

Lifestyles of J's and P's

Objectives

- To highlight the differences between J and P behavior.
- To begin to understand the role of the J and P attitude in our lives.
- To underscore the need for appreciating the opposite preferences (e.g., J's need P's to help stay open and P's need J's to help reach closure).
- To help participants validate a J or P preference.

Trainer Instructions

1. Choose a topic for participants to discuss. This could include: What to do with time? What to do with money? What to do with goals? What to do with a calendar? **Variation:** If you have a large group of J's and P's or if you want to have multiple groups of J's and P's participating at the same time you can give each pair of groups a different topic.
2. Separate the participants into groups according to their preference clarity and provide them with flip chart paper and markers.
3. Give the participants the following instructions:

"On the flip chart paper, as a group, record your discussion of the following. What to do with . . . (Pick one from above). You have 10 minutes."

Debriefing Instructions

1. Have each group share verbally its report without telling the participants which group is J or P. Hear each group's report before processing the differences in the large group.
2. Ask the group: "What, if any, differences did you observe in these reports?"
3. Facilitate a discussion highlighting the differences and weave into this, if not already obvious, how different these behaviors are and if not understood, how irritating they can be.

Category

J/P Exercise

Exercise Stage

Basics

Number of Participants

- Minimum: 3 - 4 J's and 3 - 4 P's
- Ideal: 5 - 8 J's and 5 - 8 P's
- Maximum: 10 people per group

Time Required

Minimum: 20 minutes

Maximum: 40 minutes (Time will vary by group size)

Materials Needed

- Flipchart paper (several sheets) for each group
- Markers
- Masking tape
- *MBTI Introduction Workbook*, J/P Highlights or Good J/P Words handouts (all optional)



4. If participants do not know or have not yet validated their preferences, do not in processing this exercise definitively say, “These were Thinkers, and these were Judgers and these were Perceivers,” or “This was the J group and this was the P group.” The data will likely show the differences you need to illustrate the dichotomy without your overtly labeling them—people in each group need to feel free to validate in whatever direction they decide. We advise saying, “Remember that this session is about your exploring and validating your own type preferences. You may find yourself in a group in which your preference is held in common with everyone else, but you may also find yourself wanting to move out of step with your fellow group members. Either experience is helpful in helping you to validate your preference.
5. To complete the group debriefing, give a brief lecturette and a handout to reinforce J and P differences and group learning. (Consider using the J/P section of the *MBTI Introduction Workbook*, *Good J/P Words* and *J/P Highlights* handouts.)

