**Strengths finding - a conversation**

**Strengths questions**

* What sort of everyday things do you enjoy doing?
* What makes for a really good day for you? Tell me about the best day that you can remember having?
* What would you describe as your most significant accomplishment?
* When you are at your best, what are you doing?
* What gives you the greatest sense of being authentic and who you really are?
* What do you think are the most energising things that you do?
* Where do you gain the most energy from? What sorts of activities?
* What are you doing when you feel actual most invigorated? Tell me about a time when you think that the ”real me” is most coming through
* Do you have a vision for the future? What is it about?
* What are you most looking forward to in the future?
* Thinking about next week, what will you be doing when you are at your best?

**Weaknesses questions**

What are the activities that you really dislike doing? Why is that?

Are there things that you never seem to get done, or things that you always try to afford it? What are they?

What are the activities that drain you when you have to do them? Has it always been this way?

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| **Talking about strengths** | **Talking about weaknesses** |
| Tone is clear and focused | More hesitant and struggle to express |
| Rhythmic pace and flow | Voice sounds dejected and deflated |
| Energy and uplift in voice | More critical and unforgiving |
| Authentic honest integrated and complete | Attention focuses only on problems not solutions |
| Use phrases like *I love* and *it just fits* | In patients at their situation |
| Fully engaged and present | Sound disengaged, holding back |
| Insightful and rich knowledge of the topic | More stops and starts, harder to progress |
| More immediate responses | Tone is heavy and self-critical |
| Great sense of confidence | Expressing annoyance at their failings |
| Happy, relaxed, energised | Rationalise and justify themselves |