
The
Character Strengths and Virtues
Report

for

Sample, Client F.

1

and

Sample, Client M.

28

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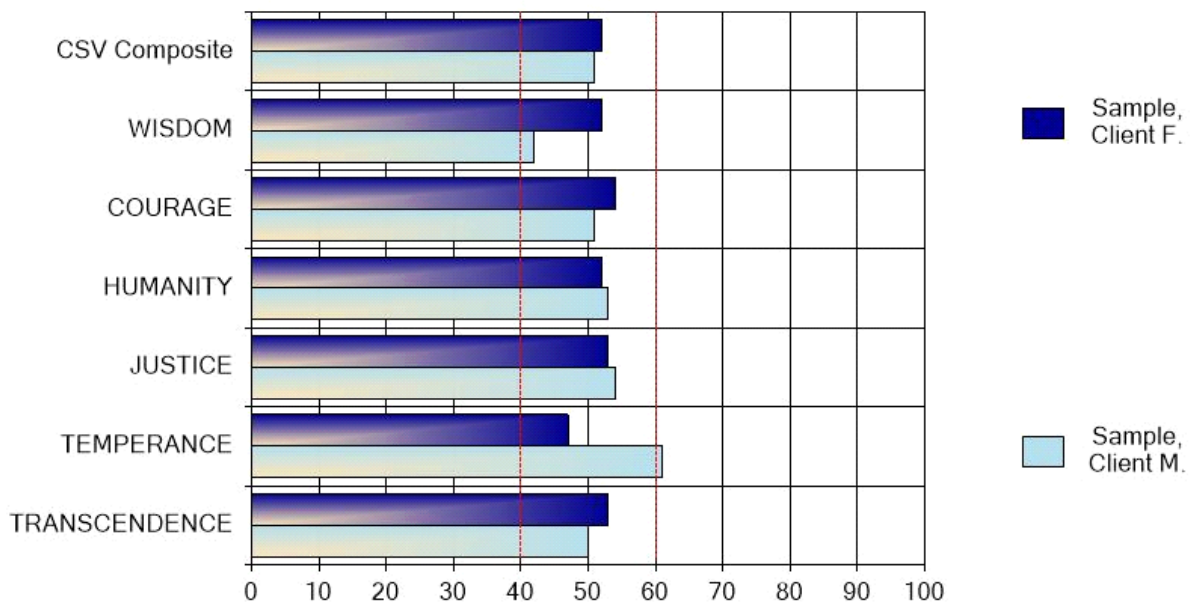
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Introduction

Six virtues and 24 positive traits, character strengths, which are distributed among them have been defined by Peterson and Seligman (Character Strengths and Virtues, American Psychological Association and Oxford University Press, 2004). They state that the virtues are (1) universal, (2) consistently found throughout history, (3) commonly valued by moral philosophers and religious thinkers, and are core characteristics defined by character strengths. These virtues are:

Profile

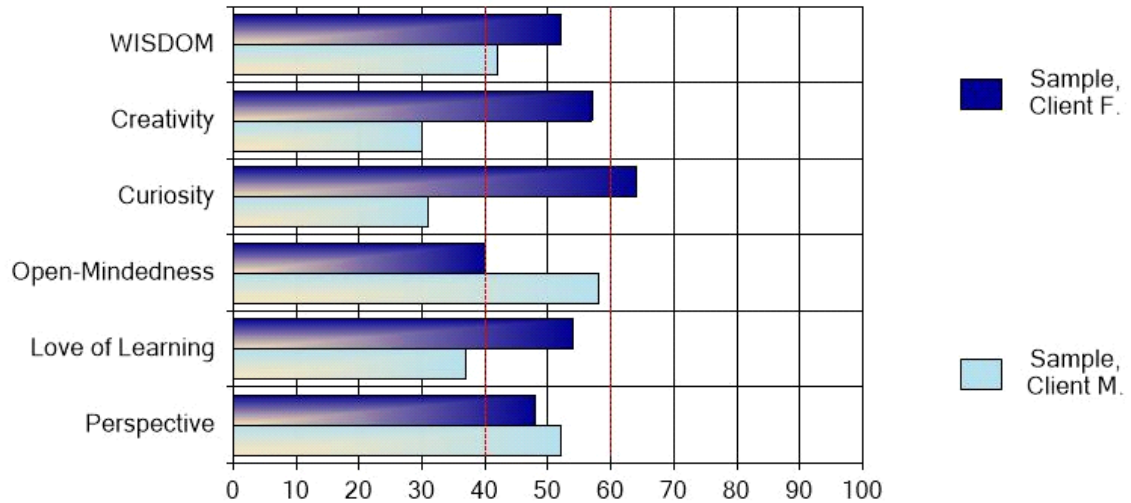


The character strengths and virtues presented in this report are based on the measurement provided by the Adjective Check List and the BeMIS interpretations for the virtues and strengths described by Peterson and Seligman.

