

**Getting Up Close to  
The Justice/Community Category**

**GROUP 4  
Community Strengths**



## Community and Justice Strengths

Civic or justice Strengths include **enjoying and partaking in community events** and concerns, and being willing to contribute to the well-being of mankind. A person might volunteer and support group goals without necessarily agreeing with everything.

The person who has a strong commitment to society and who is fiercely **loyal** to an authority will put in a lot of hours **without expecting any return** except the satisfaction of creating a more just world.

A person with a great **sense of fairness** and support allows everyone to fight for what they believe in and respects other people's goals.

A person with civic strengths might organise activities and **lead others** in the process whilst respecting everyone's point of view. If mistakes are made the person will admit it and learn from it thus inspiring others to do the same.

*One acknowledges other people's contributions. No matter its size, it is viewed as equally valuable to the greater good.*

## When Justice and Community Strengths Go Astray

**Social-Responsibility and Loyalty** strengths become unhelpful when one starts defending people who are deliberately lazy and non-committal. Loyalty is an admirable strength but loyalty to someone who deliberately does not pull their weight is ill-placed.

**Teamwork** goes too far when one insists on deciding everything together when sometimes it is more practical to each have a particular responsibility and area of expertise.

**Leadership** strength has gone too far when one becomes bossy, bullying or aggressive and tries to control other people's lives.

## **Martin Luther King**

*Martin Luther King was another man who put his own life at risk to gain freedom for the black people in the U.S. Martin Luther King could not remain quiet when he saw how badly black people were treated. By being segregated and kept from equal opportunities of education and work the black people remained poor and humiliated.*

*King was assassinated which only increased the strength of his movement as people from all over the world rallied around to continue the work he had started. President Obama will most probably agree that had it not been for Martin Luther King and people like him he would never have been able to run for president and not to mention win the position, not once but twice.*

## L'Arche

*When I was 18 I joined the l'Arche community in the north of France where volunteers from all over the world lived with those less privileged in society. L'Arche welcomed hundreds of institutionalised individuals with Down's Syndrome or learning challenges into small 'family' units to live a more dignified and normal life. It was inspiring to live in this community and care for these deeply wounded people.*

*One volunteer was a middle-aged Canadian woman Eliza who acted as secretary for the organisation. She slept in a tiny office on a thin mat which she rolled out every night from behind the shelves. She was the funniest, kindest person you could meet. Very few people were aware of her austere life-style.*

*The L'Arche organisation has communities all over the world. I stayed in one of those in Haiti as I wanted to make the world more just by helping people in the Developing countries. In the capital Port-au-Prince children with disabilities were often abandoned on the streets as their families felt incapable of coping with their special needs.*

*A local young man who had joined the small l'Arche*

*community helped run workshops in the poorest area of the town where people had to sit on stools all night when it rained, as the water washed through their humble dwellings made with corrugated roofing and straw. However I observed a lot of singing and drumming and friendliness in these beautiful people.*

*I have the greatest admiration for those who are committed to this work, even though my Scandinavian genes could not handle the humidity and heat.*

## **BRAIN TRAIN**

**Reflecting on the Justice / Community Strengths on page [140](#) or [146](#) which ones would you notice in the volunteers in the l'Arche community :**

One of the Community/Justice Strengths l'Arche volunteers are using is.....  
when they.....  
.....

and.....when  
they.....

**JUSTICE**  
**(COMMUNITY)**  
**STRENGTHS**

**SOCIAL RESPONSIBILITY,  
 LOYALTY & TEAMWORK**

You partake in community events and causes.  
 You contribute selflessly for the good of society and value group goals even when they are different from your own.  
 You have a volunteering spirit and do not wait to be asked or told to do something.  
 You pull your weight fairly and with loyalty for the sake of the common goals of a team or group which you believe is worthwhile investing yourself in. You respect and work with authority.

**LEADERSHIP**

You have an ability to take responsibility and action in order to achieve a worthwhile goal and lead others in the process. You are able to organise activities whilst ensuring good relationships.  
 You are able to publicly admit to your mistakes and learn from them inspiring others to do better.  
 You endure set-backs and keep working for a better world.

