

WEST MICHIGAN COMMUNITY MENTAL HEALTH:
STRENGTHS CONVERSATION SHEET

When meeting with the family/guardian/caregiver of the child for the first time or annually show them this list and encourage them to talk about the consumer's strengths. List these in the drop down box of the PCP. Use these strengths to develop outcomes and to keep the discussion (*planning process*) strength based.

Strengths

There are other supportive adults in my life.

I have a good sense of humor.

I love my family.

Our family has a desire to learn and become the very best family we can be.

I love my children and want to do what is best for them and me.

I want to do the right thing.

I want to get help and am motivated.

I am intelligent and able to learn.

I like to do the best I can at everything.

I have learned that the way I have been doing a thing does not work very well and want to learn new ways that do work.

I do well in school.

I'm a good friend.

I have been taking my medications appropriately (as instructed) and feel better when I do so.

I have made big changes in my life before and can do it again.

I have a good imagination.

I am a good listener.

I am determined

I am a strong person (physically and/or emotionally)

I am honest with myself and others.

I am willing to go to groups to learn new skills.

I am a spiritual person.

My family shows much strength, they are able to laugh and have fun together and are willing to talk and share feelings and thoughts

I am involved in community activities.

I am involved in sports.

I have shown in the past that I am capable of eating well, following a healthy diet, and feel better when I do so.

I am committed to using support and services to aid my recovery

I am determined to not do old negative behaviors and agree to learn new positive behaviors

I am friendly

I like being around other people

I came for services (came to this appointment)

I can put my knowledge and experience to work for me

I have a positive attitude and I can draw from that

I have a great smile

I dress well

I like to exercise

I know how to cook

I have goals for my future and am working toward them

I don't mind making changes

I feel I know good skills, but may need help in how to put them into action

I have loyal friends/I am a loyal friend

I can use a computer

I am great at figuring things out on a computer

I am very good at video games

My teachers like me

I don't mind cleaning up after myself/I clean and help out around the house

I don't want to die

I don't want to go to detention or jail

I listen when people give instructions

I am great at drawing

I am can listen to directions more than read directions

I can make family/friends laugh

I have a great smile/laugh

I am pretty/handsome

I will listen to instructions

I can play a musical instrument/I enjoy music

I like to do my best at everything

I can figure things out for myself and usually solve my problems with no difficulty

I have lots of family who support me

I have a strong faith

I have a strong belief system

I do not lie

I have a great imagination

I love to read/write (recreationally)

I work hard on projects/tasks I like