

Thinking About Your Emotional Strengths

Many times we identify the problems that we are having and we forget to examine the emotional strengths we already have to overcome those problems. Below you will find a list of statements that reflect important emotional strengths. Place each statement from 1 to 7, with 1 = Strongly Disagree and 7 = 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 let it bother me a lot.
- _____ I am a sensitive person.
- _____ I am a serious person.
- _____ I don't let other people's opinions of me keep me from doing what I think is right.
- _____ I am sensitive 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 communication.
- _____ I am able to control my impulses.
- _____ I take care of my family and my health.
- _____ I let it bother me a lot.
- _____ I usually trust other people.
- _____ I usually don't let other people's opinions bother me.
- _____ I don't have a problem dealing with things that are unknown or uncertain.
- _____ I am very active most of the time.
- _____ I keep calm even when I am stressed.
- _____ I let go easily.
- _____ I am a positive thinker.
- _____ I take responsibility for my decisions and actions.
- _____ I am well liked.

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