

Strengths and Saboteurs Reflection Guide

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Classification of Strengths and Virtues

Virtue of Wisdom	**Creativity** Original and adaptive. Clever. A problem solver, Sees and does things in different ways.	**Curiosity** Interested, Explores new things.Open to new ideas.	**Judgment** A critical thinker, Thinks things through.Open minded.	**Love of Learning** Masters new skills & topics. Systematically adds to knowledge.	**Perspective** Provides wise counsel. Takes the big picture view.
Virtue of Courage	**Bravery** Shows valor. Doesn't shrink from fear.Speaks up for what's right.	**Perseverance** Persistent. Industrious. Finishes what one starts.	**Honesty** Authentic. Trustworthy. Sincere.	**Zest** Enthusiastic. Energetic.Doesn't do things half heartedly.	
Virtue of Humanity	**Love** Warm and genuine.Values close relationships.	**Kindness** Generous. Nurturing.Caring. Compassionate.Altruistic.	**Social Intelligence** Aware of the motives and feelings of others. Knows what makes others tick.		
Virtue of Justice	**Teamwork** Team player.Socially Responsible. Loyal.	**Fairness** Just. Doesn't let feelings bias decisions about others.	**Leadership** Organizes group activities. Encourages a group to get things done.		
Virtue of Temperance	**Forgiveness** Merciful.Accepts others' shortcomings. Gives people a second chance.	**Humility** Modest. Lets one's accomplishments speak for themselves	**Prudence** Careful. Cautious. Doesn't take undue risk.	**Self-regulation** Self-controlled. Manages impulses and emotions.	
Virtue of Transcendence	**Appreciation of Beauty & Excellence** Feels awe & wonder in beauty.Inspired by goodness of others.	**Gratitude** Thankful for the good. Expresses thanks. Feels blessed.	**Hope** Optimistic. Future-minded.	**Humor** Playful. Brings smiles to others. Lighthearted.	**Spirituality** Searches for meaning. Feels a sense of purpose. Senses a relationship with the sacred.

The Accomplice Saboteurs

The master judge works with one or more Accomplice Saboteurs to hijack your mind and cause most of your setbacks. ***Source: positiveintelligence.org***



Avoider

Focusing on the positive and pleasant in an extreme way. Avoiding difficult and unpleasant tasks and conflicts.



Controller

Anxiety-based need to take charge and control situations and people's actions to one's own will. High anxiety and impatience when that is not possible.



Hyper-Achiever

Dependent on constant performance and achievement for self-respect and self-validation. Latest achievement quickly discounted, needing more.



Hyper-Rational

Intense and exclusive focus on the rational processing of everything, including relationships. Can be perceived as uncaring, unfeeling, or intellectually arrogant.



Hyper-Vigilant

Continuous intense anxiety about all the dangers and what could go wrong. Vigilance that can never rest.



Pleaser

Indirectly tries to gain acceptance and affection by helping, pleasing, rescuing, or flattering others. Loses sight of own needs and becomes resentful as a result.



Restless

Restless, constantly in search of greater excitement in the next activity or constant busyness. Rarely at peace or content with the current activity.



Stickler

Perfectionism and a need for order and organization taken too far. Anxious trying to make too many things perfect.



Victim

Emotional and temperamental as a way to gain attention and affection. An extreme focus on internal feelings, particularly painful ones. Martyr streak.

Reflection Questions

Character Strengths

1. Review the list of character strengths and their definitions on page 2 (or your report) and identify five or six that resonate most.

2. In what specific life situations do you find your top strengths showing up? What situations challenge your ability to practice your top strengths?

3. Can you see how you use your top strengths in combination, and if so, how?

4. Can you identify times when you might overuse or underuse your strengths?

Saboteurs

1. Upon review of the saboteurs and their definitions listed on page 3 (or your report), which of them particularly resonate with you?

2. In what ways do these saboteurs impact your ability to exercise your strengths?

3. From our discussion, identify two practices you will try in the next week to manage your saboteurs and enable your strengths to shine more brightly?