

# Thinking About Your Emotional Strengths

Many times we dwell on the problems that we are having and we forget to examine the emotional strengths we already have to overcome these problems. Below you will find a list of statements that reflect important emotional strengths. Rate each statement from 1 to 7, with 1=Strongly Disagree and 7=Strongly Agree. Then answer the questions at the end of this worksheet.

\_\_\_\_\_ I am able to love other people.

\_\_\_\_\_ My self-esteem is usually high.

\_\_\_\_\_ I am a flexible person.

\_\_\_\_\_ I am a creative person.

\_\_\_\_\_ I am a curious person.

\_\_\_\_\_ I don't let other people's opinions of me keep me from doing what I think is right.

\_\_\_\_\_ I am assertive when it comes to looking after my own interests and the interests of those I care about.

\_\_\_\_\_ I set realistic goals for myself.

\_\_\_\_\_ I have good common sense.

\_\_\_\_\_ I am able to control my impulses.

\_\_\_\_\_ I take care of my body and my health.

\_\_\_\_\_ I am a flexible person.

\_\_\_\_\_ I usually trust other people.

\_\_\_\_\_ I would not describe myself as a victim.

\_\_\_\_\_ I don't have a problem dealing with things that are unknown or uncertain.

\_\_\_\_\_ I am easy going most of the time.

\_\_\_\_\_ I keep calm even when I am stressed.

\_\_\_\_\_ I am patient.

\_\_\_\_\_ I am a positive thinker.

\_\_\_\_\_ I take responsibility for my decisions and actions.

\_\_\_\_\_ I am well-liked.

- \_\_\_\_\_ I enjoy the company of others and also enjoy being alone.
- \_\_\_\_\_ I am good at predicting other people's behavior.
- \_\_\_\_\_ I am self-aware and like to learn about myself.
- \_\_\_\_\_ If something is bothering me, I can usually figure out what it is and do something about it.
- \_\_\_\_\_ My sense of humor often helps me deal with stress.
- \_\_\_\_\_ If I can't control a certain situation I can usually "turn my thoughts off" and stop worrying about it.
- \_\_\_\_\_ I have several close people I can confide in.
- \_\_\_\_\_ When I need help, I have several people I can turn to.
- \_\_\_\_\_ I have a strong support network.
- \_\_\_\_\_ I don't have a problem getting angry when it is warranted.
- \_\_\_\_\_ I have techniques I use to calm myself down when I am upset.
- \_\_\_\_\_ I accept my feelings, even when they sometimes trouble me.
- \_\_\_\_\_ I am able to talk openly and honestly when something is bothering me.
- \_\_\_\_\_ When I make a mistake, I try to figure out what I did wrong and learn from it.

List other emotional strengths that come to mind:

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Review the list of emotional strengths. Describe an incident that demonstrates how you used this strength to address a problem in your life.

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What would your mother say is your greatest strength?

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What would your father say is your greatest strength?

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What would your best friend say is your greatest strength?

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What is an emotional strength that helps you in your relationships?

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Describe the best parts of your personality in five words:

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