

# Preparation for Change

## Session 5 – Strengths

# Today's session – we're looking at your strengths

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- Welcome
- Introductions
- Group agreements
- My strengths and interests
- Finding and using our own strengths
- What strengths will help with my recovery?
- Feedback and reminder about next session

# Introductions and check in

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Hello! ... anyone new? ... how have things been since last session and how have you been aware of triggers and managed them?



# Strengths (a-m) ... are you? ...

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Assertive

Brave

a  
Communicator

Down to  
earth

Energetic

Friendly and  
cheerful

Good with  
your hands

Hard  
working

Interested in  
something

Just

Kind

a Leader

Motivated



## Strengths (n-z) ... are you? ...

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Noticing the  
detail

Open  
minded

Punctual

Quite wise

Resilient

Someone  
who is  
helpful

Trustworthy

Understanding  
of others

Very good at  
something

Warm and  
genuine

Xercising  
self-control

Funny

Zestful

# Using my strengths

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Something I do/I'm good at

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What strengths does this show I have?

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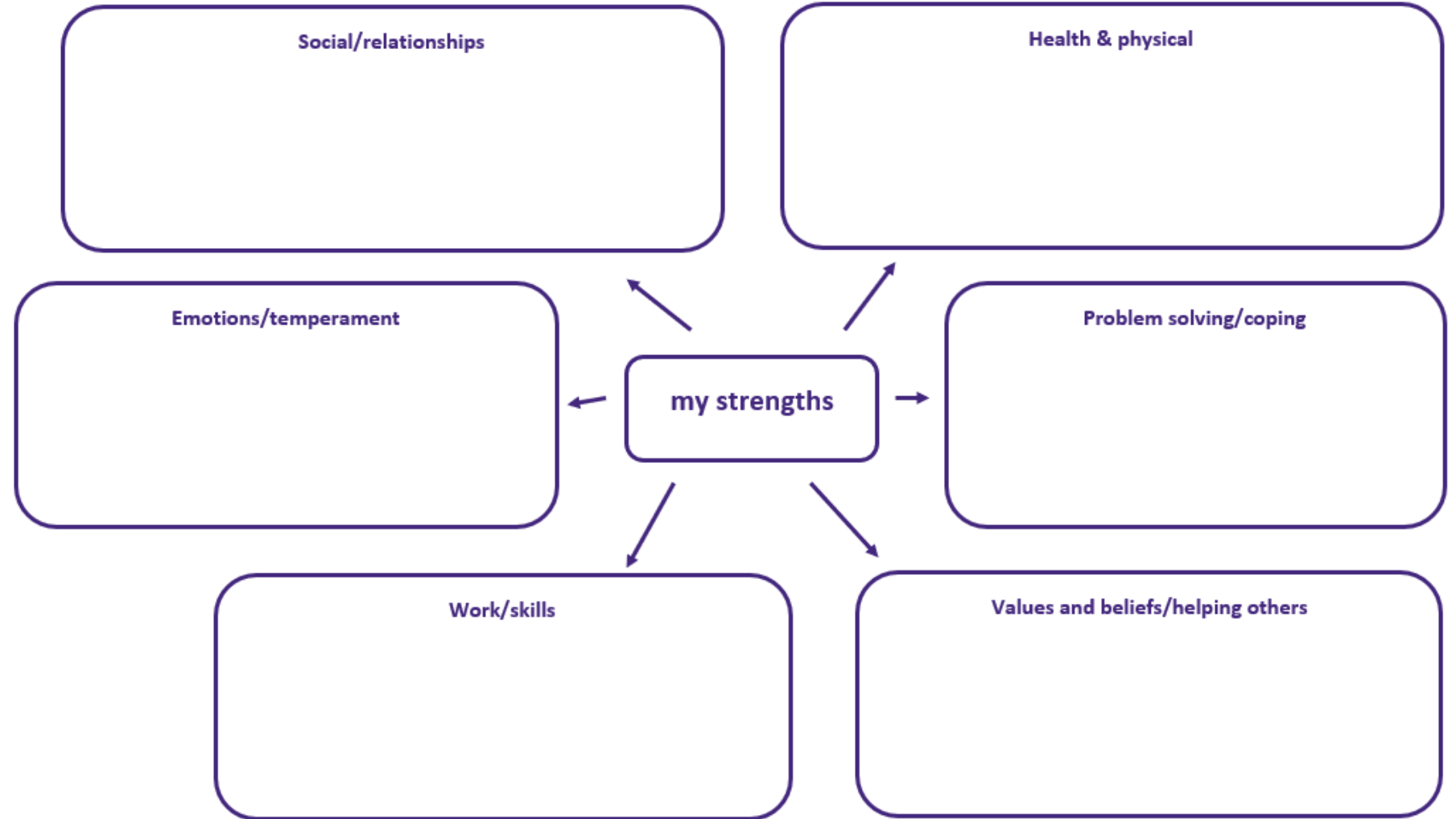
What else could I use these strengths for?

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# My strengths

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# Feedback

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- How has today been?
- Which strengths do you think will help you with the changes you want to make?
- Where might it be useful to keep the work you've done today?
- Reminder about 'Useful Resources' and mutual aid
- Thank you for attending today, next session is about 'Goals'