Type of Strengths

Descriptive – strength is described. For example Jill is funny; Joe is good at sports etc.

Contextual – In order to actually used strengths in planning need to understand when and how the strength has been used. For example Jill is funny – when people are sad Jill can cheer them up by telling jokes. She has a huge memory of Jokes she can also do impersonations. With the contextual information – (the more is better as you have more resources to use) you can plug in the strengths as solutions.

Functional – Utilizing strengths in plans

For example Kayla loves quoting movies and doing actions to specific scenes. She is incredibly good at remember lines from movies – even Shakespeare.

I plugged in this youths love for the drama with the need for social group – youth tried out for play and got a part. This has improved her network of friends. Solution became functional when her specific solution was plugged in to meet a need.