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Wisdom and Knowledge

Cognitive strengths for acquiring, sharing, and utilizing knowledge.



Creativity

The ability to do and think differently from the norm and a sense of personal worth or harmony with a talent for originality.

Sample, Client F.

Although she may be strong in interpersonal effectiveness and tend to attain her goals, she may have some narcissistic or egotistical tendencies. Never the less, people are likely to see her as well-adjusted. She may tend to offer unsolicited advice and be condescending in her relations with others. She may be venturesome, aesthetically reactive, clever and responsive. People may see her as having a wide range of interests, cognitive ability, and ideational fluency. She may be easily angered, skeptical, counteractive, and is likely to be irritated by interference or obstacles. She may pursue her own interests and may be indifferent to those of others, who she may view as adversaries to be defeated.

Sample, Client M.

He has poor morale and feels defeated by life. However, he is likely to be regarded as kind, modest and considerate of the rights and wishes of others. Uncertainty and disorganization are probably uncomfortable for him. In complex or ill-defined situations he is subdued, conservative, and avoids involvement or action. He is interdependent and tolerant of the fears and weakness of others. It is also likely that he values bringing people together, reducing conflicts, and sharing in the rewards of social living.

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Curiosity

The ability to think imaginatively, to bring new ideas and tangible products into being, to modify one's environment in accordance with aesthetic criteria, to picture the world of the past and the world of the future, and to discern the underlying elements of order in disorder, harmony in disharmony, and even sense in nonsense.

Sample, Client F.

She seeks adventure and activity while remaining sophisticated and relaxed; this may be a source of conflict. Academic underachievement is probable because physical activities may interfere with intellectual activity. Creative, independent, spontaneous, and moral behavior is more important than conformity. Always emphasizing self-sufficiency, she is strong-willed, original in thought and perception, aesthetically sensitive, indifferent to convention (possibly rebellious and nonconforming), and easily annoyed by those viewed as uninsightful, intellectually slow or undiscerning. Though talented, she may be uncomfortable with her own needs and those of others. She avoids intimacy, based on a candid sharing of significant feelings, sensing it as a danger. She is unpretentious uncomplicated, forbearing, forthright, respectful of rules, and accepting of her role in life. She is analytical, logical, astute, intellectually capable, self-disciplined, and prepared to do the planning and work necessary to attain her goals. People may view her as rigid.

Sample, Client M.

He is prudent and vigilant with the ability to plan ahead. This allows him to avoid intemperance and undue impulsiveness. His desire for morality and order may also explain a tendency toward strong opinions on ethical issues; he is likely to look askance at those who violate societal conventions. He is practical and predictable in his thought and perception, and tolerant of the ineptitude and intellectual shortcomings in others. Intimacy may be sought with the candid sharing of significant feelings. While intelligent and inventive, he is also anxious, ill at ease, and preoccupied. Often keeping people at a distance, he is skeptical of their intentions and may feel alienated. He is independent and flexible, and enjoys informality and relaxation, but is influenced by illogical concerns.

Open-Mindedness

The ability to think abstractly, to detect logical relationships, and to apply general principles to the solution of specific problems. An "internal" focus where cognition, logic, reason, and introspection are emphasized.

Sample, Client F.

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She tends to be prudent and vigilant with the ability to plan ahead. This allows her to avoid intemperance and undue impulsiveness. Her likely desire for morality and order may also explain a tendency toward strong opinions on ethical issues. She may be practical and predictable in her thought and perception, and tolerant of the ineptitude and intellectual shortcomings in others. But, intimacy through the candid sharing of significant feelings may be avoided. While intelligent and inventive, she may also be anxious, ill at ease, and preoccupied. Often keeping people at a distance, she is probably skeptical of their intentions and may feel easily alienated. She tends to be independent and flexible, and may delight in informality and relaxation, but she may be influenced by illogical concerns.

Sample, Client M.

He tends to seek adventure and activity while remaining sophisticated and relaxed. Creative, independent, spontaneous and moral behavior is more important than conformity. Emphasizing self-sufficiency, he may be strong-willed, original in thought and perception, aesthetically sensitive, indifferent to convention, and easily annoyed by those viewed as uninsightful, intellectually slow or undiscerning. Though talented, he may be uncomfortable with his own needs and those of others. He probably avoids intimacy, based on a candid sharing of significant feelings, sensing it as a danger. He tends to be unpretentious uncomplicated, forbearing, forthright, respectful of rules, and accepting of his role in life. He tends to be analytical, logical, astute, intellectually capable, self-disciplined, and prepared to do the planning and work necessary to attain his goals. People may view him as somewhat rigid.

