

TRANSCENDENCE STRENGTHS

Transcendence strengths can seem illogical or airy-fairy yet these are what keeps us going in times of adversity, loss and suffering. Making sense of our lives and moving forward when things seem hopeless, pointless or dreary are valuable skills to carry with us.

WHERE do you see some of these TRANSCENDENCE strengths at work in your life?

Where do you use hope, humour, gratitude or spirituality to make sense of life?

(see next handout for examples)

GRATITUDE

You appreciate the ever present miracle of life. You appreciate others for who they are.

You do not take anything for granted and take time to be grateful for small things in life.

You enjoy your surroundings wherever you are. You notice others people's contributions.

SPIRITUALITY & 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 a perception of God.

HOPE

You have a positive attitude and keep going without blaming others when things go wrong. You enjoy having goals and you have a great belief in the fulfilment of your goals or at least that something worthwhile will evolve no matter what.

You look forward to better things to come, you work hard to improve things and make the world a better place.

HUMOUR

You do not take yourself or anyone else too seriously.

You enjoy laughing and making other people smile at the marvelous 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.

Increase your TRANSCENDENCE STRENGTHS
(look at the detailed descriptions on the previous page)

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WHERE do you see some of these TRANSCENDENCE strengths at work in your life – are there situations where you use hope, gratitude, humour or spirituality/ religion to help yourself or others?

(e.g. I use gratitude every morning for the earth we share, life around me, intuition that motivates me. I use spirituality to get a bird's eye view of a situation when things are painful or don't make sense)

Where do you see some of the Transcendence strengths at play in other people's lives? (e.g. I was impressed by a mother who lost her child and started doing daily acts of kindness on behalf of her lost child and then got others onboard to do the same. I noticed how a man in prison started loving the prison guards rather than hate them.)

Which aspect of Transcendence might you like to develop more in your life? Somewhere you would like to have more hope, gratitude, humour or spirituality? (e.g. I would like to be more hopeful when I feel rejected or criticised. I would like to have more humour when things go against me)

This is what I will do to develop myself more in this area:
(e.g. I will practise laughter therapy when things go against me because I know this will stimulate my brain to be open to positive solutions)