Relying On Your Character Strengths PTSD

Applicant Name: _____

Objective: To identify what your character strengths are and how they may assist you in overcoming challenges.

You Should Know: During your journey of recovery from PTSD, it's common to momentarily forget about the personal strengths you possess. These strengths can be instrumental in problem-solving and resilience-building. Reflecting on these strengths can illuminate solutions to challenges that might have previously seemed insurmountable.

What to Do:

1. Review the list of adjectives below and circle the personality or character strengths that resonate with you the most.
2. Reflect on the strengths you've identified. Determine if any particular strength stands out as being particularly beneficial for a current challenge you're facing.

Character Strengths:

- [ ] Accepting
- [ ] Adaptable
- [ ] Adventurous
- [ ] Agreeable
- [ ] Aware
- [ ] Balanced
- [ ] Calm
- [ ] Caring
- [ ] Centered
- [ ] Charismatic
- [ ] Considerate
- [ ] Courageous
- [ ] Creative
- [ ] Curious
- [ ] Dedicated
- [ ] Diligent
- [ ] Energetic
- [ ] Enthusiastic

- [ ] Fair-minded
- [ ] Flexible
- [ ] Focused
- [ ] Friendly
- [ ] Fun
- [ ] Generous
- [ ] Honest
- [ ] Humble
- [ ] Humorous
- [ ] Imaginative
- [ ] Inquisitive
- [ ] Insightful
- [ ] Intuitive
- [ ] Kind
- [ ] Loving
- [ ] Loyal
- [ ] Open-minded
- [ ] Optimistic
- [ ] Passionate
- [ ] Patient
- [ ] Persistent
- [ ] Practical
- [ ] Proactive
- [ ] Rational
- [ ] Reliable
- [ ] Responsible
- [ ] Self-Confident
- [ ] Sociable
- [ ] Spiritual
- [ ] Spontaneous

- [ ] Sympathetic
- [ ] Thoughtful
- [ ] Trustworthy
- [ ] Versatile
- [ ] Warmhearted
- [ ] Wise
- [ ] Witty

Strength to Focus On: One strength that can assist you with a current challenge:

_____

Reflection: How can this particular strength support you in addressing your main challenge?

How might other strengths aid you in navigating life's challenges and enhancing overall well-being?

Notes:

Source: The PTSD Workbook, A Journey to Resilience and Beyond. Tijana Mandić, PhD