

## 2. I have personal strengths.

As adults it is easy to think about all the things we want to change and make better. We can often lose sight of the good things that we already hold within. By recognizing and remembering our strengths, we can build ourselves up and use these strengths to solve problems.

Take a moment to answer these questions.

1. Do I tell myself nice things every day?

yes \_\_\_\_\_ no \_\_\_\_\_

2. What do I fear might happen if I think good things about myself?

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3. How do I feel when someone compliments me?

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4. How do I describe myself?

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These answers are a reflection of your ideas about self-strength. The more positive we become about our strengths, the better we are at counting on ourselves in difficult times and appreciating who we are all the time. When we exude strength, children feel more in control as well and trust that we can protect them.

