



Thinking About Your Strengths

It takes personal strength and flexibility to bounce back in times of stress. Luckily, everyone has something that they can build on to help them cope. The first step to using your strengths is thinking about what they are. *Print or copy down the questions on this page to help you think about your family's strengths.*

Where do you find the strength to deal with everyday problems?

Think of a time you coped well with a problem. What was did you do?

If your friends were asked to pick your strongest quality, what do you think they would they say?

What aspect of your parenting are you the most proud of?

How does this help you in your parenting?
