



My (and My Partner's) Strengths



Content on this side is intended for the educator's reference. The information on the back can be photocopied and shared with clients.

Objective: Clients will learn to recognize and use their, and their partner's, strengths to improve their lives and relationships.

Audience: Use this tool with clients who may be struggling to see their own and/or their partner's individual strengths. Could be shared with individuals as well as with couples to work on individually before sharing their responses with each other.

Estimated Time: 15-20 minutes

Educator Instructions: After reviewing the material and tool instructions, have the client read through the list of strengths and mark those that describe the client and his/her partner. Talk about some different ways he or she can use these strengths to help strengthen the couple relationship. If the client reads through the list and does not find any that seem applicable, challenge him/her to think more broadly about different types of skills, talents, and personality characteristics that could be considered strengths. Challenge couples to come up with ways they can work together to improve some areas of possible strengths. You might also talk about some characteristics that were not identified on the list.

Discussion Starter: What are you really good at? Sometimes when people think of strengths, they think of being good at sports, having musical talent, or being artistic. There are a lot of other types of strengths – things like kindness, fairness, curiosity, and being a good partner, parent, or friend. Focusing on our strengths instead of our weaknesses can help give us a more positive view of our relationships. As we become more aware of our strengths, we find ways to make up for weaknesses. Let's take a moment to look at a handout about personal strengths and how they can be used to strengthen relationships.

Follow-up: During your next visit, talk about some of the ways the client used his/her strengths. Did they identify more personal strengths or other characteristics their partner has that could be considered strengths? Discuss other strengths the client identified and how he/she is working to enhance those characteristics.





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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 those that describe you and your partner.

	My Strength	Partner's Strength
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 in danger.		
16. I change the subject when people pay me a compliment.		
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.		

What are some of your other strengths that are not listed?

How can you use your strengths to help strengthen your couple relationship?

Think about some items you did not mark as strengths for you or your partner. How can you and your partner work together to develop that into a strength?

Use your strengths to improve your health and the health of your relationship.