WORKSHEET 3.1 ILLUSTRATING YOUR UNDER- AND OVERUSE OF STRENGTHS

Use the following illustration to diagram your strengths by turning your strengths into behaviors (the actions, activities, and habits you do when displaying your strengths). Select larger circles to indicate the strengths you overuse and smaller circles for strengths you underuse. Use intersecting circles to indicate strengths that overlap with one another.

This worksheet was originally published in Rashid and Seligman’s *Positive Psychotherapy: Clinician Manual*. 

Tayyab Rashid, Martin Seligman
Positive Psychotherapy,
© 2019 by Oxford University Press