


 Strengths Overview n/a Practitioner No

30 Strengths-Spotting Questions

Different ways can be used to identify a client's strengths. One way is by guiding a strengths interview. During a strengths interview, the practitioner attempts to gain insight into the potential strengths of a client by asking questions that invite the client to talk about things that are directly or indirectly related to the core characteristics of strengths, namely energy, performance, and authenticity. This overview provides a diverse list of questions that can be asked to help identify strengths.

Goal

The goal of the exercise is to offer the practitioner a list of possible questions that can be used to assess a client's strengths.



Advice

- Every client is different. Some clients will respond very well to a question, while others may find it difficult to come up with an answer. For this reason, it can be very helpful to have more than one question available when identifying strengths. Note that this list is far from complete. Other questions are also possible, and a practitioner should expand the list and develop his/her questions as well. This overview can provide a starting point for the types of questions that are suitable for strengths-spotting.



References

- Biswas-Diener, R. (2009). Using Strengths-Based Interventions in Coaching and Therapy. In G. W. Burns (Ed.), *Happiness, healing, enhancement. Your casebook collection for applying positive psychology in therapy*. John Wiley & Sons.



30 Strengths-Spotting Questions

Instructions

1. What do you like to do?
2. What activities make you feel fulfilled?
3. What brings positive energy into your life?
4. At what times do you feel fully engaged instead of just pretending to be, or when are you only partially engaged?
5. What are the three things that you are passionate about?
6. What makes you feel passionate about the three items you listed above?
7. What do you feel is your true calling in life?
8. When in life do you play?
9. In what instances do you enjoy the ride instead of looking to reach your end goal?
10. When are you self-disciplined?
11. When are you creative?
12. Where do you feel at peace?
13. Where do you feel calm and productive?
14. When do you feel like you're doing what you're supposed to in life?
15. What activities make you feel completely absorbed?
16. When do you lose track of time?
17. What activities can you not wait to do again?
18. When do you deliver results seamlessly?
19. Which activities give you the feeling of clarity, calmness, creativity, and success?
20. What activities give you a sense of flow when you engage in them?
21. When does something happen fast and slow at the same time?
22. When do you experience the feeling of being in the "zone"?
23. What did you do as a child that you still do today, only probably better?
24. What activities excite you?
25. When do you feel like the "real you"?
26. What does your attention naturally focus on?
27. What have you learned quickly, catching on with minimal effort?
28. When do you feel motivated?
29. Which items do you want to put on your to-do list, but never seem to get there?
30. What are you looking forward to in the future?