

7 CONVERSATION STARTERS

about Strengths and Adversity



Character strengths are a tool we can tap into in the good times and in challenging times. As a therapist, manager or coach, you can support others in times of adversity by helping them see the connections between their strengths and well-being. Invite them to take the [VIA Survey](#), then try the following prompts for a guided discussion.

1

When you experience stress these days, which are the first character strengths you turn to for support? How do you use them?

2

As you look back on your life and consider a painful situation, which character strengths did you turn to at that time? How did you use your strengths then, even if it wasn't intentional?

3

Can you think of an example in which you used one or more of your character strengths to completely overcome or heal a problem or conflict in your life?

4

Which character strengths offer you comfort when you feel lonely or isolated? When you feel physically unwell? When you feel emotionally upset?

5

When you overuse one of your character strengths and it negatively impacts someone, which character strength do you use to balance the situation?

6

When you are having an argument with someone, what is the best character strength for you to turn to in yourself? Is there a character strength you can appeal to in the other person?

7

Which character strengths would you like to develop to support you with future stressors you are likely to experience?

To learn more about using character strengths in your work to motivate, inspire and lead others, visit viacharacter.org/professionals