



Strength Based Practice

PRINCIPLES

- We are not the expert on another person's life, they are
- Everyone has potential and it is their unique strengths & capabilities that will determine their evolving story
- Trauma & past/present challenges can offer opportunities
- Allow people to dream – don't let judgments (yours or theirs) hold them back
- Collaboration leads to better outcomes

TOOL: Saleebey's Strength Discovery Questions (2006)

- ⇒ **SURVIVAL:**
How have you managed to overcome/survive the challenges that you have faced? "What have you learned about yourself and your world during those struggles?"
- ⇒ **SUPPORT:**
Who are the people that you can rely on? Who has made you feel understood, supported, or encouraged?
- ⇒ **EXCEPTION:**
"When things were going well in life, what was different?"
- ⇒ **POSSIBILITY:**
What do you want to accomplish in your life? What are your hopes for your future, or the future of your family?
- ⇒ **ESTEEM:**
What makes you proud about yourself? What positive things do people say about you?
- ⇒ **PERSPECTIVE:**
"What are your ideas about your current situation?"
- ⇒ **CHANGE:**
What do you think is necessary for things to change? What could you do to make that happen?