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# Function Sorting Exercise



# Trainer Instructions

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1. Print the 16 action statements (slides 3-18)—one slide per page
2. Alone or in small groups, have clients assign each statement to one of the mental function (Sensing, iNtuition, Thinking or Feeling) that this statement or action would exercise
3. You can remind them that each function has four statements (slides) assigned to it
4. Answers (for the trainer) are revealed on slides 19-34

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Remembering the details of  
yesterday's breakfast



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Imagining what will happen  
tomorrow



---

Knowing that someone is  
factually wrong



---

Deciding which candidate  
you like and trust more



---

Observe an object--note that it exists—with a central wooden cylinder emerging from the ground, branching at the top and covered with foliage



---

Determine the observed  
object is a tree—a maple  
tree to be exact



---

I love maple syrup.



---

Think of maple syrup--then  
how you could make  
pancakes tomorrow



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Calculate the answer to:

$$23 \times 72 =$$

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Saying (and meaning), “I’m  
sorry.”



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Taste cinnamon in a dessert



---

Talking about the different  
kinds of foods that could be  
enhanced with cinnamon



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Seeing that two columns of  
the same numbers—when  
totaled—do not present the  
same sum



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Determining which  
column's sum is incorrect.



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Taking pride in coming to  
the right conclusion



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Hypothesizing what could  
have led to the calculation  
error

# (S) Sensing

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Remembering the details of  
yesterday's breakfast

# (N) iNtuition

---

Imagining what will happen  
tomorrow

# (T) Thinking

---

Knowing that someone is  
factually wrong

# (F) Feeling

---

Deciding which candidate  
you like and trust more

# (S) Sensing

---

Observe an object--note that it exists—with a central wooden cylinder emerging from the ground, branching at the top and covered with foliage



# (T) Thinking

---

Determine the observed object is a tree—a maple tree to be exact

# (F) Feeling

---

I love maple syrup.



# (N) iNtuition

---

Think of maple syrup--then  
how you could make  
pancakes tomorrow

# (T) Thinking

---

Calculate the answer to:

$$23 \times 72 =$$

# (F) Feeling

---

Saying (and meaning), “I’m sorry.”

# (S) Sensing

---

Taste cinnamon in a dessert

# (N) iNtuition

---

Talking about the different kinds of foods that could be enhanced with cinnamon

# (S) Sensing

---

Seeing that two columns of the same numbers—when totaled—do not present the same sum

# (T) Thinking

---

Determining which column's sum is incorrect.

# (F) Feeling

---

Taking pride in coming to  
the right conclusion

# (N) iNtuition

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Hypothesizing what could have led to the calculation error