

# Exploring Your Positive Qualities

**Changing your feelings about yourself is possible with time and practice.** One way of doing this is to explore your positive qualities. This worksheet will help you identify qualities that you admire in others, then guide you in consistently recognizing evidence of your own positive qualities.

To begin, think of people you admire in your life. Try to think of real, imperfect human beings that you know personally. Next, think about their positive qualities. Maybe they are honest, friendly, responsible - name those qualities for each person. You can see a list of positive qualities on the last page of this handout for ideas. Finally, write all the ways you know they have these qualities. What have they done through their *actions and behaviors* to show they are honest, friendly, etc.?

Person	Positive Qualities	Behaviors
<i>Sarah</i>	<i>Brave; considerate</i>	<i>Stands up for others at work; checks on me on bad days</i>

\*This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.



# Exploring Your Positive Qualities

Next, look over the qualities column above. Write which of these qualities you have, even if you've had them temporarily, or in a small amount. *This* is your first way to practice recognizing your own positive qualities. Many of us get stuck in all-or-nothing thinking - thoughts like, "I don't get to call myself considerate unless I'm 100% considerate *all the time*." Think about whether you hold the people you wrote about above to the same perfect standard. **Experiment with holding yourself to the same fair standard that you apply to people you admire.**

In the next row, name qualities that are important to you, but that you feel you don't have yet.

Finally, for each quality, brainstorm ways you and other people show that quality through their actions and behaviors.

Positive Qualities...	Behaviors
That I already have	
That I want to have	

\*This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.





# Exploring Your Positive Qualities

## Examples of positive qualities

- Accepting
- Adventurous
- Assertive
- Authentic
- Brave
- Bold
- Caring
- Challenges him/herself
- Committed
- Compassionate
- Connected
- Contributes
- Cooperative
- Courageous
- Curious
- Encouraging
- Equitable
- Exciting
- Expressive
- Fair
- Flexible
- Free
- Friendly
- Focused
- Forgiving
- Fun
- Funny
- Generous
- Grateful
- Helpful
- Honest
- Humble
- Industrious
- Independent
- Just
- Kind
- Loving
- Mindful
- Organized
- Open-minded
- Patient
- Persistent
- Playful
- Powerful
- Present
- Protective
- Respectful
- Responsible
- Romantic
- Safe
- Self-aware
- Skillful
- Spiritual
- Smart
- Strong
- Supportive
- Trustworthy
- Vulnerable
- Witty

*\*This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.*



# Additional Resources to Support Your Mental Health Journey

It can be hard to know where to begin looking for support in your mental health journey. Getting a referral from a primary care physician is a reliable first step. Also, sometimes family and friends have experienced similar issues and have professionals they would recommend. The experts at ChoosingTherapy.com are here to help as well, with resources we have reviewed and recommend. Our [strict editorial standards](#) ensure our reviews are fair, honest, thorough, and based on firsthand experience.

## You Can Trust ChoosingTherapy.com



**325+**  
Companies Reviewed



**3,625+**  
Hours of Firsthand Experience



**1,545+**  
Data Points Analyzed



### [Best Online Therapy](#)

Online therapy is a convenient way to connect with a licensed therapist to address mental health issues, reduce unhealthy behaviors, develop effective coping skills, and get more satisfaction out of life. Many companies accept insurance and most have next-day appointments available.

### [Best Online Psychiatry](#)

Online psychiatry providers enable patients to consult with licensed psychiatrists and other mental health professionals. They can evaluate, diagnose, and prescribe medication to help manage mental health issues. Many companies accept insurance and most have next-day appointments available.



### [Best Mental Health Apps](#)

Apps can be great way to monitor mood, track sleep, journal, and practice healthy coping skills like mindfulness and meditation. There are apps specifically designed to help people reduce the symptoms of depression, anxiety, ADHD, chronic stress, and burnout.

### [Therapist Directory](#)

When you're looking for a mental health provider with a very particular skill set, level of experience, or personality type, a therapist directory can be very helpful. Using the filters, you can refine your search until you find a therapist who feels like a perfect fit.





# Tools for Self-Assessment and Psychoeducation

Figuring out the next step in your mental health journey can be overwhelming. Developed by psychologists, the tools at [ChoosingTherapy.com](https://www.ChoosingTherapy.com) can help. Our mental health self-assessment quizzes can help you explore common symptoms of mental health concerns, as well as find the best therapy style for you. Our mental health worksheets can guide you through therapy concepts and how to use them in your life.

## [Learn More with Mental Health Quizzes](#)

Our collection of psychologist-developed mental health quizzes can help you learn if you are experiencing mild, moderate, or concerning levels of anxiety, depression, stress, burnout, and more. Each quiz also provides targeted resources based on your answers. These self-assessments are designed to offer insight, not diagnoses, and can be a helpful first step in recognizing symptoms and deciding whether to seek further support. If you have concerns about your mental health or your quiz results, we recommend you reach out to a licensed mental health professional.



## [Free Mental Health Worksheets](#)

Search our collection of therapy worksheets by mental health topic, therapy modality, or demographic group. Our free, psychologist-developed worksheets make therapy exercises understandable and relevant to daily life. Find worksheets for help with ADHD, anxiety, depression, relationship difficulties, and other common mental health challenges.