

STRENGTH ASSESSMENT

Understanding How to Identify Strengths

Strengths:

Almost everything imaginable can be strength. Listed below are some of the more common experiences and qualities that peer specialist and participants have discovered as strengths and resources. **In the space provided list what your strengths are in each of these categories.**

What people know. People learn constantly – from experience, books, culture, family, and on their own. Maybe they know how to cook, or they understand how to use computers, or they are experts at sports trivia, or they know how to take care of small babies, or they understand advanced math. People’s knowledge can be in any are – ask about it. Learn from them what they know. List three strengths/things you have learned from others.

1)

2)

3)

What talents people have. People can surprise themselves and you by the skills and talents they have. Playing a musical instrument, juggling, reciting poetry, art, singing, writing, etc. List three talents you can list as strengths.

1)

2)

3)

Personal qualities. A sense of humor, gentleness, strength under pressure, reliability, friendliness etc. List three personal qualities you would list as strengths.

1)

2)

3)

Pride. People do have pride; often, it is “survivor pride.” They have surmounted or are in the process of surmounting great difficulties or barriers. It is this pride which can be summoned to encourage change and growth. (Example: being sober for 1 years, having stayed out of the hospital for 2 years). List three strengths you would list in the area of “Survivor Pride.”

1)

2)

3)

Look in the community for natural resources. Take advantage of what is already out there for participants; let them be the experts, as they often know of resources we have not yet discovered. Remember, too:

- Sometimes people don’t define their talents, knowledge and resources as strengths-you can help them do that.
- Sometimes people have forgotten or let fall into disuse a quality or talent that might be strength.