



# MBTI®

## Using MBTI® Type to Better Understand and Manage Stress

Presented by {insert name here}

Month 00, Year



Using MBTI® Type to Better Understand and Manage Stress. Copyright 2014 by CPP, Inc. All rights reserved. Use of this CPP electronic product is governed by CPP's Standard Terms & Conditions for License of CPP Electronic Products. Go to [www.cpp.com/eproductterms](http://www.cpp.com/eproductterms) for details and information. MBTI, introduction to Type, and the MBTI logo are trademarks or registered trademarks of The Myers & Briggs Foundation in the United States and other countries. The CPP logo is a trademark or registered trademark of CPP, Inc., in the United States and other countries.

# Objectives

- Understand the basics of personality type theory.
- Self-assess your personality type preferences, look at your reported type, and decide on your best-fit type.
- Increase self-awareness about your personality type style.
- Apply type understanding to stress management.

# Personality Type Theory

- Personality type theory: we are “hardwired” at birth.
- Differences in behavior result from people’s inborn tendencies to **use their mind in different ways.**
- As people act on these tendencies, they develop patterns of behavior.



# MBTI® results...

...indicate inborn predispositions on four pairs of opposite preferences.



# Communication: S–N

## Sensing Types in Communication

- Focused on reality and common sense
- Pragmatic
- Detail oriented
- Retain and learn well from experiences



Just the facts, please.

## Intuitive Types in Communication

- Focused on possibilities
- Anticipate and create change
- See trends and strategy
- Link and integrate information as well as generate ideas



I can see it all now.

# Effects of T/F Preferences in a Work Situation

People who prefer Thinking tend to	People who prefer Feeling tend to
Rely on logic and analysis to reach conclusions	Rely on subjective values to reach conclusions
Concentrate on tasks and not the environment	Concentrate on people and the environment, as well as tasks
Be firm and ready to critique	Be sympathetic and avoid providing direct feedback
Expect fairness for everyone	Expect fairness for the individual



## Applying Type to Stress Management



# Common Stress Reaction Triggers

Stress reactions can result when we are...

- Under a lot of pressure
- Overly tired
- Sick
- Going through an important transition





# “In the Grip” Cues

- Anger
- Loss of any sense of humor
- Tunnel vision



Source: MBTI® Team Performance Accelerator: Facilitator's Guide, 2008.