

Thinking About Your Emotional Strengths

Many times we identify the problems that we are having and our finger is pointed at emotional strengths we already have. To overcome these problems, however, you will have to get statements that reflect important emotional strengths. Place each statement from 1 to 3, with 1 = Strongly Disagree and 3 = Strongly Agree. Then answer the questions at the end of this evaluation.

_____ I am able to encourage people.

_____ My self-esteem is usually high.

_____ I am a troublemaker.

_____ I am a mother person.

_____ I am a serious person.

_____ I don't let other people's opinions, or perhaps mistakes, stop me from doing what I think is right.

_____ I am sensitive when it comes to finding out my own interests and the interests of those I work with.

_____ I set realistic goals for myself.

_____ I have good communication.

_____ I am able to control my impulses.

_____ I take care of my family and my health.

_____ I am a troublemaker.

_____ I usually trust other people.

_____ I usually don't let myself get a drink.

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

_____ I am very caring 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.