

Latavia Williams

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### Identifying Strengths

Knowing areas where you come in strong and areas where you may need assistance can help in your personal life and professional interactions. As a practitioner, they listen to clients while helping them identify their abilities and resources, positive factors, and how they cope in difficult situations. Identifying and commenting on strengths can help someone change their perspective from what is wrong and what is positive.

When someone identified one of my strengths it made me feel strong already. By them taking a look at where I am already strong and where I could have some improvement made me feel good. By knowing my strengths has helped me resolve my own problems and cope with things. It has also made me feel hopeful in focusing on my problems to strengths and positive factors. I felt confident in myself by knowing what I am good at and proud of the strengths that I have already. It felt good to know that not only do I recognize my strengths, but to have someone else identify them and be able to comment on it made me feel even more proud of myself. Highlighting what I have already achieved and able to do already shows that that person understands and supports my efforts and decisions that I made. It is good to know that some people care about your efforts and are able to help you improve them.

As a practitioner, I would want to be the person to focus on the nine words that were correct on the spelling test because that still is a job well done. If that person failed, then I would have to focus on how they had failed so that the next time, they will do better while learning from their mistakes. I see it as as long as you passed, that that is all that matters! I may go over with my client the one word that they did get wrong, but I would not spend too much time

focusing on it. A practitioner's job is to help the client succeed by helping them as much as possible, so knowing how you got something wrong matters as well. The client will then become strong already the next time by being corrected on what they missed and getting it right the next test. I would make the client feel comfortable, so they will not feel so bad from a one missed question. I know sometimes missing one word or question is frustrating, but knowing that you passed will give me a relief and I will still feel proud of myself.

With my family members and friends, their strengths are being confident, reliable, and helpful. All of these words are what characterizes my friends and family and they have a lot of positive factors in life. When talking to me, their focus is to make me feel hopeful when identifying my strengths. This shows me that my friends and family members not only understand me, but supports me in every way.