

MBTI® Activity



That Sinking Feeling: 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
- Handout

For more time-tested activities like this one, as well as for the how-to guidance and tools for creating a successful Myers-Briggs® conflict management program, check out our popular **MBTI® Conflict Management 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 get people to “walk in others’ shoes” and make difficult decisions, which can lead to conflict due to the different needs of the various characters

TIME FRAME

30 minutes

MATERIAL

- Handout: “Keep Him or Ditch Him?”

Process

As this will be familiar in some guise to many participants, it is important to up the ante a little by having strict time limits and penalizing groups if they will not make a decision because they do not want to “ditch” someone.

Read aloud the scenario:

You are the captain on a small boat at sea with a co-captain and four other people. The weather has gotten considerably worse over the past four hours—the seas are heavier and the wind stronger. Your small craft has been taking on more water than can be pumped out. A distress call has been sent out, but the nearest craft will not arrive for at least two hours—whereas the ship will sink within the next 15 minutes. There is a life raft, but it will accommodate only three people safely. You and your co-captain will stay with the sinking ship. Now you must decide who of the four will go on the life raft and who will have to take their chances in the water.

- **Part 1: Self-work.** Distribute the handout, “Keep Him or Ditch Him?,” with the descriptions of the four characters. Give participants 5 minutes to read the descriptions and to make notes in support of “keeping” or “ditching” each character.

Note that to eliminate the “gender card” and focus on type, all characters in the scenario are male.