



輔導工作室 – 性格強項

從小到大，你覺得於成長階段中，有甚麼因素和角度讓你**改善自己及肯定自己**？

身邊的人通常會讚賞你的優點，還是批評你的缺點？

反之亦然，你習慣著眼於自己和他人的**優點**還是**缺點**呢？

其實，我們每一個人身上都有不同的性格強項，性格強項部份是**天賦**，然而**環境、經驗、心理活動可以塑造大部份品格**。當我們發現、承認及選擇於日常生活中，使用我們的性格強項時，我們便會**更愉快、更有成就、更具彈性**，以及**對生活更滿意**。所以，尋找到適合自己的性格特質並**盡情地發揮是最重要的**。

性格強項由心理學家沙利文(Martin Seligman)和彼得森(Christopher Peterson)提倡，他們識別出 6 種美德及 24 種性格強項。

6 種美德包括**勇氣**、**智慧與知識**、**仁愛**、**公義**、**節制**和**靈性及超越**。



(圖片來源：香港城市大學正向教育研究室，

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

當我們了解自己的強項與美德，加以**有效運用及發揮**，我們就會感受到正面的情緒，能夠肯定和喜歡自己，為自己走出你喜愛的人生。

例如當我們運用性格強項中的「喜愛學習」去獲取新知識時，把握每一個學習機會，於過程中我們便會感到快樂和滿足，並覺得生命充滿意義和豐盛。

認識性格強項後，為生活所帶來的好處包括：

- 透過認識及發掘自身擁有的性格強項，可**提升生活的滿意度**
- 察覺及運用性格強項，能夠**減低壓力**
- 性格強項和**美好的人生**是相互關聯的
- 運用性格強項能**降低罹患心理疾病的機會**
- 透過運用性格強項能**增加活力、自信及正面情緒**

有興趣知道自己擁有哪些性格強項？

歡迎你進入以下連結，進行測試，了解一下自己的性格強項。

了解你的性格強項 (中英對照體驗版)：

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

優點測試(簡式) (簡易版，共 24 條，需時約 10 分鐘)：

<https://www.authentic happiness.sas.upenn.edu/zh-hant/questionnaires/%E5%84%AA%E9%BB%9E%E6%B8%AC%E8%A9%A6%E7%B0%A1%E5%BC%8F-0>

價值實踐(VIA)突顯優點調查 (完整版, 共 240 條, 需時約 1 小時) :

<https://www.authentic happiness.sas.upenn.edu/zh-hant/questionnaires/%E5%83%B9%E5%80%BC%E5%AF%A6%E8%B8%90via%E7%A A%81%E9%A1%AF%E5%84%AA%E9%BB%9E%E8%AA%BF%E6%9F%A5-0>

完成測試, 找到自己的性格強項後, 想提醒自己多應用相關能力?

無問題, 我們為你預備了 24 種性格強項的 Whatsapp stickers, 歡迎你們下載!



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

如想獲得更多性格強項的資訊, 可到以下網頁:

認識性格強項

<https://www.positiveeducation.org.hk/2563/introduction-of-character-strengths/>

美德與品格強項

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

如想獲得更多性格強項的資訊, 可閱覽以下連結之檔案:

內容擷取自 <https://drive.google.com/drive/folders/133D8r2g4ANF5y47911ltpoX7-8kzOKCN>



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