

ANTECEDENTS

Character strengths come from the field of positive psychology; they're what we need to thrive, components of well being

We are born with our signature strengths!

There are also familial character strengths

TRIGGERING EVENTS

Character strengths may come across to you as clients and patients share their story

MEDIATORS

Character strengths will guide how one deals with their issues; using them favorably helps with outcomes

examples:
+ speaking up for oneself
+ bravery & perseverance

- not speaking up for oneself

