

Overuse of Character Strengths

“Context is king” writes Niemiec (2018, p. 94). While using signature strengths can be beneficial, it is vital to consider their degree and the situation. For example, humor is valuable, but there are situations where it should be kept in check.

Use this worksheet to enhance your awareness of possible overuse (whether the frequency, the situation, or the degree).

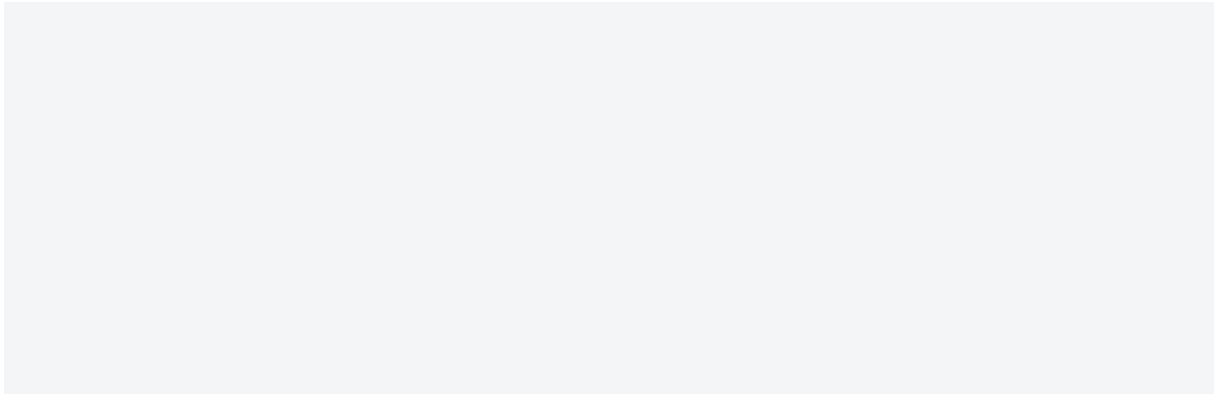
Reflect on the following questions and put your answers in the box:

What was the situation where you overused the strength?

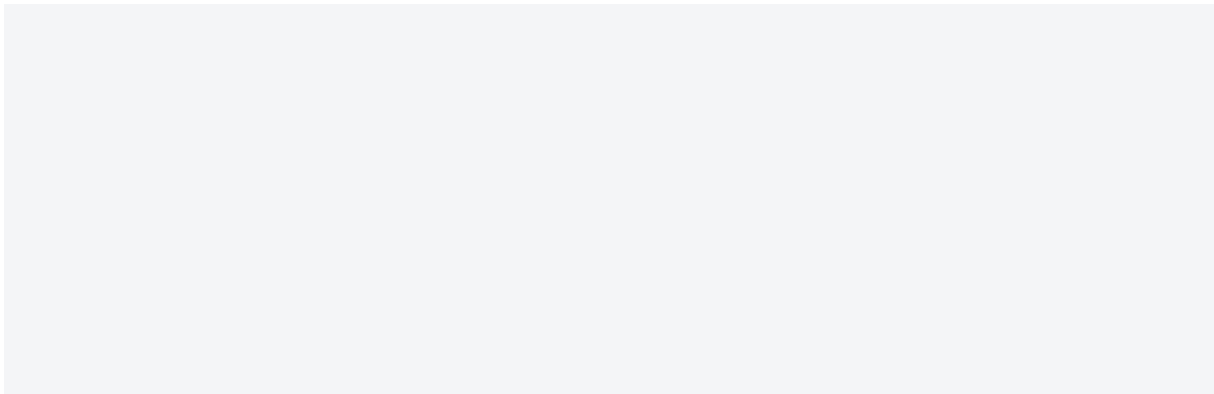
Were you aware you were overusing the strength at the time?

Describe a time when you used this strength and it was useful/helpful to you and others:

What were the differences, and what adjustments might you make in the future?



How could you use one of your other signature strengths to balance the overuse in this situation?



References

- Niemiec, R. M. (2018). *Character strengths interventions: A field guide for Practitioners*. Boston: Hogrefe.

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