

## *Chapter 4: Adapting to bipolar disorder*

*List of strengths: downloadable chart*

### **Purpose of this chart:**

- To identify personal strengths (pp. 51) when you are well to help to get to know yourself and set SMART goals (chapter 18) to rebuild your life
- To remind you of your positive qualities when you are down.

### **Tips for using this chart:**

- Tick off those qualities you recognise in yourself
- Sometimes it can be difficult to identify your positive qualities. Get a friend to also tick the strengths they see in you
- Add other strengths that apply to you if they are not mentioned here.

## List of Strengths

Affectionate	<input type="checkbox"/>	Like my own company	<input type="checkbox"/>
Affinity with nature and animals	<input type="checkbox"/>	Logical thinker	<input type="checkbox"/>
Artistic	<input type="checkbox"/>	Natural leader	<input type="checkbox"/>
Assertive	<input type="checkbox"/>	Nature lover	<input type="checkbox"/>
Attend to detail	<input type="checkbox"/>	Neat	<input type="checkbox"/>
Brave	<input type="checkbox"/>	Outgoing	<input type="checkbox"/>
Caring	<input type="checkbox"/>	Open-minded	<input type="checkbox"/>
Considerate	<input type="checkbox"/>	Organised	<input type="checkbox"/>
Creative	<input type="checkbox"/>	Original - have new ideas and ways of	<input type="checkbox"/>
Curious	<input type="checkbox"/>	doing things, do not follow old ways	<input type="checkbox"/>
Efficient	<input type="checkbox"/>	Observant: notice details	<input type="checkbox"/>
Empathic	<input type="checkbox"/>	Passionate	<input type="checkbox"/>
Easy going	<input type="checkbox"/>	Perceptive - see beneath the surface of	<input type="checkbox"/>
Easily satisfied	<input type="checkbox"/>	things	<input type="checkbox"/>
Fun loving	<input type="checkbox"/>	Perspective - like to see the bigger picture	<input type="checkbox"/>
Friendly	<input type="checkbox"/>	Persistent	<input type="checkbox"/>
Forgive easily	<input type="checkbox"/>	Practical	<input type="checkbox"/>
Feel grateful for things, count my blessings	<input type="checkbox"/>	Polite	<input type="checkbox"/>
Fit	<input type="checkbox"/>	Pull my weight, do my bit	<input type="checkbox"/>
Good fashion sense	<input type="checkbox"/>	Questioning mind	<input type="checkbox"/>
Gentle	<input type="checkbox"/>	Quiet	<input type="checkbox"/>
Generous	<input type="checkbox"/>	Resilient	<input type="checkbox"/>
Good listener	<input type="checkbox"/>	Resourceful when alone	<input type="checkbox"/>
Good team player	<input type="checkbox"/>	Strong will	<input type="checkbox"/>
Hard worker	<input type="checkbox"/>	Sociable	<input type="checkbox"/>
Honest	<input type="checkbox"/>	Sense of beauty	<input type="checkbox"/>
Helpful	<input type="checkbox"/>	Sense of humour	<input type="checkbox"/>
Humorous	<input type="checkbox"/>	Sensitive	<input type="checkbox"/>
Hard working	<input type="checkbox"/>	Self sufficient	<input type="checkbox"/>
Imaginative	<input type="checkbox"/>	Sincere	<input type="checkbox"/>
Intelligent	<input type="checkbox"/>	Studios	<input type="checkbox"/>
Kind	<input type="checkbox"/>	There is a playful side to me	<input type="checkbox"/>
Loving	<input type="checkbox"/>	Try and learn from mistakes	<input type="checkbox"/>
Loyal	<input type="checkbox"/>	Try to treat people fairly	<input type="checkbox"/>
Love of learning - enjoyment in gaining new	<input type="checkbox"/>	Trustworthy	<input type="checkbox"/>
knowledge, understanding		Thoughtful	<input type="checkbox"/>
		Try and create as good a future as possible	<input type="checkbox"/>
		Warm	<input type="checkbox"/>
		Others that may apply to you:	