

The Problem With Strengths

Strengths lists do not distinguish between different kinds of ability and passions.

The creation of a strengths list is not generally a powerful enough intervention to match the intensity of the person's perception of his/her current life situation.

No reliable methodology to help the person identify their top choices.

Strengths list is not directly linked to motivation or incentive to act.

List is not generally fully utilized in the Plan of Care or follow-up activities.

Difficult to create the list during a period of time when the person may have difficulty believing they have many strengths.

Seen as an obligation for intake and assessment processes rather than a database for planning.

Strengths lists and action plans are often created by different employees who are not connected or collaborating with each other.