

REDISCOVERING PERSONAL STRENGTHS

Name _____ Sex _____ Date _____

Then and Now

1. My childhood dream was
2. My dream now is
3. My saving grace in childhood (personal characteristic - example: artistic ability, sense of humor, sensitivity, etc.)
4. My saving grace now is
5. Something I remember that makes me happy or feel strong is
6. Three things that were the most important to me as a child. And now
7. My roles in life that matter to me are (son or daughter, friend, brother or sister, individual, student, etc.)
8. What matters to me in each of my roles (help my sister with her homework, to do my homework as a student, etc.)
9. My favorite childhood story or fairy tale was
10. My favorite book now is
11. Who or what I most identified with in the childhood story or fairy tale was
12. The favorite sounds I liked to make as a child Favorite sounds now
13. My favorite person as a child My favorite person now.
14. Personal strength(s) I has as a child
15. Personal strength(s) I have now.
16. A hero I identified with as a child. I identify with now.

My Support and Coping System

1. As a child, when I was sad or upset I turned to:
A parent ___ A sibling ___ A peer ___ A teacher ___ A grandparent ___ A neighbor ___
Friend ___ Member of my religious faith ___ Kept to myself ___ The family pet ___ A toy, doll,
stuffed animal, object ___ T.V. ___ Other _____
(Circle the above items you turn to now)
2. Before 16, I felt the most comfort from involvement with:
People ___ Animals ___ Nature ___ God ___ Art ___ Reading ___ Dance ___ Music ___ Writing
Athletics ___ Other _____
(Circle the above items you feel the most comfort from now)
3. When I was a child, I most wanted to grow up and be like
4. Why? (person you knew or knew through books, etc.)
5. The person I most want to be like now is
Why?
6. What do I turn to, to laugh or get in a better mood?
7. What music do I turn to, to get a lift?

8. How do I focus my energy, compassion or care for others?
9. The activity that brings me the most satisfaction and happiness is
10. What I want written on my epitaph is

My Creative and Survival Skills

Rate each of the following on a 1-10 scale with 10 high and 1 low

1. I would rate my ability to cope with my stress as a ____.
To cope with stress I
2. I would rate my ability to control my anger as a ____.
To cope with anger I
3. I would rate my ability to relate to others as a ____.
My closest friends are
(What are these friends like?)
4. I would rate my ability to identify and express my feelings as a ____.
What feelings are hardest to be assertive with?
5. I would rate my ability to assert what is important to me as a ____.
What people are hardest to be assertive with?
6. I would rate my ability to manage my moods (such as depression) as a ____.
The situations or people with which I have the most difficulty managing my emotions are
7. I would rate my ability to renew, nurture, and make myself feel stronger as a ____.
When I need to nurture myself I
8. I would rate my ability to deal with hard situations as a ____.
My childhood survival skills are
My survival skills that I rely most on now are
9. I would rate my ability to use my hands to create and do rewarding things as a ____.
The things I like to do with my hands are
10. I would rate my ability to learn new things as a ____.
The most recent new things I have learned are
Some new things I would like to learn are
11. The most creative thing I did as a kid to cope was

My Personal Interests and Pleasures (Please check those you enjoy or have enjoyed)

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|---|--|--|
| <input type="checkbox"/> Acting in a play | <input type="checkbox"/> Flying a kite | <input type="checkbox"/> Lakes or reservoirs |
| <input type="checkbox"/> Bedtime stories | <input type="checkbox"/> Going barefoot | <input type="checkbox"/> Listening to music |
| <input type="checkbox"/> Bicycle riding | <input type="checkbox"/> Going for a drive | <input type="checkbox"/> Lying in a hammock |
| <input type="checkbox"/> Bird watching | <input type="checkbox"/> Going to the zoo | <input type="checkbox"/> Making a sculpture |
| <input type="checkbox"/> Blowing bubbles | <input type="checkbox"/> Grandfather clocks | <input type="checkbox"/> Meditation |
| <input type="checkbox"/> Carving | <input type="checkbox"/> Having a collection | <input type="checkbox"/> Movies |
| <input type="checkbox"/> Climbing a tree | <input type="checkbox"/> Hiking | <input type="checkbox"/> Painting/sketching |
| <input type="checkbox"/> Coloring books | <input type="checkbox"/> Hopscotch | <input type="checkbox"/> Pets (dogs, cats, etc.) |
| <input type="checkbox"/> Comic books | <input type="checkbox"/> Horseback riding | <input type="checkbox"/> Picnics |
| <input type="checkbox"/> Creeks or rivers | <input type="checkbox"/> Ice skating | <input type="checkbox"/> Ping pong |
| <input type="checkbox"/> Doodling | <input type="checkbox"/> Jogging/running | <input type="checkbox"/> Playing baseball/softball |
| <input type="checkbox"/> Feeding birds | <input type="checkbox"/> Jumping rope | <input type="checkbox"/> Playing basketball |
| <input type="checkbox"/> Fishing | <input type="checkbox"/> Karate/judo/aikido | <input type="checkbox"/> Playing checkers |

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|---|---|--|
| <input type="checkbox"/> Playing chess | <input type="checkbox"/> Porch swings | <input type="checkbox"/> Sleigh riding |
| <input type="checkbox"/> Playing darts | <input type="checkbox"/> Pottery making | <input type="checkbox"/> Slippy slide |
| <input type="checkbox"/> Playing football | <input type="checkbox"/> Quilt making | <input type="checkbox"/> Snowmobile riding |
| <input type="checkbox"/> Playing hide-and-go-seek | <input type="checkbox"/> Rafting on a river | <input type="checkbox"/> Snowball fight |
| <input type="checkbox"/> Playing horseshoes | <input type="checkbox"/> Raising flowers | <input type="checkbox"/> Solving puzzles |
| <input type="checkbox"/> Playing in a hideout | <input type="checkbox"/> Reading | <input type="checkbox"/> Stuffed animals |
| <input type="checkbox"/> Playing in the sprinklers | <input type="checkbox"/> Recess during school | <input type="checkbox"/> Sunbathing |
| <input type="checkbox"/> Playing marbles | <input type="checkbox"/> Rocking chairs | <input type="checkbox"/> Surfing |
| <input type="checkbox"/> Playing a musical instrument | <input type="checkbox"/> Sand pile play | <input type="checkbox"/> Swimming |
| <input type="checkbox"/> Playing with a puppet | <input type="checkbox"/> Sauna | <input type="checkbox"/> Swinging in a swing |
| <input type="checkbox"/> Playing with a wagon | <input type="checkbox"/> Sculpting in clay | <input type="checkbox"/> Symphony concerts |
| <input type="checkbox"/> Playing with infant/baby | <input type="checkbox"/> Security blanket | <input type="checkbox"/> Taking a nap |
| <input type="checkbox"/> Playing with dolls | <input type="checkbox"/> Singing | <input type="checkbox"/> Television |
| <input type="checkbox"/> Playing with jacks | <input type="checkbox"/> Sitting in front of a fire | <input type="checkbox"/> Tennis |
| <input type="checkbox"/> Playing with toy cars | <input type="checkbox"/> Sitting in the backyard | <input type="checkbox"/> Thanksgiving day |
| <input type="checkbox"/> Playing with toy soldiers | <input type="checkbox"/> Skateboarding/skating | |
| <input type="checkbox"/> Pool/billiards | <input type="checkbox"/> Sleeping in late | |