

STRENGTHS

- ⇒ Skills- learned/acquired
(examples: driving a car, speaking a second language, car repair)
- ⇒ Talents-innate or natural
(sports, drawing, singing)
- ⇒ Virtues/Traits
(patience, sense of humor, kindness)
- ⇒ Interpersonal skills
(negotiating, calming those who are upset, listening)
- ⇒ Interpersonal/environmental resources
(job, school, extended family)
- ⇒ Cultural knowledge/lore
(rituals, ceremonies, stories)
- ⇒ Family narratives
(migration, instructive stories, overcoming obstacles)
- ⇒ Knowledge from adversity
(maintaining faith/hope, overcoming barriers, survival stories)
- ⇒ Knowledge from job/school/military
(following schedules, be service to others, institutional rules)
- ⇒ Spirituality/faith
(purpose beyond self, meaning of life)
- ⇒ Hopes/dreams
(positive expectations of future, personal/familial goals)