



Counselling Workroom – Character Strengths

Throughout the years, do you know what factors and perspectives help you to **improve and affirm** yourself in your growing stage?

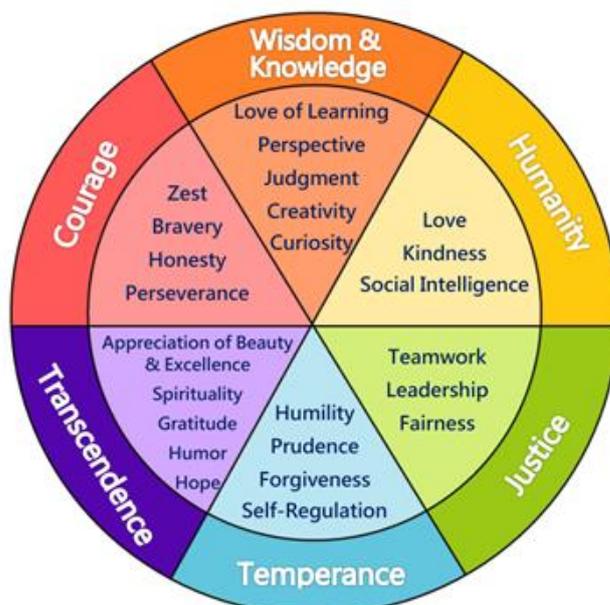
Do people around you appreciate your strengths or criticize your weaknesses more?

How about you? Are you used to focus on the **strengths** or **weaknesses** of yourself and others?

In fact, everyone possesses various character strengths in different degrees. Strengths are partly **innate** and largely stable, but are also shaped by our **environmental experiences and can be more or less developed by our psychological activities and experiences**. Individuals who discover, own and choose to use their signature strengths in daily lives tend to **be happier, higher achieving, more resilient and more satisfied with their lives**. Therefore, finding and unleashing the character strengths which work for you is important.

Peterson and Seligman identified the six virtues and 24 character strengths in their studies.

The Six Virtues are: **Courage**, **Wisdom and Knowledge**, **Humanity**, **Justice**, **Temperance** and **Transcendence**.



(Source: Positive Education Laboratory, City University of Hong Kong, http://www.cityu.edu.hk/ss_posed/content.aspx?lang=en&title=12)

By understanding our character strengths and **using them effectively**, we will experience positive emotions, be more able to affirm and love ourselves, and hence to walk out our own beautiful life.

For example, when we make use of the character strength of 'love of learning' to acquire new knowledge and treasure each learning opportunity, we will feel happy and satisfied in the process. We'll also feel that life is full of meaning and prosperity.

The advantages towards lives brought by character strengths:

- **Enhance life satisfactory** by knowing and discovering own's character strengths
- **Reduce stress** by sensing and applying character strengths
- Character strengths and **beautiful life** are related
- **Reduce the possibility of having mental illness** by applying character strengths
- **Increase vitality, confidence and positive emotions** with character strengths

If you are interested to know what character strengths you possess, you are welcome to take a quiz in the below links to know more.

Knowing Your Character Strengths (Chi-Eng Trial Version):

https://eduhk.au1.qualtrics.com/jfe/form/SV_3vXo9GhtiDtHZOZ

Brief Strengths Test

(Brief version, total 24 questions, takes 10mins approximately)

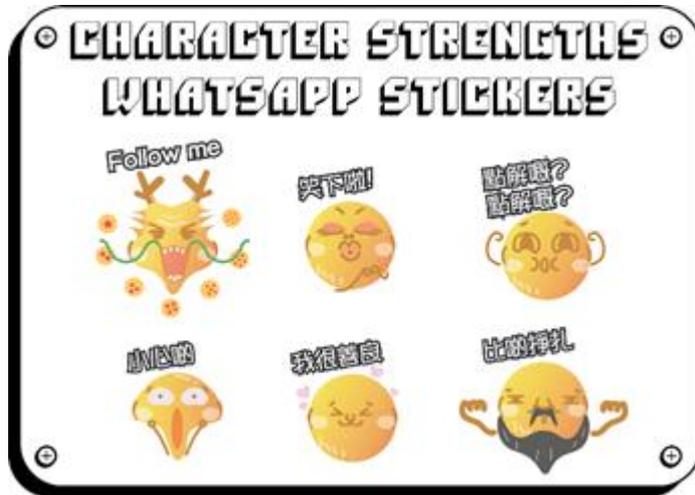
<https://www.authentic happiness.sas.upenn.edu/questionnaires/brief-strengths-test>

VIA Survey of Character Strengths

(Comprehensive version, total 240 questions, takes 60mins approximately)

<https://www.authentic happiness.sas.upenn.edu/questionnaires/survey-character-strengths>

If you want to remind yourself to make better use of your character strengths, we have prepared the 24 character strengths whatsapp stickers for you to download. (Chinese version only)



<http://sticker.ly/s/BE3LNA>

For more details, you can visit the below link:

Institute on Character

<https://www.viacharacter.org/character-strengths-via>

Character Strengths

http://www.cityu.edu.hk/ss_posed/content.aspx?lang=en&title=12