

Strengths | Adjusting for Improved Outcome

Everyone has a range of strengths, but we tend to value certain ones more than others. We can ‘dial up’ or ‘dial down’ these strengths based on what motivates us and what the situation requires. Review the strengths below and consider which one(s) you value in your current situation you are addressing with your therapist. Is there a strength you could adjust—either increasing or decreasing—that might lead to a different result?

Helpful	Give assistance to others who are in need	Quick-to-Act	Get things started without delay	Persevering	Maintain the same course of action despite obstacles	Adaptable	Adjust readily to new or modified conditions
Devoted	Dedicated to some people, activities, or purposes	Ambitious	Determined to succeed and to get ahead	Methodical	Orderly in action, thought, and expression	Flexible	Act in whatever manner is appropriate at the moment
Supportive	Give encouragement and help to others	Risk-Taking	Take chances on losses in pursuit of high gains	Analytical	Dissect and digest whatever is going on	Sociable	Engage easily in group conversations and activities
Loyal	Remain faithful to the commitments made to others	Forceful	Act with conviction, power, and drive	Cautious	Careful to make sure of what is going on	Tolerant	Respect differences, even when we don't agree
Modest	Play down what I am capable of	Self-confident	Believe in own powers of strengths	Fair	Act justly, equitably, and impartially	Open-to-Change	Consider different perspectives, ideas, and opinions
Trusting	Place faith in others	Competitive	Strive to win against others	Principled	Follow certain rules of right of conduct	Option-oriented	Look for and suggest different ways of doing things
Caring	Concern with well-being of others	Persuasive	Urge, influence, and convince others	Reserved	Practice self-restraint in expressing thoughts and feelings	Inclusive	Bring people together in order to reach consensus.