

# Strength Possibilities



THE  
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ACADEMY



## BELIEVING IS SEEING:

When we put on our “strengths glasses”, and have a purposeful intention of seeing, affirming, and elevating strengths and resilience factors, we begin to see more of them!

This isn't a finite list, nor an assessment template. Rather, it's something to spark curiosity and remind us that strengths, like stars, are always there. And, like looking at the night sky, once we begin to look for stars, more appear!

### Social Strengths

- Has positive and encouraging friend(s)
- Has close/intimate/trusting relationship(s)
- Is able to communicate assertively
- Has developed healthy connections with others
- Participates in meaningful activities with others in the community (12 step meetings, book clubs, school groups, neighborhood groups, online communities)
- Pursues personal interests/ talents/hobbies/creative outlets
- Has connections with pets/animals

### Health Strengths

- No/few underlying health conditions
- Engages in healthy habits around sleep, cooking, eating, or exercise
- Sees physical health as important to mental health
- Seeks health care when needed
- Has made health behavior changes in the past
- Has intentions or desires to improve health



### Psychological Strengths

- Ability to recognize needs and communicate them effectively
- Ability to regulate and manage strong or difficult emotions
- Problem-solves during times of difficulty to reduce emotional and environmental stress
- Positive outlook on others and the world
- Believes they can solve their problems
- Open and able to learn from others' wisdom
- Open and able to trust one's own inner wisdom
- Able to practice self-compassion

### Familial/Cultural Strengths

- Had a loving adult in their life as a child
- Has a positive relationship with sibling(s)
- Has a “healing narrative” about their difficult childhood
- Has a supportive life partner
- Has positive relationships with children
- Has strong relationship with extended family members (cousins, grandparents, aunts, uncles)
- Has a positive perception of cultural identity
- Makes purposeful decisions about their own parenting

### Personal Strengths

- An experience of navigating major life change(s)
- Had “good enough” attachment to caregiver as a child
- Experience of being able to leave unhealthy relationships (people, work, groups)
- Experience of working towards a goal successfully
- History of making, budgeting, saving and/or giving money
- Experience of recovery, from any kind of addiction
- Habit of “meta-cognition” or thinking about thinking

### Environmental Strengths

- Has secure and adequate employment
- Has a safe and comfortable living space
- Lives in a community with lower violence
- Lives in a community with less toxic racism (more diverse)
- Has access to benefits/resources needed to live a healthy life

### Spiritual Strengths

- Has a personal spiritual life
- Belongs to a church or faith community
- Has spiritual beliefs that provide meaning to suffering and difficulty
- Has spiritual beliefs that emphasize life having purpose
- Engages in creative endeavors: art, dance, music, gardening, cooking...
- Ability to articulate values
- Experience of aligning behavior to values