Love of Learning

Autonomous, independent and self-directed tendencies demonstrated through nonconforming, even rebellious, behavior, but accompanied by attempts to understand the 'why' of things and a tolerant acceptance of the behaviors of others.

Sample, Client F.

She is about as interested as are most people in activities that require intellectual or cognitive abilities. She tends to act independently of others' social values and expectations about as often as do most people. She is similar to most people in her reaction to challenges, the seeking of novel experiences, and the avoidance of routine. She is as likely to seek subordinate roles in relationships and to delay her personal gratification, as are most people. Her interest in being original or thinking and acting differently from the norm is like that of most others. She is as judgmental, easily angered, skeptical, counteractive, and irritated by interference or obstacles as are most people. She is probably as strong-willed, original in thought and perception, aesthetically sensitive, and indifferent to convention as are most people. However, while intimacy may be sought the candid sharing of significant feelings may be avoided.

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Sample, Client M.

Frustration and adversity are not challenges to which he rises; rather, he tends to give-up and withdraw. He has a narrow range of interests and is somewhat superstitious. He prefers conventional values and lifestyles, seeking security in the tried and true, while avoiding risks. Since he dislikes decision-making, he takes comfort in receiving direction from a valued and trusted other. He perceives change or challenges as threatening, and seeks a stable, risk-free environment. He prefers safe, well-defined situations. The perception that he lacks verve and imagination may reduce opportunities others might otherwise extend to him. Competition and risk-taking are stimulating to him and he enjoys defeating rivals. His behavior is headstrong and impulsive, and may lead to frequent conflict with others. He tends to stretch the limits as if trying to see how much can be gotten away with. Uncertainty and disorganization are probably uncomfortable for him. In complex or ill-defined situations he is subdued, conservative, and avoids involvement or action. He is interdependent and tolerant of the fears and weakness of others. It is also likely that he values bringing people together, reducing conflicts, and sharing in the rewards of social living. He is practical and predictable in his thought and perception, and tolerant of the ineptitude and intellectual shortcomings in others. Intimacy may be sought with the candid sharing of significant feelings.

Perspective

The ability to provide advice and counsel based on an (1) accurate perception of the environment, (2) emphasis on rationality and analysis over feelings and emotions, and (3) considerate but straight forward, candid interactions.

Sample, Client F.

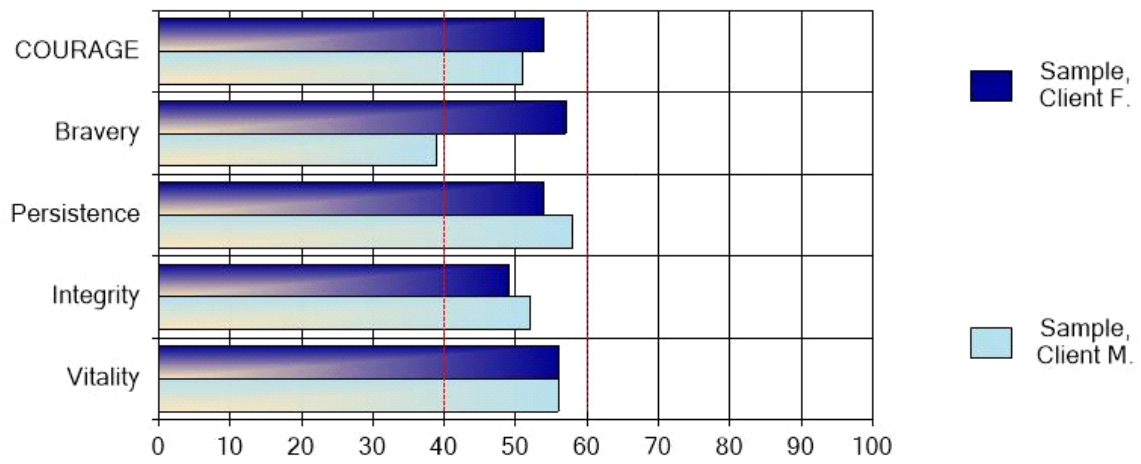
Her perception of her environment is probably similar to that of most other people, allowing her to interact as effectively as do most people. She probably seeks as much sympathy, affection, and emotional support from others as do most people. She is as analytical, logical, astute, and intellectually capable, as are most people.

Sample, Client M.

His perception of his environment is probably similar to that of most other people, allowing him to interact as effectively as do most people. He probably seeks as much sympathy, affection, and emotional support from others as do most people. He is as analytical, logical, astute, and intellectually capable, as are most people.

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Courage



Bravery

(The potential for:) Self-assured action to attain gratification despite obstacles, opposition, or risk.

Sample, Client F.

As a poised, self-assured initiator who strives to achieve gratification, she is probably willing to cut a few corners to create a good impression and attain goals. Observers may see her as assertive, enterprising and self-confident. Ambitious and impatient to get the things she values, she may insist on having her way and attaining her goals. She may stress action, visible rewards, and self-gratification.

