***strengths & relationships: similarities & ideals***

In the 1st column of each table below list *“signature strengths”* as identified from the VIA-IS questionnaire. Usually *“****A****”* is you, and *“****B****”* is your partner or friend. The next three columns are all scored using the *0 to 4* scale (see below). The 2nd column estimates how much the strength feels *“core”* (an essential part) to its *“owner”.* The 3rd column estimates how much the strength describes a quality the *“other”* would like as an aspect of their own *“ideal”* self. The 4th column quantifies approximately how much each strength is shared by both its *“owner”* and the *“other”*.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| *0* | *1* | *2* | *3* | *4* |
| *not at all* | *a little* | *somewhat* | *quite a lot* | *very much* |

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| *A’s strengths* | *core* | *shared* | *ideal* | *Learn the “other’s” signature strengths so you can encourage & appreciate their use of these strengths**If both of you share one or more signature strengths, look at how you can make use of this overlap in shared interests & activities**(jot down ideas about this over the page)**If one or more of the “other’s” key strengths are part of one’s own “ideal” strengths, note this, value it, & try to learn from the example**(jot down ideas about this over the page)* | *B’s strengths* | *core* | *shared* | *ideal* |
|  |  |  |  |  |  |  |  |
|   |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |

*possible shared interests & activities that could make use of your shared “signature” strengths:*

|  |
| --- |
|  |

*possible shared interests & activities involving overlap of one’s own “ideal” & their “signature” strengths … and/or overlap of their “ideal” & one’s own “signature” strengths:*

|  |
| --- |
|  |