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 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 the 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 fundingsation my own interests and the interests of those I care about.

_____I am realistic goals for myself.

_____I have good communication.

_____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 dreamer.

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

_____I am many 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.

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