Sample, Client M.

Timid and fearful, tending to give up easily and withdraw, he has difficulty mobilizing his resources and taking action. Since he may doubt his abilities, both his vocational and interpersonal opportunities may be restricted. Gentle, kind, considerate, and fatalistic about personal misfortune or adversity, he is vulnerable to others' aggression. He is willing to substitute daydreams and fantasies for more direct experience.

Persistence

Resourceful, resolute, and productive behavior in which power and intellectual ability are used for the completion of goal-oriented tasks.

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Sample, Client F.

She is as likely to be hard working, goal directed, and determined to do well as are most people. Her motivation to succeed may lie less in competitive drives than in a need to live up to her own criteria. She is about as likely to persist in the completion of a time-consuming task or responsibility as are most people. Concerns with neatness, organization, or the planning of her activities are similar to those of most people. About as reliable and diligent as are most people, she is as attentive to duties, the responsibilities of adulthood, and obligations as others. She may have as much difficulty setting aside the roles she learned in childhood as do most people. This may be demonstrated through the same amount of independence and uncertainty about how to cope with the demands of life that others show. She is as analytical, logical, astute, and intellectually capable, as are most people.

Sample, Client M.

He may be hard working and goal directed. His motivation may be based more on attaining his goals than competition. He may be conscientious and, with a strong sense of duty, avoid playfulness and non-essential activities. For him, stability and continuation may be more important than the new and different. He avoids change or variety and seeks stability and consistency. Setbacks and distractions are difficult for him to endure. Reliable, ambitious, and diligent, he may be self-disciplined and attentive to duties and obligations. This self-discipline is admirable, but may have been obtained at the cost of spontaneity, and the ability to enjoy peace and quiet, even the expression of love, affection and tenderness may make him uncomfortable. He may have difficulty setting aside roles he learned in childhood. This may be demonstrated through a lack of independence and uncertainty about how to cope with the demands of adult life. Also, he may fear direct confrontation and avoid it. He tends to be analytical, logical, astute, intellectually capable, self-disciplined, and prepared to do the planning and work necessary to attain his goals. People may view him as somewhat rigid.

Integrity

Ethically consistent behavior based on clear-cut, internally consistent personal standards and values.

Sample, Client F.

She is as likely as most people to be expressive and eager to explore the world around her. She may vacillate between pessimism and optimism, but tend to be accepting of herself and others. She probably seeks as much sympathy, affection, and emotional support from others as do most people. She is about as likely to demonstrate helpfulness, sympathy, and affection, as are most others. She is as judgmental, easily angered, skeptical, counteractive, and irritated by interference or obstacles as are most people.

Sample, Client M.

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He is as likely as most people to be expressive and eager to explore the world around him. He may vacillate between pessimism and optimism, but tend to be accepting of himself and others. He probably seeks as much sympathy, affection, and emotional support from others as do most people. He is about as likely to demonstrate helpfulness, sympathy, and affection, as are most others. He is as judgmental, easily angered, skeptical, counteractive, and irritated by interference or obstacles as are most people.

Vitality

Energetic behavior and responsiveness providing a vigorous and vivacious approach to life.

Sample, Client F.

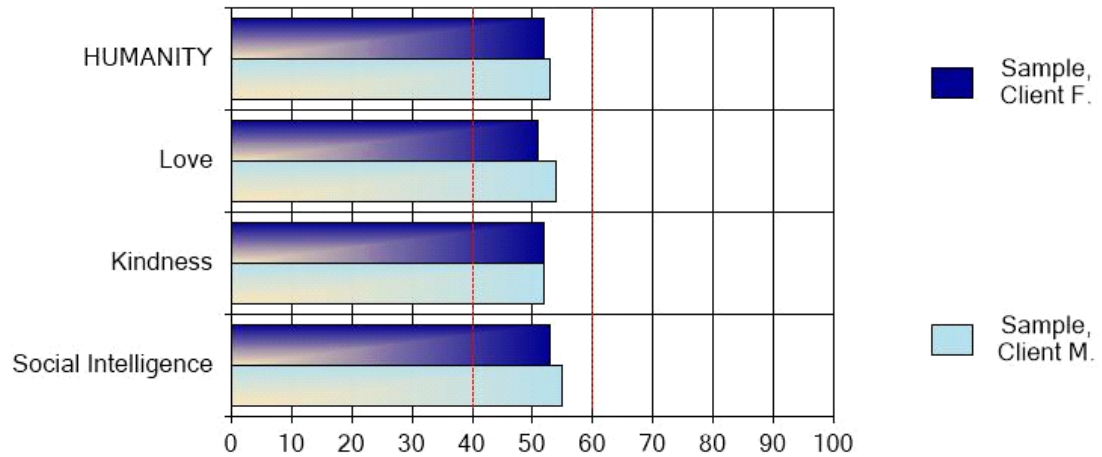
She is more interested in seeking the company of peers and to experience emotional satisfaction from interpersonal and erotic interactions with them than are most people.

