

7 CONVERSATION STARTERS

about Strengths and Adversity



Character strengths are qualities we can tap into in the good times and in challenging times. As a therapist, manager or coach, you can help others navigate adversity by supporting them in recognizing the connection between their strengths and well-being. Invite them to take the VIA Survey, then try the following prompts for a guided discussion.

- 1 When you experience stress these days, which are the first character strengths you turn to for support? How do you use them?
- 2 As you look back on your life and consider a painful situation, which character strengths did you turn to at that time? How did you use your strengths then, even if it wasn't intentional?
- 3 Can you think of an example in which you used one or more of your character strengths to completely overcome or heal a problem or conflict in your life?
- 4 Which character strengths offer you comfort when you feel lonely or isolated? When you feel physically unwell? When you feel emotionally upset?
- 5 When you overuse one of your character strengths and it negatively impacts someone, which character strength do you use to balance the situation?
- 6 When you are having an argument with someone, what is the best character strength for you to turn to in yourself? Is there a character strength you can appeal to in the other person?
- 7 Which character strengths would you like to develop to support you with future stressors you are likely to experience?