



## 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)