

# Identifying Strengths

Everyone has at least some of the following strengths which can be used to overcome life's challenges. Point out strengths when you see them in your clients. Every conversation is a new opportunity.

| <b>Strength</b>                         | <i>Say to Parent</i>  | <i>Say to Child</i>   |
|---|---|---|
| <b>Relationships</b>                    | "I'm glad your grandmother is so supportive of you"   | "Look how wonderfully you and your little brother play together"  |
| <b>Service</b>                          | "I'm so glad you went to the PTA meeting, to be a part of Josh's school"  | "I'm glad you joined the Critter Club at school; you really care about nature"  |
| <b>Life Skills</b>                      | "I think you did a great job staying calm when Sean threw a tantrum"  | "I'm happy that you told a teacher at recess that someone pushed you"   |
| <b>Humor</b>                            | "I think it's great that you're able to make your son laugh when he's upset"  | "I'm so happy you're okay after tripping, and that you're laughing it off"  |
| <b>Inner Direction</b>                  | "I'm happy that you started attending a church group that you felt more comfortable going to"   | "I think it's great that you told your friend 'no' when she asked to see your quiz in class"                                      |
| <b>Perceptiveness</b>                   | "I noticed how you were able to see that Johnathan was upset before he told you, and you went to comfort him"                             | "That was nice of you to help your sister when you noticed she started getting frustrated with the game"                          |
| <b>Independence</b>                     | "I'm happy you were able to distance yourself from friends who you felt were toxic to you"  | "It's awesome that you pursue activities you're passionate about, even if your other friends aren't doing them"                   |
| <b>Positive View of Personal Future</b> | "It's great to hear your plans for the future, I know you can get there"  | "Your school trip sounds so fun and something you look forward to!"   |
| <b>Flexibility</b>                      | "I'm glad you were able to make a new plan last minute when things didn't work out"   | "That was nice of you to share your toy with your sister, even though you wanted to play with it right now"                       |
| <b>Love of Learning</b>                 | "I've recognized your dedication to improving your parenting skills by asking questions and wanting more resources to take home with you" | "Your mom told me that you want to be an astronaut, and that you've even been to the library to get books and movies about space" |
| <b>Self-motivation</b>                  | "I think it's great that when you make goals, you're able to make a plan and work towards them"   | "I heard that you've been preparing for a spelling bee. That must take a lot of dedication, right?"                               |
| <b>Competence</b>                       | "I'm so happy to hear you're pursuing cosmetology school, I know you've mentioned your experience with cutting your children's hair"      | "I've seen you help your little sister understand words when she's reading a challenging book. You're good at explaining things!" |
| <b>Self-Worth</b>                       | "I'm glad you realize that you are so good at math. It's an important skill to have"  | "I was happy to hear that you ran for student body president because you felt strongly about making a change"                     |
| <b>Spirituality</b>                     | "I'm happy that you're using your faith to stay strong during this time"  | "I can tell that attending your Temple's youth group helps you feel supported"  |
| <b>Perseverance</b>                     | "I'm glad to hear that you've reached out to different community resources for help"  | "I'm so happy to hear you say 'I know I can do it' because it shows that you believe in yourself"                                 |
| <b>Creativity</b>                       | "Christa's birthday party sounded like so much fun; you planned it all?"  | "Wow, the bright colors you used to color in the flowers really make the picture pop"   |