**FAIRNESS & EQUITY**

You take care of your corner of the world and share whatever you can of your time, work and possessions to allow everyone to be happy. You give everyone a chance to fight for what they believe in and allow them to choose for themselves.  
 You expect everyone to be treated fairly and you do your best to acknowledge people's contributions however humble or great, it is all of equal value.

**BRAIN TRAIN +**

**Choose a character strength from the page opposite and during the week look out for an opportunity to use it.**

Over the coming week I will focus on the Justice Strength of.....

I will take this opportunity to look out for opportunities to....

.....  
.....  
.....

**Example**

**I choose to focus on** the Leadership Strength.

**I will look out for ways** of offering Positive Psychology Happiness Skills in schools - ways of inspiring others to help me as I believe everyone deserves to know these skills.

**Take A Picture**

**To remind yourself of your chosen strength take a picture with your mobile phone of the box explaining it, and set it as a background on your phone or pc for a while.**



**Ghandi's commitment:**

*Mahatma Ghandi knew that Colonial authorities were treating the Indian people unfairly and he used the media to highlight this to the rest of the world, but he did it by committing himself to fasting and marching with the Indian people until he was listened to by the British authorities.*

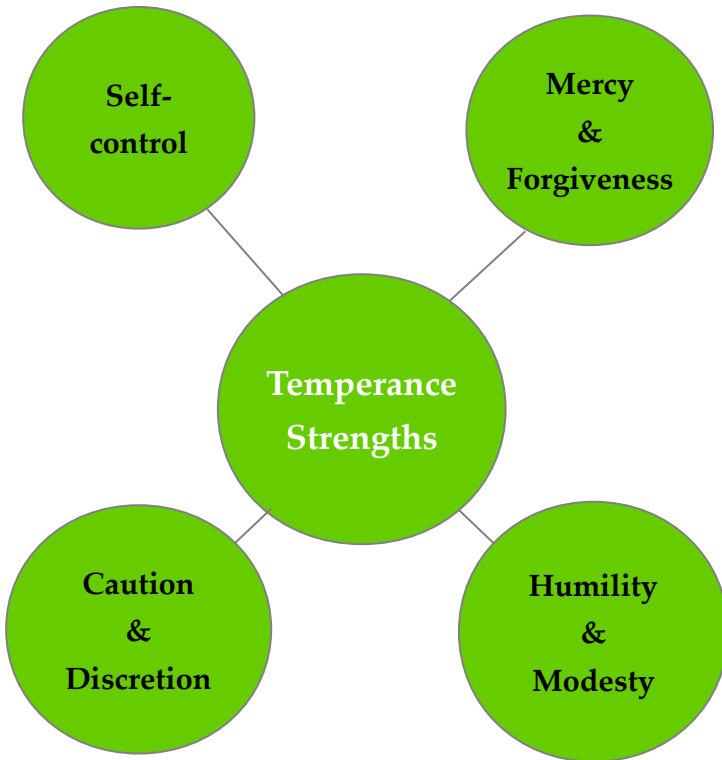
*Gandhi led the Indian people to simply look for their fair share of work by organising non-violent opposition to the unfair treatment by the Colonials. These were shown up for their bullying methods used to suppress the people, and the rest of the world started to put pressure on Britain to return India to the Indian people.*

While Gandhi  
could have lived  
his own prosperous life as a lawyer  
he chose to give up personal security,  
and campaign for the Indian people.

Richard Attenborough spend twelve  
years campaigning for funds to make  
the film 'Ghandi'  
which shows some of this  
amazing true story which has since  
inspired people in every part  
of the world.

# Getting Up Close to the Temperance Category

## GROUP 5 Self-Control Strengths



## Healthy Habits

The temperance category focuses on the ability to take on and keep up healthy habits. While these strengths are less glamorous they protect us from a lot of dangers and help us to keep up habits that create good mental or physical health.

**Caution** enables us to calmly and respectfully negotiate a way through strong emotions and invite others to do the same.

**Mercy and Forgiveness** are signs of a bigger person who does not hold a grudge, who forgives and moves on.

**Modesty and Humility** help us not to become arrogant with success, and to support others when they need a helping hand. We are happy for other people's success. We also know that at times we need forgiveness and mercy from others. We do not always get everything right.

