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THE STRENGTHS CARDS

The following pages contain the master copies of the strength cards (p.35-40). These pages should be used for making copies and then kept with the manual so that additional sets of cards can be made in the future. There is also a page of blank cards so that other strengths may be added to the deck (p. 41). If it is not practical to use a deck of cards a list of the strengths are also included. (p. 42). Below are examples of how the strength cards look cut out.

ATHLETIC H

LIKABLE S

PRACTICAL T

PATIENT E

CURIOUS M

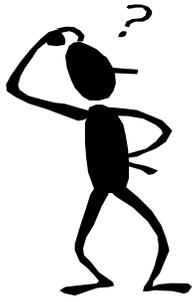


STRENGTHS FROM THE SOCIAL DIVISION OF SELF

(Print on red cardstock and cut on the dotted lines.)

Strengths from the social division of self help improve and maintain your interactions and relationships with other people (e.g., level of comfort in social situations; ability to make and keep friends).

COOPERATIVE	S	FRIENDLY	S
LIKABLE	S	LOVES ANIMALS	S
LOVES CHILDREN	S	LOYAL	S
PEACEMAKER	S	POLITE	S
SENSITIVE TO THE NEEDS OF OTHERS	S	SINCERE	S



STRENGTHS FROM THE THINKING DIVISION OF SELF

(Print on white cardstock and cut on the dotted lines.)

The strengths from the cognitive division of self deal with ways of thinking, learning, and solving problems (e.g., ability to understand books and lectures; ability to come up with creative solutions to problems).

ADAPTABLE	T	GOOD MEMORY	T
GOOD AT PROBLEM SOLVING	T	IMAGINATIVE	T
LOGICAL	T	ORGANIZED	T
PRACTICAL	T	QUICK THINKING	T
SMART	T	WILLING TO LEARN	T



STRENGTHS FROM THE HEALTH/PERFORMANCE DIVISION OF SELF

(Print on green cardstock and cut on the dotted lines)

Behavioral strengths refer to physical skills and talents (e.g., ability to play sports, dance, etc.). Physical strengths refer to your health, strength, endurance, and energy level.

ARTISTIC	H	ATHLETIC	H
ENERGETIC	H	FLEXIBLE/ LIMBER	H
FUNNY	H	GOOD ENDURANCE	H
HEALTHY	H	MUSICAL	H
MECHANICAL	H	STRONG	H



STRENGTHS FROM THE EMOTIONAL DIVISION OF SELF

(Print on yellow cardstock and cut on the dotted lines.)

Strengths from the emotional division of self deal with your ability to control and make the best of your moods and feelings.

ABLE TO CONTROL TEMPER	E	ABLE TO EXPRESS FEELINGS	E
ENTHUSIASTIC	E	CONTENTED/ INNER PEACE	E
COOL HEADED	E	GOOD SENSE OF HUMOR	E
HAPPY	E	PATIENT	E
RELAXED	E	WARM HEARTED	E



STRENGTHS FROM THE MOTIVATIONAL DIVISION OF SELF

(Print on blue cardstock and cut on the dotted lines.)

Motivational strengths deal with your wants and needs, and the determination to meet them (e.g., ability to set and reach personal goals).

ADVENTUROUS	M	AMBITIOUS	M
COMPETITIVE	M	CURIOUS	M
DETERMINED	M	HARD WORKING	M
INDEPENDENT	M	PERSISTENT	M
SPONTANEOUS	M	WILLING TO TAKE RISKS	M

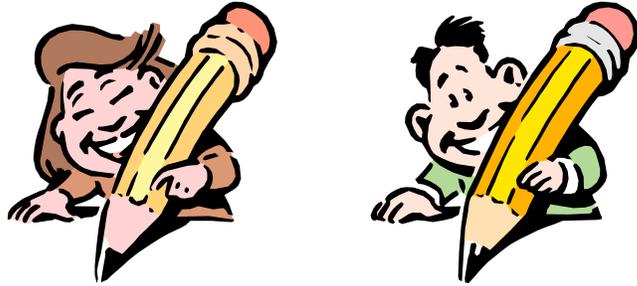


**STRENGTHS FROM THE LIFE VIEW
DIVISION OF SELF**

(Print on purple cardstock and cut on the dotted lines.)

Spiritual/philosophical strengths deal with morals, ethics, religion, your relationship with a higher power, and life view (e.g., views of "right and wrong").

SPIRITUAL	L	ETHICAL	L
FAIR	L	FORGIVING	L
GENEROUS	L	HONEST	L
OPTIMISTIC	L	RELIGIOUS	L
BELIEVES IN SELF	L	WILLING TO TAKE A STAND	L



BLANK STRENGTH CARDS

(Print on appropriate colored cardstock and cut on the dotted lines.)

If you want to add specific strengths to the deck or allow participants to add strengths to the deck, use this blank card template.

THE "TOWER" STRENGTHS LIST

Social Strengths (printed on red cards)

Cooperative
Friendly
Likable
Loves Animals
Loves Children
Loyal
Peacemaker
Polite
Sensitive to the needs of others
Sincere

Cognitive Strengths (printed on white cards)

Adaptable
Good Memory
Good at problem solving
Imaginative
Logical
Organized
Practical
Quick thinking
Smart
Willing to learn

Behavioral/Physical Strengths (printed on green cards)

Artistic
Athletic
Energetic
Flexible/limber
Funny
Good endurance
Healthy
Mechanical
Musical
Strong

Emotional Strengths (printed on yellow cards)

Able to control temper
Able to express feelings
Enthusiastic
Contented/inner peace
Cool headed
Good sense of humor
Happy
Patient
Relaxed
Warm hearted

Motivational Strengths (printed on blue cards)

Adventurous
Ambitious
Competitive
Curious
Determined
Hard working
Independent
Persistent
Spontaneous
Willing to take risks

Spiritual/Philosophical Strengths (printed on purple cards)

Believes in Self
Ethical
Fair
Forgiving
Generous
Honest
Optimistic
Religious
Spiritual
Willing to take a stand

DISCUSSION TOPICS FOR *THE TOWER OF STRENGTHS*



The following discussion topics have been used with *The Tower of Strengths*. Feel free to create or modify the discussion questions to better serve your clients.

THE TOWER OF STRENGTHS

DISCUSSION TOPICS

Existing Strengths Discussion Topics

- Name one of your strengths. How many other people also named this strength? Discuss why it is important.
- Discuss how this strength has been helpful in the past.
- Can this strength be used in a new way to improve your current situation?
- Is this strength always a strength or can it also be a problem?

"Parts of You" Discussion Topics

- Discuss the "parts of you" explanation sheet. Which part of you is the strongest? Which part of you is the weakest?

Desired Strengths Discussion Topics

Name one of your desired strengths.

- Why do you want to develop this strength?
- What can you do to develop this strength?
- How difficult do you think it will be to develop?

THE TOWER OF STRENGTHS
FOLLOW-UP DISCUSSION TOPICS

- How have your existing strengths helped you make progress on one of your personal goals or desired strengths?
- Which existing strength has been the most useful to you? Why?
- What progress have you made on attaining a desired strength?
- Which desired strength has been the most difficult to attain?