

HUMANITY STRENGTHS

The humanity people are particularly caring of others. They put kindness and understanding ahead of success or fame and are often found in the caring profession of nursing, therapists, doctors, counsellors and teachers.

WHERE do you observe one (or more) of the HUMANITY strengths at work in yourself or somebody else?
(See additional handout 4A3)

SOCIAL INTELLIGENCE

You have an ability to tune into other people's feelings and to respond accordingly.

You know your own feelings and needs and how to fulfil them in a healthy manner.

This enables you to understand other people's needs and communicate with compassion and respect.

You know your own best qualities and find ways and places to develop and express these while adapting to the needs of others around you.

KINDNESS

You enjoy giving freely of your time, supporting others in their struggle for happiness and fulfilment.

You share of your resources and give without expecting something in return.

You help people feel very comfortable as you see them as equally worthy.

You are respectful towards everyone no matter what they might think or say.

GIVE & RECEIVE LOVE

You have an affectionate nature and are thoughtful in your behaviour towards those close to you.

You allow yourself to be vulnerable and open to intimate sharing and caring.

You value receiving attention and are not afraid to commit yourself to deep sharing with another person.

Increase your HUMANITY STRENGTHS

4A3

(look at the detailed descriptions on the previous page)

WHERE do you see some of these HUMANITY strengths at work in your life – are there people you feel empathy for, that you like helping? Are you good at communicating and relating to other people. Are you good at intimacy? (e.g. I feel for people who don't realise that they have the power to change their lives for the better. I like caring for others by making nice food, washing their clothes and listening to them.)

Where do you see some of the Humanity strengths at play in other people's lives? (e.g. I notice how the staff in my dad's nursing home are very caring towards him and other elderly people and at the hospital how the young women doctors are really nice to him.)

Which aspect of Humanity might you like to develop more in your life? Somewhere you would like to show care and consideration, to listen better, communicate more? (e.g. I would like be nicer to people when they ask me questions that I feel are unnecessary, to be more present to people who might have difficulties)

This is what I will do to develop myself more in this area:

(e.g. I will ask a friend of mine if she will come with me to volunteer to help other people in need)