

Strengths Assessment

for James

Current Strengths: What are my current strengths? (i.e. talents, skills, personal and environmental strengths)	Individual's Desires, Aspirations: What do I want?	Past Resources – Personal, Social, & Environmental: What strengths have I used in the past?
Home/Daily Living		
I have my own place – close to my job so I don't need a car right now Learning how to cook for myself -	I want to save up for a car	I have had my own place Used to live with my wife and kid – I liked being part of a family even though it is stressful
Assets - Financial/Insurance		
Have a checking account Working Healthy program allows me to keep my benefits I get an employee's discount on anything I purchase at Wal-Mart		\$ from past jobs Bartered auto help for \$ and other things I needed
Employment/Education/Specialized Knowledge		
Currently working at Walmart in automotive Have my GED	I want to check into automotive school Slowly build up my toolbox to what it was	Took auto classes in high school Worked for brother Used to have an impressive tool box
Supportive Relationships		
AA meetings at Central Christian Church – these guys keep me accountable. Jerry – guy in AA who lives in my apartment complex – I help him with his car and he takes me where I need to go Mike – my AA sponsor – one of the few people who gets me Mike – my drug and alcohol counselor – teaching me useful ways to deal with stress and anxiety Rick – my CM – hung in there with me during some really low times	I want a relationship with my daughter	daughter – joy of my life. Brother – we used to be close. He looked out for me My dog Rusty – used to go with me everywhere

Wellness/Health		
<p>Tegretol helps keep me balanced</p> <p>BuSpar helps with the anxiety</p> <p>Sitting out on my balcony is relaxing</p>		<p>Inpatient alcohol treatment helped me get straightened out</p>
Leisure / Recreational		
<p>Got a TV – catching up on shows I have missed.</p>		<p>I'm good at pool</p> <p>Used to have my own cue – could hustle some money every so often</p>
Spirituality/Culture		

What are my priorities?

1. I want a relationship with my daughter
2. I want to work
3. I want to live
- 4.

Additional comments or important things to know about me:

This is an accurate portrait of the strengths we have identified so far in my life. We will continue to add to these over time in order to help me achieve the goals that are most important to me in my recovery journey.

My Signature Date

I agree to help this person use the strengths identified to achieve goals that are important and meaningful in their life. I will continue to help this person identify additional strengths as I learn more about what is important to their recovery.

Service Provider's Signature Date