PURPOSE OF MODULE
To map out a client’s strengths.

WHO CAN ADMINISTER THIS MODULE?
This module can be completed by the client with the clinician assisting through prompts that draw attention to strengths the client may have missed.

INTRODUCTION FOR CLIENT
“Now I’d like you to think about some of the strengths you possess that might help you to meet your goals. And we’ll map these out on this form.”

INSTRUCTIONS
1. Provide the client with a pen and invite them to list their strengths.
2. If they are struggling, prompt them with possible strengths that you have noticed the client possesses (Optional Module 8: Assessment of Recovery Capital may be a good starting point).
3. Give client a copy of their strengths map to take home as a resource they can refer to as desired.

What are your strengths?