

# My Strengths that Could Help Others

Your strengths are the talents and abilities you have or talents and abilities you may want to develop. We often don't recognize our strengths because we take them for granted, but you have strengths. Among them are things you do to get through the difficult times in your life. These are things you know you can do very well. It is important for you to know your strengths because you can rely on those strengths as you move forward in your recovery journey.

## Instructions

Look at the list of strengths below, thinking of your past and your present. Check the box under NOW for the strengths you feel you have now. Check the box under DEVELOP of any strength that you want to develop or grow.

STRENGTH	NOW	DEVELOP	STRENGTH	NOW	DEVELOP
CREATIVITY	<input type="checkbox"/>	<input type="checkbox"/>	SPIRITUALITY	<input type="checkbox"/>	<input type="checkbox"/>
CURIOSITY	<input type="checkbox"/>	<input type="checkbox"/>	MY SOBRIETY	<input type="checkbox"/>	<input type="checkbox"/>
OPEN MINDED	<input type="checkbox"/>	<input type="checkbox"/>	MANAGING MY MOOD	<input type="checkbox"/>	<input type="checkbox"/>
LOVE TO LEARN NEW THINGS	<input type="checkbox"/>	<input type="checkbox"/>	USING MY PERSONAL MEDICINE	<input type="checkbox"/>	<input type="checkbox"/>
FORGIVING OTHERS	<input type="checkbox"/>	<input type="checkbox"/>	MY INTEGRITY	<input type="checkbox"/>	<input type="checkbox"/>
SHOWING MERCY TO OTHERS	<input type="checkbox"/>	<input type="checkbox"/>	APPRECIATION OF BEAUTY	<input type="checkbox"/>	<input type="checkbox"/>
BRAVERY	<input type="checkbox"/>	<input type="checkbox"/>	MY SENSE OF HUMOR	<input type="checkbox"/>	<input type="checkbox"/>
MY ENERGY	<input type="checkbox"/>	<input type="checkbox"/>	MANAGING MY SYMPTOMS	<input type="checkbox"/>	<input type="checkbox"/>
HELPFUL TO OTHERS	<input type="checkbox"/>	<input type="checkbox"/>	BEING A GOOD CITIZEN	<input type="checkbox"/>	<input type="checkbox"/>
MY FAMILY	<input type="checkbox"/>	<input type="checkbox"/>	KINDNESS TOWARDS OTHERS	<input type="checkbox"/>	<input type="checkbox"/>
MY SURVIVAL SKILLS	<input type="checkbox"/>	<input type="checkbox"/>	LOVE	<input type="checkbox"/>	<input type="checkbox"/>
MY UNIQUENESS	<input type="checkbox"/>	<input type="checkbox"/>	TALK EASILY TO PEOPLE	<input type="checkbox"/>	<input type="checkbox"/>
MY ABILITY TO FORGIVE MYSELF	<input type="checkbox"/>	<input type="checkbox"/>	BEING GRATEFUL	<input type="checkbox"/>	<input type="checkbox"/>

Write in other strengths you have or want to develop below.

STRENGTH	NOW	DEVELOP	STRENGTH	NOW	DEVELOP
	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>

What are your top three strengths?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

What two strengths do you want to develop or grow?

1. \_\_\_\_\_
2. \_\_\_\_\_