**Self-control** helps us to keep working at our goals when we get to the uninteresting or difficult part of the job.

**Self-control** enables a person to save up and to patiently work towards positive goals. It helps us to keep ourselves safe and not over-indulge in pleasures that will break down our health and well-being. It gives us the strength to say 'Thank you, but no, not for me', 'Not now'.

## **Temperance and Self-Control gone Out of Control**

**Self-control** goes too far when a person does not allow themselves to enjoy food, good company, leisure time and is generally more concerned with being self-disciplined than getting on with other people.

**Caution and Discretion** is over the top when one stops taking calculated risks and trying new things. Hiding away one's talents instead of stepping out to improve the world around us is also a weakness rather than a strength.

**Mercy and Forgiveness** have gone too far when we stop people from experiencing the consequences of their choices, when we allow other people to keep hurting us.

**Modesty and Humility** are ill placed when we start putting ourselves down and make little of our contribution and ability to make a difference in this world.

## Jack Kavanagh

*I heard Jack Kavanagh speak from his wheelchair at a TEDx event in Dublin. Jack told us how he was a top-surfer and outdoors enthusiast until one day he miscalculated the depth of a wave and broke his neck when he dived in. He is paralysed from the neck down but through continual training and determination he now has limited use of his hands and arms.*

*The medical profession insists that he will never walk again but Jack is determined to defy that prediction. Every day he puts in hours of training to become more mobile. He can walk with the aid of a robotic suit.*

[www.youtube.com/watch?v=6yMSEF9x4hI](http://www.youtube.com/watch?v=6yMSEF9x4hI)

### BRAIN TRAIN

**Reflecting on the Temperance / Self-Control Strengths on page [150](#) or [156](#) which ones would you notice Jack using?**

One of the Temperance/ Self-Control Strengths Jack is using is .....when he.....  
.....

## My Dad

*Although a brilliant student my dad Bent chose to become an apprentice in his uncle's hardware shop at the age of 14. He knew his parents were struggling financially so he declined their offer of support to continue school.*

*Throughout my childhood Dad held down a job in order to feed, clothe and house us children and my mum. When Mum started to suffer with psychotic episodes Dad studied psychology in order to understand her better. She continued to experience periods of psychosis and depression and never fully recovered.*

*When Mum later on got Parkinson's disease, Dad retired to mind her full-time even though he was then working as a fully qualified psychologist.*

*During Mum's last years dad was literally at her beck and call 24/7 but he always insists that he enjoyed caring for Mum. He always jokes that she never gave him a dull moment and admires how well she handled all her illnesses, something he believes he would not be able to cope with himself.*

*Through work Dad was able to get cigarettes and alcohol tax free, but he decided to give up smoking altogether even though he rarely smoked! Similarly, while Mum was in the psychiatric hospital he stopped drinking alcohol as he was afraid he would become too fond of it.*

*Dad is now 84 and still active. He enjoys supporting his lovely companion the best he can as she has a number of serious health issues.*

## **BRAIN TRAIN**

**Reflecting on the various Temperance Strengths on page [150](#) or [156](#) would you notice some of those in my dad Bent's life?**

One of the Temperance / Self-Control Strengths Bent used is .....when he.....  
.....

another is.....when he...  
.....



**TEMPERANCE  
(SELF-CONTROL)  
STRENGTHS**

**SELF-CONTROL**

You have an ability to take on and maintain healthy habits rather than rushing into futile enjoyments. You have the patience to look after your own mental, spiritual, emotional and physical health. You do not over-react when bad things happen but regulate your emotions in order to be helpful and calming towards others.

**CAUTION &  
DISCRETION**

You assess a situation before deciding or acting. You don't offer advice too readily but listen for all the facts and aim for long term results rather than rushing into something. You know things can go wrong and take pre-cautions. You find ways of working around people's pride and other obstacles.

**HUMILITY & MODESTY**

You are aware of your own and other people's equality and oneness. You do not boast of your achievement or interfere with others but allow people to find their way whilst attentive to lending a helping hand. You do not see yourself as special and other people value your unpretentious contribution and support.

