

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.cpp.com/MBTIactivities.



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