

Spaghetti and Meatballs

Objectives

- To highlight and experience the differences between S and N perceptions.
- To begin to understand the role of the S and N preferences in the communication process.
- To underscore the concept that the combined reported perceptions of both groups are more comprehensive than those of either group by itself.
- To help participants to validate an S or N preference.

Trainer Instructions

1. Separate the participants into groups according to their preference clarity and provide them with flipchart paper and markers..
2. Give participants the following instructions:

“Write a recipe for Spaghetti and Meatballs on flip chart paper. You have 15 minutes”

Debriefing Instructions

1. Have each group verbally share their reports without telling the participants which group is S or N. Hear each group's report and then process the differences in the large group.
2. Ask the group: “What, if any, differences do you observe in these reports?”
3. Facilitate a discussion highlighting the differences and weave into this, if not perceived by the group, the comprehensiveness of the combined reports. Also, remind the group that our perceptions are the beginning of our communication process. If we don't understand the differences or if we believe our perceptions are the best or the only correct ones, then continued communication will be difficult.

Category

S/N Exercise

Exercise Stage

Basics

Number of Participants

- Minimum: 3-4 S's and 3-4 N's
- Ideal: 6 - 8 S's and 6 - 8 N's
- Maximum: 50 people

Time Required

Minimum: 30 minutes

Maximum: 45 minutes

(time will vary by group size)

Materials Needed

- Flip chart paper (several sheets) for each group
- Markers
- Masking Tape
- MBTI Introduction Workbook, S/N Highlights or Good S/N 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 Sensors, and these were iNtuitives,” or “This was the S group and this was the N group.” More than likely the data will 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. To this end, it is advisable that you say, “Remember that this session is about your exploring and validating your own type preferences. You may find yourself in an exercise 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 S and N differences and group learning. (Consider using the S/N section of the *MBTI Introduction Workbook*, *Good S/N Words* or *S/N Highlights* handouts.)

