

POTENTIAL EMPHASES OR USES OF THE AST BOOK

Enhancing Positivity; To increase the positive perspective of participants; The value of this goal is clearly established and communicated by Barbara Fredrickson (2009) and the extensive body of positive psychology research.

Developing Strengths-Focused Relationships; The particular value of developing S-F Relationships will be a particular focus because so many relationships tend to deteriorate over time because people get into patterns where they focus on the deficiencies of the other person too much. They need to agree to focus on each other strengths, especially the strengths each individual considers his or her self-perceived strengths, and keep those strengths in mind when interacting together.

Growth Experiences for People in Institutional Settings; Information about the value of AST will be directed towards residential settings or institutions where groups of people assemble and/or live together, such as:
Retirement Communities; Churches & Spiritual Communities;
College Dorms; Prisons & Correctional Institutions; Military Installations;

Organizations that seek better morale, collaboration, cooperation and positive relationships; Guidelines will be available for implementing organization-wide programs whereby all members of the organization can meet in groups of four, and then expand to community programs.

Encouraging more people to take advantage of DSAP Workshops;
The broad exposure of the AST process will create more awareness of DSAP Workshops so that those who seek more satisfying careers or volunteering experiences can pursue those goals in DSAP Workshops.

Helping those who have identified their strengths using the Strengths Finder 2.0, relate those strengths to their personalized life experiences.

The AST approach to articulating strengths enables participants to come up with strengths-descriptors that are tied to real life experiences accompanied by feelings of pride, enjoyment and a sense of competency. These words have more personal meaning than do words provided by an objective

inventory resulting in lists of strengths that need to be defined by the use of dictionaries or paragraphs that describe the intended meanings.

Providing a personalized framework for seeking additional ideas about elaborating on ways you can describe yourself in terms of strengths;

If AST participants have not already taken the Strengths Finder 2.0, or other objective inventories to identify their strengths, this book helps them locate websites where they can respond to the inventories and then elaborate on the strengths they have articulated using the AST.