**FORGIVENESS  
& MERCY**

You make allowances for weakness and imperfection and are willing to give somebody more chances to get it right. You are able to let go of past hurts and allow them to transform you into a kinder and more tolerant person. You accept people's short-comings without allowing them to compromise your values.

**Choose a character strength from the page opposite and during the week look out for an opportunity to use it.**

Over the coming week I will focus on the Temperance Strength of.....

I will take this opportunity to look out for opportunities to....  
.....  
.....  
.....

### **Example**

**I choose to focus on** the Caution and Discretion Strength.

**I will look out for moments** to reflect before I speak as sometimes I am too direct or honest. I will delay a little to give myself time to answer in the most encouraging manner.

### **Take A Picture**

**To remind yourself of your chosen strength take a picture with your mobile phone of the box explaining it, and set it as your homepage on your mobile or pc for the week.**

**Getting Up Close to  
The Transcendence Category**

**GROUP 6  
Connecting to Something  
Larger than Life**



## Connecting to Something Larger than Life

While most people have an occasional **appreciation of beauty and excellence**, are **grateful and playful**, some people are particularly gifted in these areas. An appreciation of the gift of life or **being in awe** of creation and all its different nuances are transcendence strengths which can remind others that there is more to life than basic survival.

**Being grateful** for small ordinary experiences is a strength some people naturally possess while others might have to work for it. Chapter One explains the beneficial effects of gratitude, how it produces positive emotions and builds up our mental and physical health.

**Having a sense of purpose** and **belief that there is something bigger that connects us all**, and **sensing a spiritual presence within and around us** are other transcendence strengths which help us to a more holistic approach to life. Some people express this by participating in religious rituals or faith groups that bring people together in solidarity and love.

*Having trust in a loving caring God can bring peace and safety all around just like humour, laughter and playfulness lift the spirit.*

## **When Transcendence Strengths go astray**

**Appreciating Beauty and Excellence** goes astray when one becomes so picky that one will not accept something unless it is perfect or beautiful. Life has many facets and sometimes though it appears ugly or imperfect it may be a valuable part of something bigger.

**Gratitude** can become an excuse for not addressing things that need to be changed.

**Spirituality, Faith and Religiousness** go astray when they are used to pressure others to feel guilty or bad or used to think oneself better than others. Religion is counter productive when it is used to hold on to traditions that no longer make sense and when it is used to belittle ordinary people going about their business.

**Playfulness and Humour** go too far when one becomes sarcastic or hurtful towards others.

**Hope** can go astray when it becomes empty words of good wishes for others without doing something to help the situation when given the opportunity.

**Francis story:**

*Francis has five children. Even though at one point he and his wife had no money and his business had gone bankrupt he kept believing that his children were given to him by God and therefore God would help him provide for the family.*

*All five children now have University Degrees and jobs that they love. Francis still does not have money but he has work and things happen which enable him to have a quality of life better than many people as he gets to travel a lot and spends quality time with his children and grandchildren.*

**BRAIN TRAIN**

**Reflecting on the various Transcendence Strengths on page [158](#) or [164](#) which would you notice Francis using?**

One of the Transcendence Strengths Francis used was..... when he  
.....  
.....  
another one was.....when he  
.....

**Christina Noble:**

*Christina Noble shares in her interviews and book her conviction that her experience of childhood abuse, rape and domestic violence prepared her for her work with the street children in Vietnam. She identifies with the thousands of abandoned children on the streets of Saigon as she herself was once that vulnerable due to poverty and homelessness. Christina does not regard herself as a traditional Catholic but she believes that God is helping her and guiding her in her work.*

**Moving on:**

*Irish woman Elber Twomey tells of her sorrow while on holiday in England when a suicidal taxi-driver drove into her car killing her unborn child, her 2-year old and her husband.*

*Every day Elber asks her 'heavenly army' to give her strength to get out of bed in the morning. She has found strength by moving from anger to compassion for the Polish suicidal driver who left behind a devastated widow. She lights candles for him.*

*Elber has also started a campaign to change the way the police handles suicidal drivers. She believed that the suicidal driver who purposely drove into the car was provoked by the police trying to flag him down. New training has now been implemented in the English police force on how to handle such volatile situations. Elber is also in negotiation with the Garda Training College in Ireland to create similar changes as her greatest wish is that what happened to her would never happen to anyone else.*

## BRAIN TRAIN

**Reflecting on the various Transcendence Strengths on page [158](#) or [164](#) which would you notice Christina or Elber using?**

One of the Transcendence Strengths.....  
used is.....  
.....  
when she.....  
.....  
another is.....  
when she.....