Sample, Client M.

He is more interested in seeking the company of peers and to experience emotional satisfaction from interpersonal and erotic interactions with them than are most people.

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Humanity



Love

The capacity for compassionate relationships in which support, stability, and acceptance are offered.

Sample, Client F.

She is about as likely to demonstrate helpfulness, sympathy, and affection, as are most others. Continuity and the preservation of old values are probably as important to her as others are to most people. She is as likely as others to seek to sustain relationships and to foster courtesy and respect.

Sample, Client M.

He is about as likely to demonstrate helpfulness, sympathy, and affection, as are most others. Continuity and the preservation of old values are probably as important to him as others are to most people. He is as likely as others to seek to sustain relationships and to foster courtesy and respect.

Kindness

Engaging in attentive behavior and the fulfillment of duties that provide material or emotional benefits to others.

Sample, Client F.

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Her involvement in behavior, which provides material or emotional support to others, is about as frequent as that of most people. About as reliable and diligent as are most people, she is as attentive to duties, the responsibilities of adulthood, and obligations as others.

Sample, Client M.

His involvement in behavior, which provides material or emotional support to others, is about as frequent as that of most people. About as reliable and diligent as are most people, he is as attentive to duties, the responsibilities of adulthood, and obligations as others.

Social Intelligence

The application of cognitive activity to understand the dynamics of behavior and effectively engage others.

Sample, Client F.

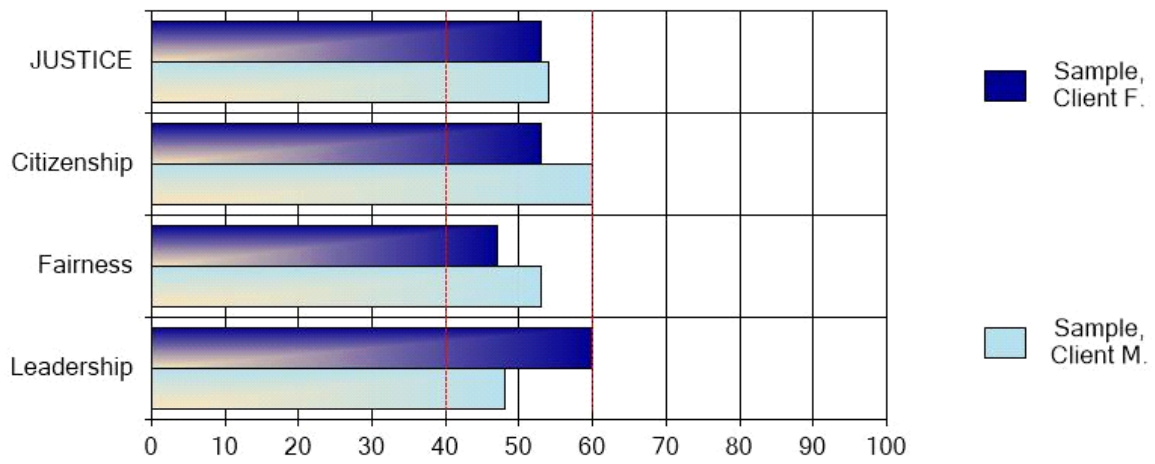
She is about as interested as are most people in activities that require intellectual or cognitive abilities. Her involvement in behavior, which provides material or emotional support to others, is about as frequent as that of most people. A commitment to duties and obligations, like that of most people, causes a similar reluctance to deviate from agreed-upon courses of action. About as reliable and diligent as are most people, she is as attentive to duties, the responsibilities of adulthood, and obligations as others.

Sample, Client M.

He has a stronger interest in understanding the 'why' of things, including his own behavior and that of other's, than do most people. He may be concerned for the welfare of others and willing to provide material or emotional support to them. A commitment to duties and obligations, with a reluctance to deviate from agreed-upon courses of action may make him appear rigid at times. He may work hard to see that consensual goals are attained and be a steadying influence upon others. Valuing good organization and careful planning, he tends to avoid emotionalism, but may become dissatisfied when people or events interfere with his plans. Reliable, ambitious, and diligent, he may be self-disciplined and attentive to duties and obligations. This self-discipline is admirable, but may have been obtained at the cost of spontaneity, and the ability to enjoy peace and quiet, even the expression of love, affection and tenderness may make him uncomfortable.

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Justice



Citizenship

The commitment to duty, valuing good organization and planning, and fulfillment of responsibilities.

Sample, Client F.

