

Character Strengths Assessment

CHARACTER STRENGTHS ASSESSMENT

Patient name: _____ Date of birth: _____ dd / mm / yyyy

Practitioner name: _____ Date assessed: _____ dd / mm / yyyy

In the table below, place a check mark in the boxes to indicate how much of the 24 statements is similar to you. Use the following guide to indicate your responses: 1 - Not at all like me, 2 - A tiny bit like me, 3 - A little bit like me, 4 - Quite a lot like me, 5 - Exactly like me

CURIOSITY/INTEREST IN THE WORLD: I am always curious about the world.

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1 2 3 4 5

LOVE OF LEARNING: I am thrilled when I learn something new.

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1 2 3 4 5

JUDGMENT/CRITICAL THINKING/OPEN-MINDEDNESS: When the topic calls for it, I can be a highly rational thinker.

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1 2 3 4 5

INGENUITY/ORIGINALITY/PRACTICALITY/STREET SMARTS: I like to think of new ways to do things.

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1 2 3 4 5

SOCIAL, PERSONAL, AND EMOTIONAL INTELLIGENCE: No matter what the social situation is, I am able to fit in.

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1 2 3 4 5

PERSPECTIVE: I am always able to look at things and see the bigger picture.

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1 2 3 4 5

VALOR AND BRAVERY: I have taken frequent stands in the face of opposition.

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1 2 3 4 5

PERSEVERANCE/INDUSTRY/DILIGENCE: I always finish what I start.

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1 2 3 4 5

INTEGRITY/GENUINENESS/HONESTY: I always keep my promises.

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1 2 3 4 5

KINDNESS AND GENEROSITY: I have voluntarily helped a friend or neighbor in the last month.

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1 2 3 4 5

LOVING AND ALLOWING ONESELF TO BE LOVED: There are people in my life who care as much about my feelings and well-being as they do about their own.

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1 2 3 4 5

CITIZENSHIP/DUTY/TEAMWORK/LOYALTY: I work my best when I am in a group.

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1 2 3 4 5

FAIRNESS AND EQUITY: I treat all people equally regardless of who they are.

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1 2 3 4 5

LEADERSHIP: I can always get people to do things without nagging them.

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1 2 3 4 5

SELF-CONTROL: I control my emotions.

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1 2 3 4 5

PRUDENCE/DISCRETION/CAUTION: I avoid activities that are physically dangerous.

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1 2 3 4 5

HUMILITY AND MODESTY: I change the subject when people compliment me.

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1 2 3 4 5

APPRECIATION OF BEAUTY AND EXCELLENCE: In the last month, I have been excited by excellence in music, art, drama, film, sport, science, or mathematics.

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1 2 3 4 5

GRATITUDE: I always say thank you, even for little things.

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1 2 3 4 5

HOPE/OPTIMISM/FUTURE-MINDEDNESS: I always look on the bright side.

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1 2 3 4 5

SPIRITUALITY/SENSE OF PURPOSE/FAITH/RELIGIOUSNESS: My life has a strong purpose.

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1 2 3 4 5

FORGIVENESS AND MERCY: I always let bygones be bygones.

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1 2 3 4 5

PLAYFULNESS AND HUMOR: I always mix work and play as much as possible.

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1 2 3 4 5

ZEST/PASSION/ENTHUSIASM: I throw myself into everything I do.

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1 2 3 4 5