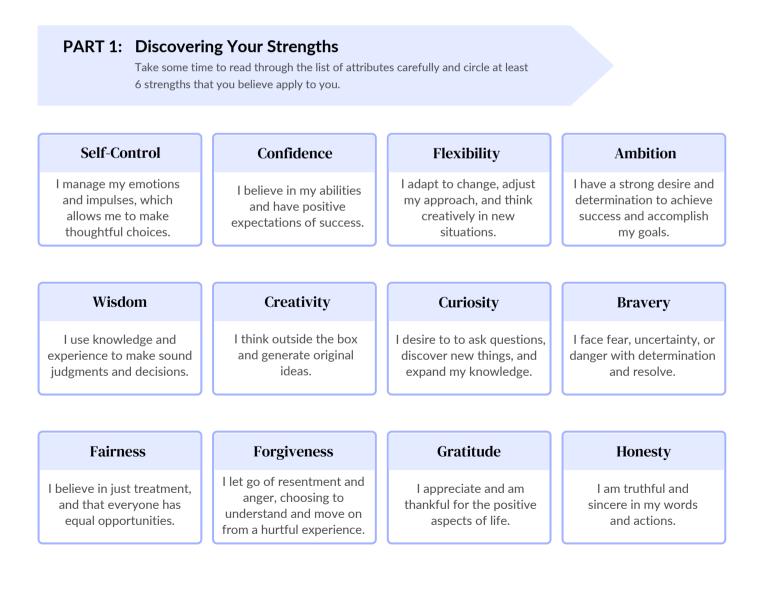


When you're dealing with depression, self-criticism often becomes a constant inner voice, making you focus on what you see as flaws or mistakes. This pattern of negative thinking can deepen feelings of sadness and make it harder to feel motivated or see yourself in a positive light.

Creating a personal strengths inventory can be a helpful way to counter self-criticism. By identifying and acknowledging your strengths, you can start to shift your focus from perceived weaknesses to positive qualities. Recognizing and valuing your strengths can boost self-confidence, quiet negative self-talk, and support a healthier, more resilient mindset.







| Optimism | Humility | Humor | Kindness |
|---|---|--|--|
| l expect the best possible outcome and believe in a brighter future. | I have a modest view of my importance, which allows me to learn from others. | I have the ability to find and share amusement, and create a lighter perspective on challenges. | l am caring, considerate, and desire to help others. |
| | | | |
| Patience | Love of Learning | Perseverance | Open Mindedness |
| l stay composed while vaiting or facing challenges, without getting frustrated or giving up. | I have an enthusiasm for acquiring knowledge and skills, driven by a desire for understanding. | I am committed to see things through, despite obstacles and setbacks. | I am willing to consider new ideas and perspectives with receptiveness. |
| | | | |
| Teamwork | Social Awareness | Spirituality | Enthusiasm |
| l collaborate effectively with others to achieve a shared goal. | I understand the emotions, needs, and perspectives of others. | I believe in a purpose or connection to something larger than myself. | I have a zest and passio that fuels my excitemer and motivation. |
| | | | |
| Generosity | Problem-Solving | Dependability | Authenticity |
| l give my time, resources, or skills to help others without expecting anything in return. | l am able to analyze situations, identify solutions, and overcome challenges effectively. | I am reliable and others can count on me to fulfill my commitments and responsibilities. | I live and express mysel genuinely, being true to my values and beliefs. |
| | | | |
| Adventurousness | Assertiveness | Independence | Logic |
| I am eager to experience new and exciting things, with a sense of curiosity and daring. | I communicate my needs, wants, and opinions clearly and confidently. | I am self-sufficient and resourceful, taking responsibility for my own well-being. | I am able to think clearl and reach sound conclusions based on reason and evidence. |





PART 2: Applying Your Strengths to Relationships

Use the prompts to explore how you currently use your strengths in your romantic relationship(s), friendships, and family. Then, discover how you can apply your strengths in new ways to achieve relational growth.

Lists the strengths you possess that help you in your relationships

Describe a specific time your strengths were able to help your relationships

Describe two new ways you could use your strengths to help you in your relationships





PART 3: Applying Your Strengths to Your Profession

Use the prompts to explore how you currently use your strengths in your professional endeavors (at work or school). Then, discover how you can apply your strengths in new ways to achieve professional growth.

Lists the strengths you possess that help you in your profession

Describe a specific time your strengths were able to help your profession

Describe two new ways you could use your strengths to help you in your profession





PART 4: Applying Your Strengths to Achieve Personal Fulfillment

Use the prompts to explore how you currently use your strengths to increase your sense of purpose and enjoyment. Then, discover how you can apply your strengths in new ways to achieve personal growth.

Lists the strengths you possess that help you achieve personal fulfillment

Describe a specific time your strengths were able to help you with personal fulfillment

Describe two new ways you could use your strengths to help you with personal fulfillment



Additional Resources to Support Your Mental Health Journey

It can be hard to know where to begin looking for support in your mental health journey. Getting a referral from a primary care physician is a reliable first step. Also, sometimes family and friends have experienced similar issues and have professionals they would recommend. The experts at ChoosingTherapy.com are here to help as well, with resources we have reviewed and recommend. Our <u>strict editorial standards</u> ensure our reviews are fair, honest, thorough, and based on firsthand experience.

You Can Trust ChoosingTherapy.com



300+ Companies Reviewed



2,350+ Hours of Firsthand Experience







Best Online Therapy

Online therapy is a convenient way to connect with a licensed therapist to address mental health issues, reduce unhealthy behaviors, develop effective coping skills, and get more satisfaction out of life. Many companies accept insurance and most have next-day appointments available.

Best Online Psychiatry

Online psychiatry providers enable patients to consult with licensed psychiatrists and other mental health professionals. They can evaluate, diagnose, and prescribe medication to help manage mental health issues. Many companies accept insurance and most have next-day appointments available.





Best Mental Health Apps

Apps can be great way to monitor mood, track sleep, journal, and practice healthy coping skills like mindfulness and meditation. There are apps specifically designed to help people reduce the symptoms of depression, anxiety, ADHD, chronic stress, and burnout.

Therapist Directory

When you're looking for a mental health provider with a very particular skill set, level of experience, or personality type, a therapist directory can be very helpful. Using the filters, you can refine your search until you find a therapist who feels like a perfect fit.



