



Yellow Ribbon Reintegration Program

For Those Who Serve and Those Who SupportSM

Bring Out Your Best: Values in Action (VIA) Character Strengths (Brief Form)

Instructions: For each of the 24 character strengths below, check the box that you think best describes you: If the strength is very much like you, like you, or not much like you?

| Character Strength | Description | How Much Like Me? |
|---------------------------------------|--|---|
| Appreciation of Beauty and Excellence | You notice and enjoy beauty in many places (nature, art, music, etc.). You notice and enjoy watching people who are talented or very skilled at what they do. | <input type="checkbox"/> Very much like me <input type="checkbox"/> Like me <input type="checkbox"/> Not much like me |
| Bravery | You do not avoid challenges or difficult situations. You speak up for what you think is right, even if others disagree with you. | <input type="checkbox"/> Very much like me <input type="checkbox"/> Like me <input type="checkbox"/> Not much like me |
| Creativity | You think of new and original ways of doing things. You are able to think of many unique ways to solve problems. | <input type="checkbox"/> Very much like me <input type="checkbox"/> Like me <input type="checkbox"/> Not much like me |
| Curiosity | You are interested in many things. You like to explore and discover new things. | <input type="checkbox"/> Very much like me <input type="checkbox"/> Like me <input type="checkbox"/> Not much like me |
| Fairness | You give everyone a fair chance. You treat others in a fair and just way. | <input type="checkbox"/> Very much like me <input type="checkbox"/> Like me <input type="checkbox"/> Not much like me |
| Forgiveness | You forgive those who have done or said hurtful things. You give people a second chance. You don't hold grudges. | <input type="checkbox"/> Very much like me <input type="checkbox"/> Like me <input type="checkbox"/> Not much like me |
| Gratitude | You notice the good things that happen. You appreciate the good things that happen. You take the time to express thanks to those who do nice things for you. | <input type="checkbox"/> Very much like me <input type="checkbox"/> Like me <input type="checkbox"/> Not much like me |
| Honesty | You are true to yourself. You allow others to see the "real you". You speak the truth. You take responsibility for what you do and say. | <input type="checkbox"/> Very much like me <input type="checkbox"/> Like me <input type="checkbox"/> Not much like me |
| Humility | You don't draw extra attention to yourself. You let your accomplishments speak for themselves (rather than pointing them out.) You don't see yourself as better than others. | <input type="checkbox"/> Very much like me <input type="checkbox"/> Like me <input type="checkbox"/> Not much like me |
| Humor | You like to laugh and make others laugh. You see the light side of things. | <input type="checkbox"/> Very much like me <input type="checkbox"/> Like me <input type="checkbox"/> Not much like me |
| Kindness | You enjoy helping others. You enjoy taking care of other people. | <input type="checkbox"/> Very much like me <input type="checkbox"/> Like me <input type="checkbox"/> Not much like me |
| Leadership | You like to encourage and work with others to help them get things done. You like to organize group activities and help to make them happen. | <input type="checkbox"/> Very much like me <input type="checkbox"/> Like me <input type="checkbox"/> Not much like me |
| Love | You like being close to other people. You like to give love to others. You like receiving love from others. | <input type="checkbox"/> Very much like me <input type="checkbox"/> Like me <input type="checkbox"/> Not much like me |
| Love of Learning | You enjoy learning new information. You enjoy learning how to do things. | <input type="checkbox"/> Very much like me <input type="checkbox"/> Like me <input type="checkbox"/> Not much like me |
| Judgment (Critical thinking) | You like to think things through before making a decision. You look at all "sides" of a situation. You are able to change your mind (if there is a good reason to do so). | <input type="checkbox"/> Very much like me <input type="checkbox"/> Like me <input type="checkbox"/> Not much like me |



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| Character Strength | Description | How Much Like Me? |
|---------------------------------|--|---|
| Hope | You expect good things to happen in the future. You work to make good things happen. | <input type="checkbox"/> Very much like me <input type="checkbox"/> Like me <input type="checkbox"/> Not much like me |
| Perseverance | You finish what you start. You find ways to overcome obstacles. You enjoy completing tasks. | <input type="checkbox"/> Very much like me <input type="checkbox"/> Like me <input type="checkbox"/> Not much like me |
| Perspective | You are able to give people good advice. You are able to see the "big picture". | <input type="checkbox"/> Very much like me <input type="checkbox"/> Like me <input type="checkbox"/> Not much like me |
| Prudence | You are careful in making decisions. You avoid taking unnecessary risks. You avoid doing or saying things you might later regret. | <input type="checkbox"/> Very much like me <input type="checkbox"/> Like me <input type="checkbox"/> Not much like me |
| Self-Regulation | You avoid "overdoing" things. You avoid losing your temper. | <input type="checkbox"/> Very much like me <input type="checkbox"/> Like me <input type="checkbox"/> Not much like me |
| Social Intelligence | You know what to do to get along with different groups of people. You know what makes other people "tick"; you know why they do what they do. You are aware of other people's thoughts and feelings. | <input type="checkbox"/> Very much like me <input type="checkbox"/> Like me <input type="checkbox"/> Not much like me |
| Spirituality (Sense of Purpose) | You feel that you are here for a reason. You feel a sense of connection with something larger than yourself. | <input type="checkbox"/> Very much like me <input type="checkbox"/> Like me <input type="checkbox"/> Not much like me |
| Teamwork | You work well as a member of a group or team. You always do your share of the work in a team or group. You are loyal to the groups or teams to which you belong. | <input type="checkbox"/> Very much like me <input type="checkbox"/> Like me <input type="checkbox"/> Not much like me |
| Zest | You do what you do with energy and excitement. You view life as an adventure. | <input type="checkbox"/> Very much like me <input type="checkbox"/> Like me <input type="checkbox"/> Not much like me |

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Active Constructive Responding

1. "I won tickets to the big game this weekend!"
2. "Drill got cancelled this weekend, so I'll be home!"
3. "The tax refund came in the mail today!"

Letter of Gratitude

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Best Possible Self