**TRANSCENDENCE**  
(CONNECTING TO SOMETHING  
LARGER) **STRENGTHS**

**APPRECIATION OF  
BEAUTY &  
EXCELLENCE**

You appreciate everything as an amazing work of art. You have an ability to merge with art, nature, science. Even ordinary things give you a sense of awe and wonder. Observing human acts of goodness and courage elevates your spirit.

**GRATITUDE**

You appreciate the ever present miracle of life. You appreciate others for who they are. You do not take anything for granted and enjoy your surroundings wherever you are. You notice other people's contributions.

**HOPE**

You have goals and look forward to a better future.

**PLAYFULNESS  
& HUMOUR**

You do not take yourself or anyone else too seriously. You enjoy laughing and making other people smile at the marvellous experiences of life. You love having fun but not through cynicism. You can be amused by the futility of your own importance as you choose to see the lighter side of life.

**SPIRITUALITY, FAITH  
AND RELIGIOUSNESS**

You have a sense of purpose and acceptance believing there is something beyond materialism and status. You have a connection with the Sacred which helps you to appreciate the vast universe and the oneness of it all. You celebrate spirituality through religious rituals. You have an appreciation of God.

## BRAIN TRAIN+

**Choose a character strength from the page above and during the week look out for an opportunity to use it.**

Over the coming week I will focus on the Transcendence Strength of.....

I will take this opportunity to look out for chances to.....  
.....  
.....  
.....

### Example

**I choose to focus on** the Playfulness and Humour Strength.  
**I will look out for ways** to take myself less seriously and have a more humorous view of myself and my tendency to worry about what other people think.

### Take A Picture

**To remind yourself of this task take a picture with your mobile phone of a chosen character strength, and set it as your homepage on your pc or wallpaper on your phone for the week.**

## Applying the 5 to 1 Principle to Strengths

Character Strengths are a non-verbal universal language of encouragement and good will towards others. It is so easy to become shocked by or engrossed in our own or other people's weak points. Familiarising ourselves with a variety of strengths helps us to feel less threatened. We feel less defensive and stressed when we give our main attention to strengths rather than weaknesses. To overcome our negativity bias most of us need to up our strength focus to a 5 to 1 ratio of positive strengths to weaknesses. We do not want to ignore weaknesses but we want to keep them proportionate to their importance.

### Up Your Strength Focus to a 5:1 through

1. [Strength Cards](#)
2. [Films, Stories, Song Lyrics and Interviews](#)
3. [Keeping a Strength Diary](#)
4. [The Strength Game](#)

When schools include Character Strength teachings in the curriculum pupils become happier and more focused. This results in better grades and better relationships all around.

A positive focus on strengths pushes into the background the awareness of all the bad things happening in the world and gives us a more balanced view as most people are actually going about their lives trying their best to make a good life for themselves and others. We are each on a journey of discovery and development.

## **1. Strength Cards**

**Photocopy the 6 detailed strengths pages 122, 130, 138, 146, 156 and 164, and cut out the 24 cards. Alternatively get the cards online from [www.HappinessSkills.ie](http://www.HappinessSkills.ie)**

- a) Choose 1 card as a theme for a week or a month**
  
- b) Google, Read and Talk about it**

### **BRAIN TRAIN +**

**Join a speaking forum, debate theme or Toastmasters International where you always choose your own topic of speech**

**Example**

*I have chosen Originality and Creativity Strength. When I googled it I discovered that Originality is more about coming up with a number of ideas which may or may not be useful. Creativity is choosing particular ideas, working with them and presenting something personal to others.*

