identifying strengths & resources

- favourable life conditions
- healthy life goals
- self-reflection, knowledge of difficulties
- main strengths
- favourable relationship behaviour
- problematic interpersonal relationships
- unfavourable relationship behaviour
- helpful relationships
- relationship support & skills
- motivations; thoughts; emotions; behaviours
- inner ring: problem areas
- outer ring: resource hotspots
- well-being & ill-being
- poor sense of wellbeing
- areas of wellbeing
- nonexistent or weak symptoms
- motivations; thoughts; emotions; behaviours
- irrational cognitions and convictions
- unfavorable dealing with strong emotions
- areas of strong avoidance
- working on relevant challenges
- strategies for expressing & regulating strong emotions
- functional thoughts and convictions
- motivational readiness and clarity
- irrational cognitions and convictions