

Mental Status Exam: Exploring Strengths

1. What do you consider to be your greatest strengths? These could include internal qualities such as perseverance or kindness; and/or external resources, such as a supportive family, or financial resources. Name 3 of your greatest strengths.

1.	
2.	
3.	

2. What additional strengths would you like to develop, or develop further? Name between 1 - 3 strengths you would like to develop further.

1.	
2.	
3.	

3. To what extent are you able to use your strengths in daily life, to achieve your goals? (tick one answer)

1)	I am fully able to use my strengths, on a regular basis.	
2)	I am able to use my strengths, but obstacles arise once in a while.	
3)	I am able to use my strengths to some extent, but obstacles often arise.	
4)	I find it difficult to use my strengths, because obstacles very often arise.	

4. What (if any) obstacles keep you from using your strengths to full advantage? Name the strength, and any obstacles keeping you from using it.

1)	Strength	Obstacle(s) that keep me from using this strength
2)	Strength	Obstacle(s) that keep me from using this strength
3)	Strength	Obstacle(s) that keep me from using this strength
4)	Strength	Obstacle(s) that keep me from using this strength

5. What can you do to remove any obstacles to using your strengths, in order to reach your goals?

1)	Obstacle 1:	How to remove it:
2)	Obstacle 2:	How to remove it:
3)	Obstacle 3:	How to remove it:
4)	Obstacle 4:	How to remove it: