that was by controlling my breath, watching it, finding reasons why it was happening, all that kind of thing. And it took me around in circles for a year, getting nowhere: not getting better and definitely not going away.

So a year of trying that way, which my lovely head—we're such good friends!—my lovely head wants to do: wants to fix everything for me, find reasons, blah blah blah. A year of letting my head do that and still no solution. I know now that a lot of the time my head thinks it's helping me by doing all this

thinking, thinking, why, round-in-circles stuff. But it's not helping me, and it doesn't get me better in the end.

I can have some good intellectual connections happen. And maybe sometimes I might find a Why. But you have to ask yourself in the end, "How useful is to know why, why, why?" if you still have the problem in the end. What I have found is that solutions to the big things in your life; my breathing story is one example problem that I had last year; it was a big, big health struggle for me. But it could be other problems. The solution to those kinds of big problems that you have in your life is not from going around the circle, thinking about it: Why, why, why? The solution to those kinds of problems is about feeling your emotions, staying with your emotions and being with your emotions.

Now, as an INTJ, thinking, thinking, thinking person, with my big mushroom head, I'm not someone who easily gets into their emotions. I'm quite good at thinking about my emotions—don't get me wrong, but not so good at actually feeling them, actually letting them escape, letting them breathe—definitely not good at letting my emotions breathe.

So the solutions to the deepest, hardest struggles that you have in your life, as an INTJ, thinking, thinking person, based on my experience, don't come from rationalising, analysing, finding reasons. The biggest shifts for you come from sitting with your feelings, learning to feel your feelings, learning to be with your feelings.

Now this is something that I didn't learn by myself. I was very resistant to feeling feelings; I love thinking about feelings, not experiencing them that much. But last year, I met a teacher of mine, and her name is Taro. And she taught me a lot of exercises to start feeling my feelings. And I can say that of all the shifts I've had in my life—I'm not just talking about the breathing thing here—but Taro has taught me so much about being able to experience my feelings; stop blocking; and clear very, very big things in my life that I never thought would go away. I never thought, yeah? Because everything I do is: Does my head think this? Does my head think this can happen?

So I'm making this video just to put it out there that any of you who do have a problem in your life—doesn't have to be about breathing—but a deep problem that you've tried to think about and think your way out of for a long time, but you feel stuck, you can go and check out her website; see how she works; and see

how you might be able to do some Skype appointments with her, that kind of thing. And she's someone who can help you if you're stuck.

I have personally had many appointments with Taro over the space of a year. She's helped me with a lot of things, and very recently helped me with the breathing as well. So go and check out Taro. She's...she is, um...she doesn't take any...she doesn't take any nonsense from you: just know that. And she doesn't let you talk and think about why and all that stuff. So if you're looking for someone to just take you round in circles some more, don't go to Taro. But if you want to have some shifts, and you want to get some healing, and you want to start feeling those feelings of yours, and you're brave enough to do it, go and check out Taro's website. I think that it will be good for you.

So thank you for watching, and see you again soon. Bye!

Check out my introvert speaking skills course → [CLICK HERE](#)

<http://jadejoddle.com/introvert-course/>

Check out my course for shy introverts → [CLICK HERE](#)

<http://jadejoddle.com/secret-shyness-course/>

