

Character Strengths Assessment

Patient name:

Date of birth:

Practitioner name:

Date assessed:

Instructions:

In the table below, place a check mark in the boxes to indicate how much of the 24 statements is similar to you.

Use the following guide to indicate your responses:

1 - Not at all like me

2 - A tiny bit like me

3 - A little bit like me

4 - Quite a lot like me

5 - Exactly like me

	1	2	3	4	5
1. CURIOSITY/INTEREST IN THE WORLD "I am always curious about the world."	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. LOVE OF LEARNING "I am thrilled when I learn something new."	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. JUDGMENT/CRITICAL THINKING/OPEN-MINDEDNESS "When the topic calls for it, I can be a highly rational thinker."	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. INGENUITY / ORIGINALITY / PRACTICALITY / STREET SMARTS "I like to think of new ways to do things."	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. SOCIAL, PERSONAL, AND EMOTIONAL INTELLIGENCE "No matter what the social situation is, I am able to fit in."	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. PERSPECTIVE "I am always able to look at things and see the bigger picture."	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

7. VALOR AND BRAVERY "I have taken frequent stands in the face of opposition."	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. PERSEVERANCE/INDUSTRY/DILIGENCE "I always finish what I start."	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. INTEGRITY/GENUINENESS/HONESTY "I always keep my promises."	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. KINDNESS AND GENEROSITY "I have voluntarily helped a friend or neighbor in the last month."	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. LOVING AND ALLOWING ONESELF TO BE LOVED "There are people in my life who care as much about my feelings and well-being as they do about their own."	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. CITIZENSHIP/DUTY/TEAMWORK/LOYALTY "I work my best when I am in a group."	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. FAIRNESS AND EQUITY "I treat all people equally regardless of who they are."	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. LEADERSHIP "I can always get people to do things without nagging them."	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. SELF-CONTROL "I control my emotions."	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. PRUDENCE/DISCRETION/CAUTION "I avoid activities that are physically dangerous."	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. HUMILITY AND MODESTY "I change the subject when people compliment me."	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. APPRECIATION OF BEAUTY AND EXCELLENCE "In the last month, I have been excited by excellence in music, art, drama, film, sport, science, or mathematics."	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. GRATITUDE "I always say thank you, even for little things."	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

20. HOPE/OPTIMISM/FUTURE-MINDEDNESS "I always look on the bright side."	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21. SPIRITUALITY/SENSE OF PURPOSE/FAITH/RELIGIOUSNESS "My life has a strong purpose."	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22. FORGIVENESS AND MERCY "I always let bygones be bygones."	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
23. PLAYFULNESS AND HUMOR "I always mix work and play as much as possible."	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
24. ZEST/PASSION/ENTHUSIASM "I throw myself into everything I do."	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

This version of the Character Strengths Assessment has been adapted from Martin Seligman's character strengths survey.