Concerns with neatness, organization, or the planning of her activities are similar to those of most people. Her ability to 'love and work', Freud's criterion of personal adjustment, is like that of most others and suggests that her ability to cope with situational and interpersonal demands should be as well.

Sample, Client M.

He is not likely to endure setbacks and distractions easily, nor is he likely to welcome change and variety; rather he steadily pursues his goals and seeks stability. He probably assumes tasks that require self-discipline and diligent effort as he seeks to avoid disorder, subjectivity, and impulsivity. His preference is probably for objectivity, rationality, and reason. With his positive attitude toward life, he enjoys the company of others and is capable of initiating activities and carrying them through. He may not thoroughly understand himself, but he is comfortable and has a strong ability to 'love and work', Freud's criterion of personal adjustment.

Fairness

Tolerant, forbearing, and conciliatory evaluation of other's behavior.

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Sample, Client F.

She may vacillate between pessimism and optimism, but tend to be accepting of herself and others. She acts aggressively, with behavior that may be perceived by others as an attack or hurtful, about as often as do most people. She is as judgmental, easily angered, skeptical, counteractive, and irritated by interference or obstacles as are most people.

Sample, Client M.

He may vacillate between pessimism and optimism, but tend to be accepting of himself and others. He acts aggressively, with behavior that may be perceived by others as an attack or hurtful, about as often as do most people. He is as judgmental, easily angered, skeptical, counteractive, and irritated by interference or obstacles as are most people.

Leadership

The seeking and maintaining of positions of influence through which goals may be attained.

Sample, Client F.

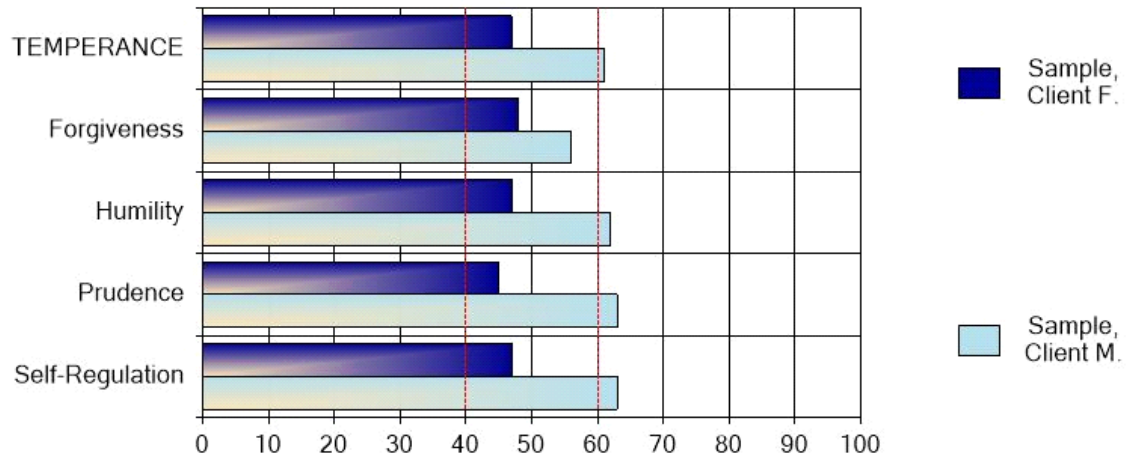
She is likely to be hard working, goal directed, and determined to do well. Her motivation to succeed may lie less in competitive drives than in a strong need to live up to her own high and socially commendable criteria. Others are likely to acknowledge her energy and enterprise. However, others may also see elements of coercion, impatience, and self-aggrandizement in her actions. Strong-willed, ambitious, determined and forceful she is typically free of self-doubt in the pursuit of goals and inhibited little by disapproval or opposition. She probably likes to direct others toward the attainment of socially worthy objectives, and can usually do so without being viewed as domineering.

Sample, Client M.

He is as likely to be hard working, goal directed, and determined to do well as are most people. His motivation to succeed may lie less in competitive drives than in a need to live up to his own criteria. His need to lead others (groups) and those with whom he has relationships is like that of most others.

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Temperance



Forgiveness

Unpretentious, forthright, and forbearing behavior based on a respect for rules and the extension of trust to others.

Sample, Client F.

She is probably as strong-willed, original in thought and perception, aesthetically sensitive, and indifferent to convention as are most people. However, while intimacy may be sought the candid sharing of significant feelings may be avoided. She tends to be as unpretentious, forbearing, forthright, and respectful of rules, as are most people.

Sample, Client M.

Emphasizing self-sufficiency, he may be strong-willed, original in thought and perception, aesthetically sensitive, indifferent to convention, and easily annoyed by those viewed as uninsightful, intellectually slow or undiscerning. Though talented, he may be uncomfortable with his own needs and those of others. He probably avoids intimacy, based on a candid sharing of significant feelings, sensing it as a danger. He tends to be unpretentious uncomplicated, forbearing, forthright, respectful of rules, and accepting of his role in life.

