

Strong Parents, Stable Children: Building Protective Factors to Strengthen Families



What are My Strengths?

When we hear the word “strengths,” we often think of talents like being athletic, singing, being artistic, or playing a musical instrument. But strengths can also refer to unique qualities, such as kindness, fairness, curiosity, and being a good parent or partner.

Read through the statements below. Mark in the boxes to indicate how well each statement describes you.

	Not like me	A little like me	Quite a bit like me	Exactly like me
1. I am curious about the world.				
2. I enjoy learning new things.				
3. I like to think of new ways to do things.				
4. No matter what the social situation, I am able to fit in.				
5. I am able to look at things and see the big picture.				
6. I have taken frequent stands in the face of strong opposition.				
7. I finish what I start.				
8. I keep my promises.				
9. I have voluntarily helped a friend/neighbor in the last month.				
10. I have people in my life who are as concerned about my feelings and well-being as they are about their own.				
11. I avoid sarcasm and put-downs.				
12. I treat all people equally regardless of who they might be.				
13. I often get people to do things together without nagging.				
14. I control my emotions.				
15. I do not engage in activities that could put me or my children in danger.				
16. I mix work and play as much as possible.				
17. I often say thank you, even for little things.				
18. I look for positives even when things are not going well.				
19. My life has a strong purpose.				
20. I don't hold grudges.				

Think about it:

- What are some of your other strengths that are not listed?
- How can you use your strengths to help strengthen your relationship with your child(ren)?