

MBTI® Activity



Applying the Functions Lens to Stress: An Application of MBTI® Type

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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® slide
- Handouts

For more time-tested activities like this one, as well as for the how-to guidance and tools for creating a comprehensive Myers-Briggs® team development program, check out our popular **MBTI® Teambuilding Program Leader's Resource Guide**.

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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OBJECTIVE

To help appraise stress triggers by function—ST, SF, NF, and NT—to better comprehend the impact of stress on team members

TIME FRAME

30–45 minutes

MATERIALS

- PowerPoint® slide: “Stress Triggers”
- Handout: “Typical Characteristics of the Four Functions”
- Handout: “Stress and the Four Functions”
- Flipchart, markers, masking tape

OPTIONAL

- *Introduction to Type® and Teams*

Process

1. Divide the team into ST, SF, NF, and NT function groups, as the composition of the team permits.
2. Ask team members to imagine that they have been given a tough work assignment that needs to be completed immediately.
3. Ask all the members of the function groups to answer the following questions individually as shown on the slide, “Stress Triggers.”
 - In situations such as the scenario given, what triggers stress in your function group (ST, SF, NF, or NT)?
 - What sorts of supports, resources, or assistance would help you respond constructively to your stress triggers?

Then have them discuss their answers with others in their group and record these answers on flipchart paper.

Show
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