Humility

Conscientious action but with the avoidance of prominence, recognition, or attention.

Sample, Client F.

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The frequency of acting in ways to attract the immediate attention of others is similar to that of others. She is as likely to seek subordinate roles in relationships and to delay her personal gratification, as are most people. She may have as much difficulty setting aside the roles she learned in childhood as do most people. This may be demonstrated through the same amount of independence and uncertainty about how to cope with the demands of life that others show.

Sample, Client M.

Forceful and somewhat bombastic, he insists on winning attention; self-dramatizing, histrionic behavior may be common. Delay makes him impatient and he is willing to coerce or manipulate someone to gain acquiescence. He is likely to prefer anonymity and freedom from conflict to the winning of interpersonal victories. He is conscientious, unassuming and patient, deferring to others without loss of self-respect. Tending to over-control his needs and impulses, he often delays gratification unnecessarily. He has difficulty setting aside roles he learned in childhood. This is demonstrated through a lack of independence and uncertainty about how to cope with the demands of adult life. Also, direct confrontation is feared and assiduously avoided. To compensate, he seeks satisfaction in daydreams and fantasies rather than face the threatening context of everyday life.

Prudence

Logical, rational, analysis with an avoidance of emotionalism in planning and the pursuit of gratification.

Sample, Client F.

She is as analytical, logical, astute, and intellectually capable, as are most people.

Sample, Client M.

He is analytical, logical, astute, intellectually capable, self-disciplined, and prepared to do the planning and work necessary to attain his goals. People may view him as rigid.

Self-Regulation

Diligence with an attention to duty and an avoidance of impulsive or unfocused action.

Sample, Client F.

She is as likely to exercise self-control and delay her actions as are most people.

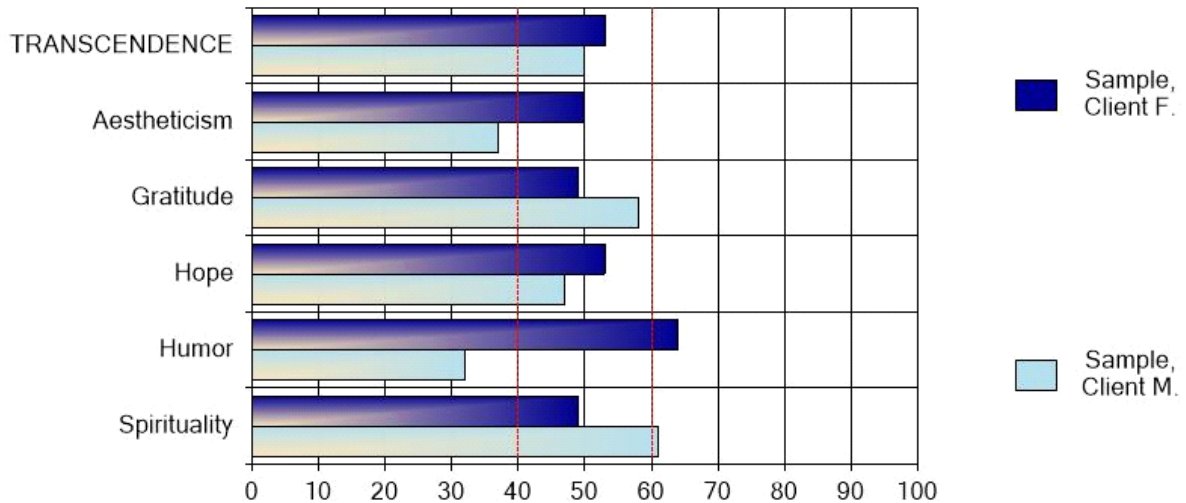
Sample, Client M.

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His strong preference for diligence and attention to duty may be attained at the cost of spontaneity and self-enhancement. Too much self-control may inhibit his behavior at times.

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Transcendence



Aestheticism

Positive stimulation derived from complexity, novelty, and even disorder.

Sample, Client F.

She is similar to most people in her reaction to challenges, the seeking of novel experiences, and the avoidance of routine.

Sample, Client M.

He perceives change or challenges as threatening, and seeks a stable, risk-free environment. He prefers safe, well-defined situations. The perception that he lacks verve and imagination may reduce opportunities others might otherwise extend to him.

Gratitude

Appreciative, considerate, and compassionate attitudes and actions, that may become submissive when in excess.

Sample, Client F.

The tendency to 'put herself down' through self-criticism, guilt, or social impotence is about like that of others. She is about as receptive to counseling or professional advice regarding her personal problems as are most people. She is about as receptive to counseling or professional advice regarding her personal problems as

CSV Report

are most people. She is about as likely to demonstrate helpfulness, sympathy, and affection, as are most others.