*As I sit here outside the McCauley Convent Tea Rooms on a sunny day I am inspired by the originality of this centre where people work voluntarily in the cafe. Behind it is a complex for the elderly. I am told there will be a game of bowls here tomorrow morning on the lawn in front of where I am sitting. There is originality all around this centre.*

*I think of Creativity and while the content of this book is not original I am delighted to present this material creatively, hopefully inspiring someone to make use of it to raise their happiness and well-being as I have.*

## **2. Films, Stories, Song Lyrics and Interviews<sup>8</sup>**

Once we open our eyes and ears we will be amazed by what we see and hear. We choose which films we watch, what music we listen to and which stories to read or pay attention to. To build your Strength Focus

### **a) Watch films with a main focus on good character strength and heroism**

Many films have a main focus on good character with heroic strength in one form or another.

### **Example**

*Currently, I am following CSI: Cyber as I find it inspiring to watch a group of people dedicated to find and stop criminal hackers who use their skills for destruction. The 'heroes' of the program are good to one another and put their lives in danger in order to stop hurtful events in other people's lives. Even though it is fiction I am inspired by the community strengths and humanity strengths shown. Also I see the wisdom strengths used.*

**BRAIN TRAIN +****b) Listen to Music with uplifting lyrics  
that inspire positive strengths**

There are many catchy tunes on You Tube, CDs, MP3 downloads, the radio and concerts. Choose music that expresses strength rather than weakness in order to raise your strength focus.

**Example**

*I watched the Singer Imelda May TV series on Irish TV where she presented both accomplished and up-and-coming Artists in Ireland. Many of these have suffered for their art, perhaps been viewed as wasters or lazy. Many people do not view songwriting or music as a valid career unless one has already made it big.*

*I am currently inspired by the Irish group Kodaline even though I would not listen to all their music, but they talk about being true to themselves and writing from their own experience. This I believe takes courage and creativity and it is now paying off for them at last.*

## BRAIN TRAIN +

### c) Read Stories that focus on Character Strengths rather than weakness

#### Example

*I watched the film version of Eric Lomax's autobiography 'The Railway Man' with Colin Firth. Lomax was tortured in a Japanese prison camp but survived with severe Post Traumatic Stress Symptoms. Fortunately, later he met a wonderful woman who helped him to eventually face the perpetrator back in Japan. He had become convinced that he could only get him out of his mind if he killed him. However, Lomax ended up making a life-long friend of this 'converted' Japanese torturer who turned out to be a man deceived by his superiors.*

*Afterwards I decided to read the autobiography which was an amazing insight into how so many people were 'forgotten' in Japanese prison camps, were tortured, starved and abused. How Lomax and his colleagues survived is a miracle.*

No-one is perfect, of course, that goes without saying but we choose what to focus on. Focusing on somebody's



strengths does not mean that we allow them to boss us around or be disrespectful or take away from our well-being. Read more of this in the Assertiveness chapter.

### 3. Keeping a Strength Diary

**In your PC, mobile phone or private notebook keep a Strength section where you write down how your chosen strength, or any strength, inspires you.**

Keeping a diary of particularly impressive strengths experienced over the day or week helps to build up a long-term memory of goodness and care. This results in less defensiveness thus building up our immune system and freeing more creative forces within us.

#### Example

##### **Today's entry in my Strength Dairy**

*I admire the originality and creativity (my chosen strength focus for a week) of the man who created this beautiful farm where I stay whilst writing this book.*

*No expense has been spared, yet it is not wasteful or showy. It is beautiful, functional and simple, yet one of a kind. I am*

*inspired by observing somebody investing their fortune in a way that benefits not just their own family but also the surrounding area.*

## **BRAIN TRAIN +**

### *In the Family*

**Choose one of the 24 strengths as a theme for the month and create a card or poster that reminds everyone.**

**At dinner take turns to share how many times you spotted that strength in yourself or others over the day.**

### *In School*

**Choose one of the 24 strengths as a monthly theme and highlight it in the school assembly or at the beginning of class discussing how this strength can be implemented in day-to-day situations.**

**Create a visual reminder of the strength**

### **Storytelling**

**Sit in a circle and let everyone contribute a sentence at a time creating a story related to the monthly strength.**

## 4. The Strength Game

The Strength Game consists in viewing a situation wearing a particular strength bias. The challenge is to explain what you would do in the given situation if you had the strength bias of a particular strength category.

