

Strengths Inventory 150425

Name: _____ Date: _____

Adapted by George S. Braucht; LPC, CPCS & CARES from: 1) Duncan, B. (2005). *What's right with you: Debunking dysfunction and changing your life*. Deerfield Beach, FL: Health Communications. 2) Rapp, C.A. & Goscha, R.J. (2012). *The strengths model. A recovery-oriented approach to mental health services*. New York: Oxford University Press. 3) Sitvast, J. (2018). Recovery-oriented risk assessment and shared decision making: Mapping the process of recovery in mental health care. *Psychology and Psychotherapy Research Study*. 2 (1), 1-4.

Five aspects need attention in recovery to develop a new identity or reconstruct an old identity. These should also figure into shared or collaborative decision-making with service providers or programs.

1. Wishes and ambitions
2. Strengths
3. Values
4. Supports
5. Risks and challenges

For instance: how many of your wishes and ambitions are expressed in your recovery narrative; to what degree do you make use of your sources of strengths to build your recovery from; what actions do you take based on your core values; who are your supports and your support systems; and what risks, negative and positive signals of distress, and challenges are you facing to prevent damage and stimulate growth or resilience?

Your Heroic Stories. Think of a time that was very difficult in your life but you managed to get through it.

1. What personal resources or character strengths did you draw on?
2. What family, spiritual, friend or community support did you draw on?
3. What story does this tell about who you are and what you can do?
4. Who else knows this story?



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5. What do you think they would say this story says about who you are and what you are capable of?
6. Who in your life would not be surprised to see you stand up to current challenges and prevail?
7. What experiences of you would they draw on to make this decision?
8. What story would they tell about you?

Your Strengths

1. What traits, qualities, characteristics, skills, talents and passions describe you when you are at your very best?
2. What were you doing when these aspects became apparent to you?
3. What traits, qualities, characteristics, skills, talents and passions would others describe you as when you are at your very best?
4. What were you doing when they noticed these aspects in you?
5. What kind of person do these aspects describe?
6. Who was the first person to tell you that they noticed the best of you in action and what were you doing when they noticed these aspects in you?
7. Who was the last person to tell you that they noticed the best of you in action and what were you doing when they noticed these aspects in you?
8. When I am at my very best, I am....

