



Relationship of strengths to the Qualities of the Healthy Adult

Factor 1 – Self-directedness

1. Identity – Authentic, genuine, real
2. Self-reflection – Self-reflective, introspective, self-aware
3. Self-confidence – Self-confident, self-reliant, self-assured
4. Self-assertion – Assertive, bold, forceful
5. Imagination – Creative, imaginative, resourceful

Factor 2 – Self-regulation

6. Emotional balance – Centered, well-balanced, stable
7. Resilience – Resilient, stress-tolerant, flexible
8. Self-control – Self-controlled, patient, self-disciplined
9. Self-care – Self-nurturing, physically fit, healthy
10. Reality testing – Rational, objective, realistic

Factor 3 – Connection

11. Empathy – Empathic, understanding, perceptive
12. Compassion – Compassionate, kind, caring
13. Humor – Funny, playful, witty
14. Responsibility – Responsible, trustworthy, reliable

Factor 4 - Transcendence

15. Thankfulness – Grateful, thankful, appreciative
 16. Wisdom – Wise, learned, spiritual
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