

WORKSHEET: NAMING YOUR STRENGTHS

Mental health struggles can make us feel broken or weak, but many of us are walking around with strength we don't even recognize. Every time you navigated bias, juggled multiple aspects of your identity, or made it through another day despite overwhelm, you were surviving. That's not failure. That's proof of your power.

You've Been Building Coping Skills All Along

You may have learned how to:

- **Stay calm** in difficult family situations
- **Push through** work, school, or caregiving under pressure
- **Find humor** in hard times
- **Create** art, music, or poetry to express emotions
- **Protect yourself** emotionally in unsafe spaces

Try This: Fill-in-the-Blank Strength Statements

I've survived _____

That means I am _____

I've learned to _____

That means I am capable of _____

I've helped others by _____

That shows one of my strengths is _____

Shift the Question

At times when you are feeling helpless, instead of asking "What's wrong with me?" try asking:

"What has kept me going all this time?"

"What has my experience taught me about my needs and how to meet them?"

"What strengths can I rely on in the future?"

You already know how to survive. You deserve tools and support to help you *thrive*.

Get more DIY mental health tools at screening.mhanational.org/diy-tools