

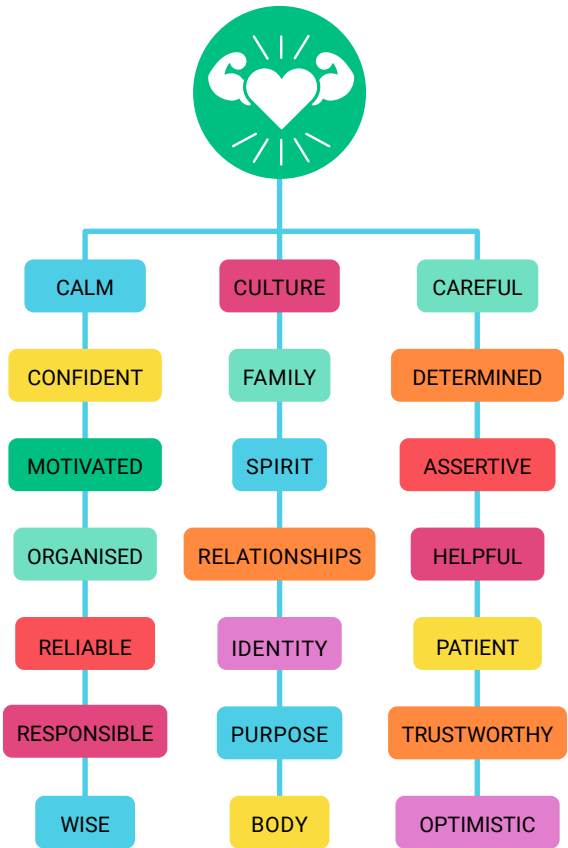


Mapping your strengths

Figuring out what our strengths are can be helpful when changing the way we manage feelings.

Think about your strengths in different areas of your life. These can help you manage strong emotions, difficult situations or behaviours that you want to change. Strengths can include things that you're good at, your connection to culture, your relationships, your attitudes or beliefs, and your personal qualities.

WHAT ARE YOUR STRENGTHS?



IDENTITY & VALUES