

GUIDELINES FOR CONSTRUCTING A STRENGTHS-FOCUSED RELATIONSHIP

Terms: Strengths and Passions = Ss&Ps Two Participants: A is one participant; B is the other participant
Self-Articulated Ss&Ps = The Ss&Ps articulated by the participant who told the two stories;
Possible Ss&Ps = The Ss&Ps identified by the participant who listened to the two stories;

Exercise 1: Each participant tells two stories while the other participant listens and lists Possible Strengths and Passions (Ss&Ps) demonstrated during the teller's 2 stories. (Each Step takes from 4 to 6 minutes.)

Step 1: A tells two stories of positive experiences; B listens, while identifying & listing Possible Ss&Ps;

Step 2 - Part 1: B reads list of Possible Ss&Ps to A.

Part 2: A describes own Self-Articulated Ss&Ps to B, and B writes them down on page for later use.

Step 3: B tells two stories of positive experiences; A listens, while identifying & listing Possible Ss&Ps;

Step 4 - Part 1: A reads list of Possible Ss&Ps to B.

Part 2: B describes own Self-Articulated Ss&Ps for A and A writes them down on page for later use.

Exercise 2: Each participant tries to be empathic when identifying Possible Ss&Ps of the other, and each tries to become more elaborate and clear about her/his own Self-Articulated Ss&Ps. (Each Step takes about 15 min.)

Step 1 - Part 1: B offers draft of A's Self-Articulated Ss&Ps, using lists from Exercise 1;

- **Part 2:** B asks A to elaborate on those Ss&Ps by giving more examples of positive experiences;

A also gives an elaborated version of own Self-Articulated Ss&Ps;

- **Part 3:** B paraphrases elaborated version of A's Self-Articulated Ss&Ps;

- **Part 4:** A summarizes by articulating one highly valued strength or passion.

Step 2 - Part 1: A offers draft of B's Self-Articulated Ss&Ps, using lists from Exercise 1.

Part 2: A asks B to elaborate on those Ss&Ps by giving more examples of positive experiences;

B also gives an elaborated version of own Self-Articulated Ss&Ps;

Part 3: A paraphrases elaborated version of B's Self-Articulated Ss&Ps;

Part 4: B summarizes by articulating one highly valued strength or passion.