**For example**

### **THE SITUATION: SHOPPING for dinner**

#### **BIAS 1: WISDOM STRENGTH ([page 122](#))**

If I was going shopping for dinner with wisdom strength I would probably explore a variety of new interesting goods before deciding which would be a wise buy. I might also suggest to the staff to stock an item I do not see on the shelves.

#### **BIAS 2: COURAGE STRENGTH ([page 130](#))**

If I was going shopping for dinner with courage strength I would probably buy something healthy in line with my principles. I might ask the shop to get in something I believe will be of benefit like organic produce.

**BIAS 3: RELATIONSHIP STRENGTH ([page 138](#))**

If I was going shopping for dinner with relationship strength I would probably look out for opportunities to greet people and have a chat. I would buy something I know others would enjoy.

**BIAS 4: JUSTICE STRENGTH ([page 146](#))**

If I was going shopping for dinner with justice strength I would probably be concerned that the staff are getting fair wages, that Fair Trade products are promoted, and possibly talk to people to raise awareness of some community concern.

**BIAS 5: SELF-DISCIPLINE STRENGTH ([page 156](#))**

If I was going shopping for dinner with self-discipline strength I might walk or cycle to the shop and have a small budget which I would stick to. No impulse buys!

**BIAS 6: TRANSCENDENCE STRENGTH ([page 164](#))**

If I was shopping for dinner with transcendence I would be grateful, have fun and hope that everyone would be well.

The Strength game can be played in two ways:

**A. AS A CARD GAME**

- cut out the 24 strengths from the previous 6 detailed pages explaining individual strengths in each category
- pick a card (without looking) and choose a situation from the list below. Everyone takes turns to explain how you would behave in that situation if you had a strength bias (from the card you pulled)

**Complexity can be introduced by choosing several strengths**

**SITUATIONS** (alternatively make up your own)

- **Spending your leisure time**
- **Choosing your dream job**
- **Planning a party or choosing a DVD**
- **Choosing mode of transport**
- **Finding perfect accommodation**

**B. USING THE STRENGTH TABLE -->>**

**Fill in the table on the right choosing a situation from above (or your own) and write or share with a group how you probably would behave according to each strength.**

(SEE NEXT PAGE FOR EXAMPLE)

	<b>Having the Strength bias of:</b>	<b>Action</b> When I ..... ..... .....I will:	<b>Action</b> When I ..... ..... .....I will:
1	<b>Wisdom strength of loving to learn</b> , being open-minded, creative and original.		
2	<b>Courage strength of strong principles</b> when others oppose me. I keep working for a better world.		
3	<b>Relationship values of care, kindness, compassion and social intelligence.</b>		
4	<b>Justice strengths of leading a group to improve society for everyone. Fairness.</b>		
5	<b>Self-control values of humility and support to others. Feeling close to the earth.</b>		
6	<b>Transcendence values of gratitude, hope, faith, appreciation of beauty and excellence. Spirituality.</b>		

	<b>Having the Strength bias of:</b>	<b>Action</b> When I am e.g. criticised I will:	<b>Action</b> When I ..... .....I will:
1	<b>Wisdom strength of loving to learn</b> , being open-minded, creative and original.	try to learn from it, even if it is exaggerated	
2	<b>Courage strength, strong principles</b> when others oppose me. I keep working for a better world.	consider whether it helps me to do what I believe in or not	
3	<b>Relationship values of</b> care, kindness, compassion and social intelligence.	try to understand what is going on with that person	
4	<b>Justice strengths</b> leading a group to improve society for everyone. Fairness.	consider if their suggestion would help a greater good	
5	<b>Self-control values of</b> humility and support to others. Feeling close to the earth.	respect their point of view and possibly apologise	
6	<b>Transcendence values</b> of gratitude, hope, faith, appreciation of beauty and excellence. Spirituality.	thank the person for their interest then forget it, unless it is constructive	

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#### CHAPTER 4: CHARACTER STRENGTH

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