Values in Empathy

Periodic Table of Character Strengths
What are your strengths and which do you want to develop?

| Creativity	Courage	Humanity	Justice	Temperance	Transcendence
					Appreciation of Beauty
Creativity	Bravery		Social Responsibility	Forgiveness	Gratitude
Curiosity	Perseverance	Love	Teamwork	Humility	Optimism
Love of Learning	Honesty	Kindness	Fairness	Prudence	Humor
Perspective	Enthusiasm	Social Intelligence	Leadership	Self-Control	Spirituality

Values in Action (VIA)
or Character Strengths (CS)

Strengths of Character are close to Values

Character strengths help you be your best self and reflect who you are; they describe you, what you value and how you look at the world.

Character strengths are the positive parts of your personality which have an impact on cognition, emotions and behavior. Strengths are things you are good at, but also what energize you!

If some strengths are at the bottom, this doesn't mean that you are bad at these things, they just don't come natural to you and you may have to work harder at them. You can use your top strengths to help you with your bottom ones.
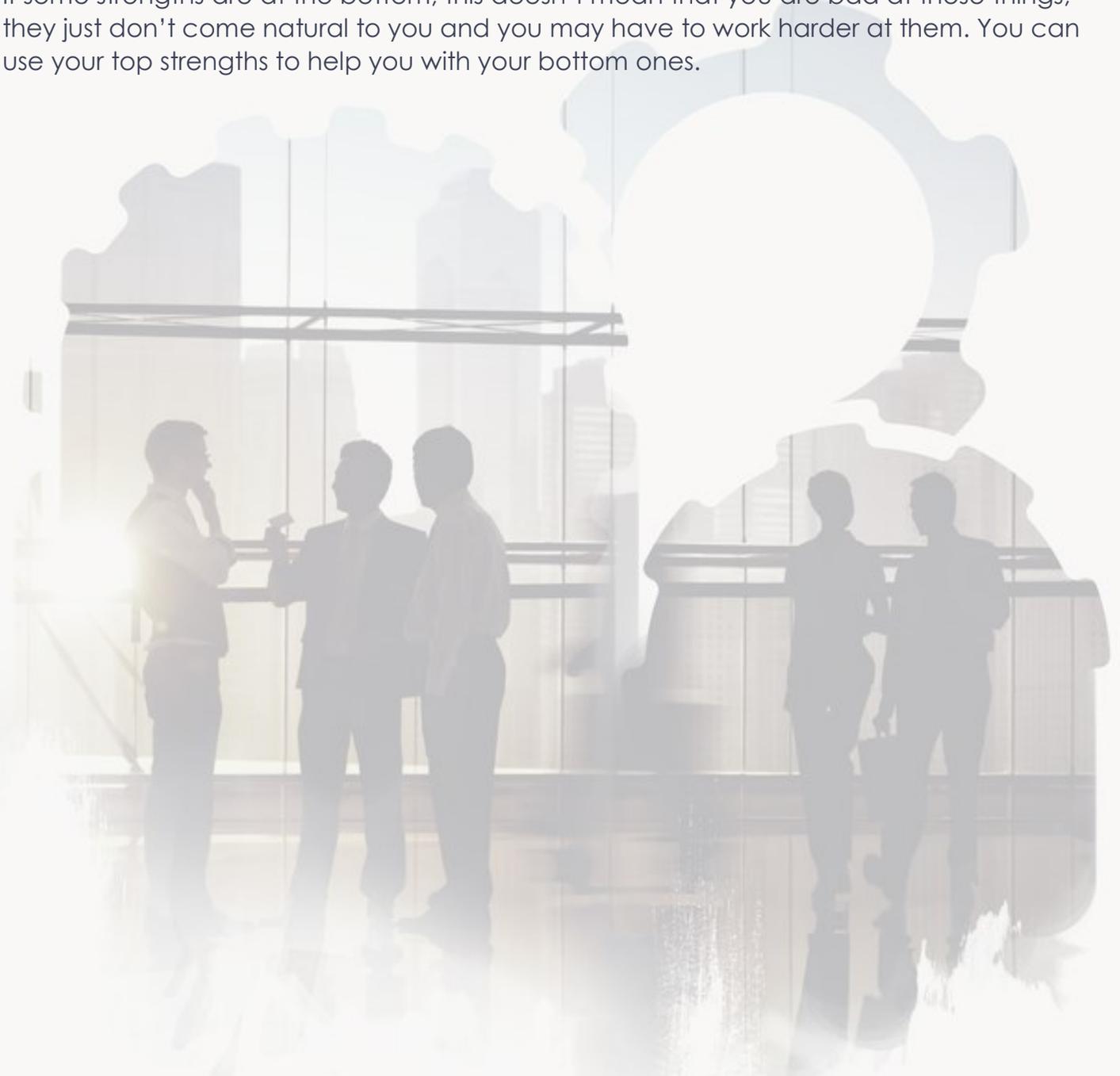
Strengths Exercise:

With a partner, coach each other in discovering your strengths! Take turns doing the following and record your answers here:

1 Tell a story about a moment when you felt you were doing well.

    a. You were showing your best self
    b. You were on a roll
    c. You were good at what you were doing
    d. You intrinsically enjoyed what you were doing, enjoyed the moment

2 The coach reflects on the story: which strengths (in coach's own words) does your coach recognize in you?

3 What are your top 5 strengths? Do they mainly come from one or two categories?

4 What are your 3 bottom strengths? How might your top strengths help with improving your bottom ones?

5 When thinking about how your strengths reflect your values, what is the most compelling reason for you to behave empathically? Explain how the strengths you identified will help you work toward empathy.