
Function Sorting Exercise

Trainer Instructions

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 functions (Sensing, iNtution, 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

Remembering the details of yesterday's breakfast

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

Calculate the answer to:

$$23 \times 72 =$$

Saying (and meaning), “I’m
sorry.”

Taste cinnamon in a dessert

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

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

Determining which
column's sum is incorrect.

Taking pride in coming to
the right conclusion

Hypothesizing what could
have led to the calculation
error

(S) Sensing

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

Hypothesizing what could
have led to the calculation
error