

MBTI® Activity



I Think—Therefore I Feel, Introducing Thinking and Feeling: An Application of MBTI® Type

Barbara D. Mathews | Catharine A. Larkin

Designed with your success in mind, this activity comes complete with everything you need to engage participants and reinforce type concepts so that individuals can apply the learning immediately post-training. The following materials are provided for this activity:

- Instructions
- PowerPoint® slides
- Handouts

Looking to extend the learning further? Offer each participant a booklet from CPP's **Introduction to Type®** series, available in print or PDF format—20 titles spanning a wide range of MBTI application topics, such as communication, conflict, team building, stress management, innovation, leadership, and more.

For more downloadable, easy-to-use, no-fail activities from world-renowned MBTI® type experts and consultants, visit www.opp.com/MBTIactivities.



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OBJECTIVES

- To examine type characteristics of the Thinking and Feeling preferences
- To explore how preferences for Thinking or Feeling might affect actions in the workplace or at home

TIME FRAME

35 minutes

MATERIALS

- PowerPoint slide 1: “Characteristics of Thinking and Feeling Types”
- PowerPoint slide 2: “Thinking–Feeling Discussion Topics”
- Handout: “Characteristics of Thinking and Feeling Types”
- Handout: “Thinking–Feeling Discussion Topics”
- Flipchart, markers

SETUP

- This activity requires enough chairs and tables to allow pairs or triads to hold discussions.
- Make copies of handouts for participants.

Process

Script: This activity examines the differences between the Thinking and Feeling preferences. The Thinking–Feeling dichotomy refers to how we make decisions: by looking at the logical consequences of a choice or action, or by considering what is important to you and to others involved.

1. Display slide 1 and distribute the handout titled “Characteristics of Thinking and Feeling Types.” Read the characteristics on the slide while participants follow along on their handout.

Script: Now select your “best-fit” preference on the Thinking–Feeling dichotomy. We will be dividing into opposite-preference pairs in a few moments for one-on-one discussions. But first let’s take a look at some discussion topics.

Show slide
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