Sample, Client M.

Basically, submissive to the wishes and demands of others and avoiding of conflict, he may ask for little in life. His interpersonal world may be marked by worry and foreboding. He may view others as more effective or deserving than himself. Basically sympathetic and considerate, he is likely to elicit positive reactions from others and in turn treat them with respect. He tends to be cooperative, appreciative, cheerful, warm, and valuing of intimacy and mutuality in relationships.

Hope

General ambition and optimism which are maintained even when confronted with adversity.

Sample, Client F.

She is basically satisfied with herself and she believes that her behavior is appropriate.

Sample, Client M.

He is basically satisfied with himself and he believes that his behavior is appropriate.

Humor

Attitudes of playfulness and impulsivity which are expressed in humorous and pleasure-seeking behavior.

Sample, Client F.

Ebullient, enterprising, and pleasure seeking, she rejects self-restraint and the postponement of gratification. While others may see her as entertaining, others may also view her as aggressive or self-centered and pushy. She seeks adventure and activity while remaining sophisticated and relaxed; this may be a source of conflict. Academic underachievement is probable because physical activities may interfere with intellectual activity. Creative, independent, spontaneous, and moral behavior is more important than conformity.

Sample, Client M.

Moderate, cautious, and slow to respond in interpersonal encounters or pleasurable activities, he is likely viewed as self-denying and lacking in excitement. He is prudent and vigilant with the ability to plan ahead. This allows him to avoid intemperance and undue impulsiveness. His desire for morality and order may also explain a tendency toward strong opinions on ethical issues; he is likely to look askance at those who violate societal conventions.

CSV Report

Spirituality

Stable, consistent, and conservative behavior guided by moralistic attitudes formed from valued and trusted direction.

Sample, Client F.

She is about as likely to persist in the completion of a time-consuming task or responsibility as are most people. A commitment to duties and obligations, like that of most people, causes a similar reluctance to deviate from agreed-upon courses of action. She tends to seek as much morality, adventure, and activity, while remaining sophisticated and relaxed, as do most people. Thus, she may equally experience conflicting interests and underachievement.

Sample, Client M.

A conscientious worker, he probably has a strong sense of duty and avoids playfulness and non-essential activities. For him, stability and continuation is more important than the new and different. A strong commitment to duties and obligations, with an unwillingness to deviate from agreed-upon courses of action may make him appear rigid at times. He tries hard to see that consensual goals are attained and is a steadying influence upon others. Valuing good organization and careful planning, he avoids emotionalism, but becomes dissatisfied when people or events interfere with his plans. He seeks adventure and activity while remaining sophisticated and relaxed; this may be a source of conflict. Academic underachievement is probable because physical activities may interfere with intellectual activity. Creative, independent, spontaneous, and moral behavior is more important than conformity.

Summary

Statistics

	Standard Scores		Percentile Rank	
	A	B	A	B
WISDOM	52	42	58	21
Creativity	57	30	76	2
Curiosity	64	31	92	3
Open-Mindedness	40	58	16	79
Love of Learning	54	37	66	10
Perspective	48	52	42	58
COURAGE	54	51	66	54
Bravery	57	39	76	14
Persistence	54	58	66	79
Integrity	49	52	46	58
Vitality	56	56	73	73
HUMANITY	52	53	58	62
Love	51	54	54	66
Kindness	52	52	58	58
Social Intelligence	53	55	62	69
JUSTICE	53	54	62	66
Citizenship	53	60	62	84
Fairness	47	53	38	62
Leadership	60	48	84	42
TEMPERANCE	47	61	38	86
Forgiveness	48	56	42	73
Humility	47	62	38	88
Prudence	45	63	31	90
Self-Regulation	47	63	38	90
TRANSCENDENCE	53	50	62	50
Aestheticism	50	37	50	10
Gratitude	49	58	46	79
Hope	53	47	62	38
Humor	64	32	92	4
Spirituality	49	61	46	86

Validity

Validity: Nine factors were considered in determining the validity of the information in this report. The nine factors are listed below. If the chart indicates a concern with validity, the cause(s) may be identified by number(s) below the chart and those numbers pertain to the nine factors.

Factors

1. Too few adjectives were selected - the data is undependable.
2. Too many adjectives were selected - the data is undependable.
3. Few adjectives were selected - the data may be undependable, unless the selected adjectives are confirmed.
4. Many adjectives were selected - the data may be undependable, unless the selected adjectives are confirmed.
5. An erratic or unusual pattern of adjective selection, possibly an attempt to falsify responses, - the data may be undependable unless the selected adjectives are confirmed.
6. Probable random answering.
7. Potential random answering.
8. Potentially too positive.
9. Potentially too negative.

