

'Qualities Needed Now' Exercise

Identify the client strengths first. e.g. List of questions or use Strength Cards, **“If your best friends were here now what would they say about you that was positive and encouraging?”**

- 1. Get client to stand in middle of the room**
- 2. Using pieces of paper/cushions/stones/toys etc. identify the problems in the client's life OR the Difficulties they face achieving their goal.** Bring them closer to the client if they are more important or stronger. Use larger pieces of paper to indicate a bigger problem. **Investigate how these could be made less powerful.**
- 3. Using other pieces of paper (maybe coloured to stand out more) Identify the strengths or Qualities needed to overcome the feeling of being overwhelmed or blocked.** Bring the papers closer to the client if they are more powerful and further away if less strong.
- 4. Investigate how these strengths might be used to address the problem**