



Strengths and Weaknesses

Directions:

1. Each person gets one piece of paper and a pen. Make 2 columns on paper and label one “Strengths” and the other “Weaknesses”

2. Counselor goes through list of qualities and each person writes it down as a strength or a weakness. If unsure, decide which one it is more of (strength or a weakness)

Sample List:

Honesty

Self-Control

Anger Management

Forgiveness

Intelligence

Dedication/Commitment

Patience

Optimism

Endurance

Decision Making/Problem solving

Responsibility

Generosity

Flexibility

Stress Management

Open Mindedness

Hopefulness

Hope

Loyalty

Faithfulness

Self esteem

Common Sense (Wisdom)

Morality (ability to know and decide right from wrong, good from bad, etc.)

Inner Peace

Other: (Group and/or counselor add a few more)

3. Follow Up:

- Go back and underline which strengths are your BEST qualities and which Weaknesses you need to work on the MOST (or are the most difficult for you)
- Draw a picture of your drug of choice next to those qualities affected by your drug or alcohol use
- Draw a star next to the qualities that you can see improving now that you are not using.

4. Discussion: First, Review lists and discuss. Consider below questions

- How can you use your strengths to succeed in this program (and beyond – in life in general)? What do you need in order to enhance your strengths?
- How may your weaknesses get in your way and -What can you do (or are you doing) today to start working on your weaknesses? What is getting in your way and how can you overcome those obstacles?
- What Strengths and weaknesses were common to this group – Why do you suppose? (Or why not)