

Module: Character Strengths

In a nutshell:

Peterson and Seligman (2004) studied character strengths and virtues, and identified 24 character strengths that seem to be stable, morally valued by every culture and hold true across time and geographic borders. They can be manifested through thinking, feeling and action. These 24 strengths reside within six virtues, namely, wisdom and knowledge, courage, humanity, justice, temperance, and transcendence which are treasured within the larger society.

Do you want to learn more about Character Strengths? Here is a closer look of each virtue and the strengths:

Virtues	Character Strengths
Wisdom and Knowledge	Creativity, Curiosity, Judgment, Love of Learning, Perspective
Courage	Bravery, Perseverance, Honesty, Zest
Humanity	Love, Kindness, Social Intelligence
Justice	Teamwork, Fairness, Leadership
Temperance	Forgiveness, Humility, Prudence, Self-Regulation
Transcendence	Appreciation of Beauty and Excellence, Gratitude, Hope, Humor, Spirituality

Scientific Facts:

Strengths are partly innate and largely stable but are shaped by our environmental experiences and can be more or less developed by our psychological activities and experiences (Park & Peterson, 2009). Individuals who discover, own and choose to use their signature strengths are happier, higher achieving, more resilient and more satisfied with their lives.

In order to determine one's predominant character strengths, Peterson and Seligman developed the Values in Action Inventory of Strengths (VIA-IS). The VIA-IS ranks character strengths in the order that people tend to express them, and the ones that are most often and naturally used are signature strengths. The VIA-IS can be obtained from: www.viacharacter.org.

Exercise:

Fill in the Values in Action Inventory of Strengths (VIA-IS) to find out your own signature character strengths by visiting www.viacharacter.org.

My top five signature strengths are

Character strengths	As expected! Or a new discovery ?

My bottom five strengths are

Character strengths	As expected! Or a new discovery ?

Reflection:

- How can I make use of my signature strengths?
- Are there ways to set goals which can make use of my strengths?
- Do my bottom five strengths have any impact on my life? Do they explain some of my limitation, constraints and difficulties encountered?

Please visit the RESOURCES box for further readings!

References

Peterson, C., & Park, N. (2009). *Classifying and measuring strengths of character*. In S. J. Lopez & C. R. Snyder (Eds.), *Oxford handbook of positive psychology*, 2nd edition (pp. 25-33). New York: Oxford University Press. www.viacharacter.org

Peterson, C., & Seligman, M. E. P. (2004). *Character strengths and virtues: A handbook and classification*. New York: Oxford University Press and Washington, DC: American Psychological Association. www.viacharacter.org

Tayyab, R. (2014). Ways to Use VIA Character Strengths. *VIA Institute on Character*. Retrieved March 20, 2015, from <http://www.viacharacter.org/resources/ways-to-use-via-character-strengths/>

課題：品格長處

簡介：

心理學家沙利文 (Martin Seligman) 和彼得森 (Christopher Peterson) 識別出六種美德及 24 種品格長處 (Peterson, 2004)。品格長處都是穩定、在不同文化、時空、地域都重視的道德標準；它們透過思想、感覺和行動展現出來。不同的品格長處歸類於六種美德之內，包括智慧、勇毅、人道精神、正義、謙恭節制，及靈性。

美德有那六種？品格長處又有那二十四種？請參考以下表列：

美德	品格長處
智慧	創意、好奇心、批判性、好學、洞察力
勇毅	勇氣、堅毅、真誠、幹勁
人道精神	關愛、仁慈、社交智慧
正義	團隊精神、公平公正、領導才能
謙恭節制	寬宏大量、謙虛、審慎、自律
靈性	對優美事物的賞識、感恩、希望、幽默感、靈性

科學實証：

品格長處部份是天賦，然而環境、經驗、心理活動可以塑造大部份品格 (Park & Peterson, 2009)。當我們發現、承認及選擇去使用我們的品格長處時，我們便會更愉快、更有成就、更具彈性，以及對生活更滿意。

如果想知道自己最突顯的品格長處，可以填寫沙利文和彼得森發展出來的「價值實踐長處問卷」(Values in Action Inventory of Strengths (VIA-IS))。此網上問卷會按照個人最常表達及使用的品格長處作出排列。以下為「價值實踐長處問卷」的連結：www.viacharacter.org。

練習：

瀏覽 www.viacharacter.org，填寫「價值實踐長處問卷」，並找出你最強的品格長處。

我最強的五個品格長處是：

品格長處	正如你所期望的？還是新發現？

我最弱的五個品格長處：

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反思：

- 我可以如何善用我的品格長處？
- 如何為善用我的品格長處訂立目標？
- 我最弱的品格長處如何影響我的生活？它們是否可以解釋一些我的不足、限制和遇到的困難？

請到資源庫收看短片或延伸閱讀！

延伸閱讀：

閱讀文章「善用品格長處的方法」 'Ways to Use VIA Character Strengths' (Tayyab, 2014)，參考發揮各種品格長處的方法：
www.viacharacter.org/resources/ways-to-use-via-character-strengths。