



Strength Building for Positive Change – VIDEO INTRO: <https://youtu.be/wWnAA2uCdUg>

This is a brief but positive and practical exercise focused on identifying and discussing personal strengths that can be used effectively for positive change especially related to substance use and mental health issues.

Opening Icebreaker – Group Strength Sharing

Directions: Everyone in the group should take a turn. When it is your turn each group member should share a strength, they see in you. Use the list for ideas if needed. Group members should describe their answers.

*For example: “I can see that you are very **loyal** because you have stood by your family during difficult times for so long.”*

Identifying Our Strengths Further:

As a group, discuss the following strengths-based questions:

Strength from Experience

Share with the group, at least one life experience you have had that you are now stronger from

How can you use your strength from this experience to make progress toward your current recovery and positive change goals?

Natural abilities

What is one skill or trait that you have always been good at even from a young age? (It can be something that does not seem important like “I’m funny” or “I am good at fishing” or it can be something more day to day like “I am a good problem solver” or “I’m intelligent”)

How can you use this natural ability or skill today to better your life? (For example, even if you said “I’m funny”: How can you use humor to better your life (for example a sense of humor can be a positive coping skill if used correctly)

Looking Forward:

Are you using your strengths to your advantage today?

- How can you improve?

What strengths can you build on?

What strengths do you need to develop? How can you do that?



Strengths: Positive Qualities and Skills List

Communication skills	Problem solver	Leadership
Team player	Resilient	Funny
Intelligent	Loyal	Honest
Grateful	Forgiving	Loving
Spiritual	Easygoing	Creative
Artistic	Musical	Hopeful/Optimistic
Patient	Determined	Focused
Modest	Persistent (Don't give up)	Social
Insightful	Motivated	Kind
Good-hearted	Generous	Good learner
Flexible	Versatile	Friendly
Hard working	Open minded	Fair
Strong (physically)	Strong (mentally)	Strong (emotionally)
Judge of character	Unbiased toward others	Calm
Reasonable	Sensible	Dedicated
Resourceful	Humble	Brave
Caring	Integrity	Self-control
Wise	Empathetic	Sense of purpose
Energetic	Enthusiastic	Appreciate goodness
Cooperative	Faithful	Clever