

What Are Your Positive Psychological Skills?

Many people find that their mental health problems improve when they practice positive psychological skills. These skills can include new ways to think about your problems, new ways to handle upsetting feelings, new ways to act that make you happier and feeling more fulfilled, and new ways to relate to others.

Sometimes people have more psychological skills than they realize. You can use this worksheet to think about the psychological skills you already have as well as the ones you can work on.

Rate each sentence on a 1 to 7 scale with: 7=Strongly Agree and 1=Strongly Disagree

1. _____ I know how to reduce normal stress in my life.
2. _____ I talk to friends and relatives when I'm feeling upset.
3. _____ I think before I speak when I'm having a conflict with someone.
4. _____ I enjoy being in the company of others.
5. _____ I know how to make myself happier when I'm feeling blue.
6. _____ I know how to calm myself down when I'm anxious or upset.
7. _____ I am aware of my character strengths.
8. _____ I know how to focus on a problem even if I feel distracted.
9. _____ I stand up for myself when necessary.
10. _____ I have an overall positive and optimistic attitude towards life.
11. _____ I have several good friends that I can rely on if I need help.
12. _____ I can always find some humor in the day, even when things are not going well.
13. _____ There are very few problems that I can't solve.
14. _____ When I'm feeling upset, I usually take a few minutes to reflect on the things that bother me.
15. _____ I count my blessing every day for the good things in my life.
16. _____ I feel that I can turn to a higher power when things in my life are really difficult.
17. _____ I regularly practice relaxation techniques like meditation, deep breathing, or yoga.
18. _____ I always try and be aware of my feelings and what is causing them.
19. _____ I try to always be aware of my values and act in ways that are consistent with my beliefs.
20. _____ I try to express my thoughts and feelings clearly while being aware of the feelings of others.
21. _____ I try and be supportive and caring to others whenever I can.
22. _____ I live a healthy lifestyle, eating nutritious food, getting enough sleep, and exercising regularly.

_____ Total Score