

## 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 am a confident person.
- \_\_\_\_\_ I am an outgoing 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 skills.
- \_\_\_\_\_ I am able to control my impulses.
- \_\_\_\_\_ I take care of my family and my health.
- \_\_\_\_\_ I am a hard worker.
- \_\_\_\_\_ I usually trust other people.
- \_\_\_\_\_ I usually don't let myself get too stressed.
- \_\_\_\_\_ 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.

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