Strengths List

Physical	Cognitive	Emotional
Good health	Knows learning style/modality	Understands function of emotions
Good health maintenance	Intelligence	Able to identify emotions
Proper nutrition	Level of education	Does not "stuff" emotions
Diets in a healthy way	Average to above average grades	Tolerates own emotions
Vitamins and supplements	Values life-long learning	Tolerates emotions of others
Manages body weight	Uses "common sense"	Regulates own emotions
Practices regular hygiene	**Cognitive Skill Sets**	Dissipates certain emotions
Gets adequate sleep	1. Thought-stopping	Expresses em's appropriately
Rests / takes sabbaticals	2. Controls negative thoughts	Able to process own emotions
Good energy level	3. Mindfulness	Recognize own/others' triggers
Exercises regularly	4. Thought replacement	Learns communication skills
Engages in sports activities	5. Increases positive thoughts	Reads non-verbal communication
Practices relaxation & meditation	**Other Skill Sets**	Understands verbal communication
Compliant w/ medications	1. Anger Management	Builds positive self-esteem
Manages stress effectively	2. Conflict resolution	**Emotional Qualities**
Avoids cigarette smoking	3. Decision-making	Accepting
Avoids substance abuse	4. Problem-solving	Attentive
Body awareness	5. Can take "opposite action"	Balanced
Non-traditional treatments	6. Other psycho-education	Cautious
Physical Qualities	**Cognitive Qualities**	Clear-headed / Level-headed
Agile	Attention to detail	Determined
Alert	Balanced	Empathic
Attractive	Constructive	Encouraged
Balance	Creative	Enthusiastic
Body Awareness	Imaginative	Humorous
Energetic	Insightful	Gentle
Endurance	Intuitive	Kind
Fast / Speedy	Learns quickly	Mature
Flexible	Likes to read	Optimistic
Graceful	Mechanically inclined	Reflective
Healthy	Open to learning new things	Resolute
Relaxed	Research oriented	Steadfast
Rested	Teachable	Tolerant
Strong	Teaches others	Warmhearted

Strengths List

Working to improve health	Thoughtful	Willingness
Relational	**Relational & Spiritual Qualities**	
Self-supportive	Adventurous	Introspective
Has healthy primary relationships	Affable	Joyful
Healthy Intimate relationship / partner	Affectionate	Kind
Extended family love and support	Appreciative / Grateful	Listener
Peers	Assertive	Loving
Friends	Benevolent	Loyal
Neighbors	Bold	Meditative
Co-workers	Brave / Courageous	Merciful
Community	Caring	Outgoing
Church or other place of worship	Celebrative	Passionate
Cultural and ethnic	Committed	Patient
Pets	Communicative	Peaceful
On-line support	Compassionate	Peace loving
Mentoring	Confident	Reflective
Mentors	Consistent	Relatable
Nature	Consults with others	Reliable
Faith in God or higher power	Contemplative	Responsible
Spiritual	Content	Seeks answers within
Traditional religious beliefs	Cooperative	Self-controlled
Non-traditional spiritual beliefs	Devoted	Sense of awe and wonder
12-Step programs	Diligent	Sense of connection
Relaxation / meditation exercises	Direct	Sense of justice
Martial Arts	Empathic	Sense of purpose
Yoga, Tai Chi, etc.	Extroverted	Sense of self
Bible & other inspirational reading	Ethical	Sense of well-being
Prayer	Faithful	Sincere
Spiritual leaders	Friendly	Sociable
Reflection	Gentle	Social skills
Mindfulness	Giving	Structured
Self-help books and classes	Happy	Tolerant
Rituals and rites	Honest	Trusting
Symbolism and metaphors	Hopeful	Trustworthy
Mythology	Humility	Understanding

Strengths List

Family Traditions	Inner-directed	Upbeat
Cultural connections	Intimate	Values-based

Strengths List

Behavioral
Self-determination
Self-containment
Self-control (impulsivity, agitation)
Coping skills
Social interactions & activities
Balances care self & others
Strong work ethic
Follows the “Golden Rule”
Has a role model
Is a role model
Has a mentor(s)
Mentors another / others
Volunteers
Community service
Can practice repetitively
Can do something different
Successful negotiation of
prior problematic experiences
Behavioral Qualities
Consistent
Dedicated
Hard working
Organized
Playful
Pro-social vs. anti-social
Stable / Predictable
Abilities
Artistic
Athletic
Hobbies
Leadership roles
Mechanical
Musical
Outdoor activities

Strengths List

Writing
Environmental
Supportive Family
Owns home
Rents home
Stable finances
Employable skills
Past gainful employment
Current gainful employment
Owns computer
Computer skills
Internet access
School
Medical services
Mental health services
Other healthcare professionals
Social Services
Community Agencies
Vocational Rehabilitation
Probation and Parole
Support Groups
Your Additions

Strengths List