

## Strengths Inventory and Growth Narrative (SIGN) 150426

Write answers to each of the following questions in a personal journal then share your answers - not the journal - with someone. Periodically revisit and perhaps revise or add to your answers.

Your S/Heroic Stories. Think of a time that was very difficult in your life but you got 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?
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

9. What traits, qualities, characteristics, skills, talents and passions describe you when you are at your very best?
10. What were you doing when these aspects became apparent to you?
11. What kind of person do these aspects describe?
12. 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?
13. 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?
14. When I am at my very best, I am....
15. The traits, qualities, characteristics, skills, talents and passions I bring to my community now include....



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Growth or Resilience: Five aspects often need attention to develop a new identity or reconstruct an old identity. These should also figure into shared and collaborative decision-making with service providers and/or programs.

16. Immediate wishes

17. Long-term ambitions

18. Strengths

19. Values

20. Supports

21. Risks and challenges

22. Current Growth Narrative. Write an elevator speech for when you talk about yourself. Include: (16) your wishes and (17) ambitions; how you use your (18) strengths to build recovery capital; the core (19) values on which your actions are based; your (20) supports and support systems; and the (21) risks, or negative and positive distress signals, and challenges that you are facing to prevent damage and stimulate your growth or resilience.

I shared this SIGN with:

- 1) \_\_\_\_\_ Date: \_\_\_\_\_
- 2) \_\_\_\_\_ Date: \_\_\_\_\_
- 3) \_\_\_\_\_ Date: \_\_\_\_\_
- 4) \_\_\_\_\_ Date: \_\_\_\_\_

I reviewed/revised this SIGN on:

- 1) Date: \_\_\_\_\_
- 2) Date: \_\_\_\_\_
- 3) Date: \_\_\_\_\_
- 4) Date: \_\_\_\_\_

George S. Braucht; LPC, CPCS & CARES adapted SIGN by 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.
- 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.

