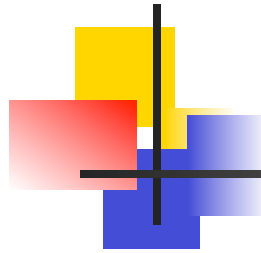


# identifying strengths & resources



**closeness & activities**

**favourable life conditions**

**healthy life goals**

**self-reflection, knowledge of difficulties**

**main strengths**

*please mark:*  
 ✓ *slightly relevant*  
 ✓✓ *moderately relevant*  
 ✓✓✓ *strongly relevant*

*unfavourable life conditions*

*weakly developed life goals and wishes*

*missing knowledge of the reasons for the difficulties*

*underused or missing resources*

**helpful relationships**

*problematic interpersonal relationships*

**situation; goals; knowledge; strengths**

*poor sense of wellbeing*

**areas of wellbeing**

**favourable relationship behaviour**

*unfavourable relationship behaviour*

**relationship support & skills**

**well-being & ill-being**

**nonexistent or weak symptoms**

**motivations; thoughts; emotions; behaviours**

*psycho-pathological symptoms*

*adapted from: Fluckiger C, Wusten G, Zinbarg R & Wampold B. (2010). "Resource activation: Using clients' own strengths in psychotherapy & counseling." Cambridge, MA: Hogrefe*

*motivational conflicts*

*irrational cognitions and convictions*

*unfavorable dealing with strong emotions*

*areas of strong avoidance*

*inner ring: problem areas*

**motivational readiness and clarity**

**functional thoughts and convictions**

**strategies for expressing & regulating strong emotions**

**working on relevant challenges**

**outer ring: resource hotspots**