



# My Strengths!



**A:** 5 strengths I already had:

- 1.
- 2.
- 3.
- 4.
- 5.

**B.** Which strengths helped me deal with my trauma experience?

**C.** New strengths I have because of the trauma experience:

- 1.
- 2.
- 3.
- 4.
- 5.

**D.** How I feel about these new strengths:

