

## STRENGTH-BASED ASSESSMENT SAMPLE QUESTIONS

*"To collaborate in this process [strength-base], the practitioner must make a revolutionary shift. Rather than seeing oneself as having expert knowledge about the nature of someone's problem, and therefore able to diagnose it and/or solve it, the practitioner must relinquish this role and, instead, start from a very different place—the place of skilled unknowing." Ann Weick, James Kreider, and Ronna Chamberlain*

<p style="text-align: center;"><b>Family</b></p> <p>Who are you closest to in your family?</p> <p>What do you like about this person?</p> <p>What activities do you enjoy doing with your family?</p> <p>When you were growing up, what was your fondest memory?</p> <p>Who did you look up to growing up?</p> <p>Who do you look up to now?</p> <p>What did you do/do you do at family gatherings?</p>	<p style="text-align: center;"><b>Daily Living Situation</b></p> <p>Where do you live? How long have you lived there?</p> <p>What's good about where you live?</p> <p>Describe a typical day for you.</p> <p>Who lives with you?</p> <p>Who is the most important adult in your life?</p> <p>What makes this person the most important?</p> <p>If you could change one thing for the better, what would it be?</p>
<p style="text-align: center;"><b>Educational/Vocational/Employment</b></p> <p>Tell me about your job/school.</p> <p>What to you hope to be doing in 5 years? 10 years?</p> <p>What/Who will be helpful to get you there?</p> <p>What skills do you have?</p> <p>Do you have a job?</p> <p>What do you do at your job?</p> <p>What training have you received to do the tasks of your job?</p>	<p style="text-align: center;"><b>Social Supports</b></p> <p>Who helps you?</p> <p>What groups do you belong to?</p> <p>When you have fun, who are you with?</p> <p>What do your friends like about you?</p> <p>What might your friend's say make you a good friend to them?</p> <p>What are some of the things you like to do with your friends?</p> <p>Where or who do you go to for comfort ?</p> <p>Where outside of your home do you feel the most at ease?</p>
<p><b>Other Questions You Think Would Be Helpful</b></p>       	

<p style="text-align: center;"><b>Health</b></p> <p>Tell me about your health.          What do you do to take care of yourself?          What kinds of things do you do to take care of your health, your family's health?          What helps you keep going?          Are there things that you are working on or would like to work on with regard to your health/mental health?          When you are not feeling well, who do you tell?          Do you go to a doctor/healer when you are feeling ill?</p>	<p style="text-align: center;"><b>Recreational/Leisure</b></p> <p>What do you like to do?          What was the most enjoyable thing you have ever done?          How do you relax?          What's your favorite music?          Tell me about a recent time when you had fun. Who was there?          What did you do?          What do you do when you are not at work or school?          Are you creative? (Do you paint, draw, do needle work, cook , build things...)          What do you do when you get bored?</p>
<p style="text-align: center;"><b>Culture/Spirituality</b></p> <p>Tell me about your beliefs.          How did you come to believe what you do today?          Was there someone/something that influenced you around these beliefs?          Do you have a spiritual practice; attend a church, mosque or synagogue?          What traditions are important to you/your family?          What gives you strength in times of difficulty?          Do you speak other languages?</p>	<p style="text-align: center;"><b>Safety/Crisis</b></p> <p>How do you handle difficult situations?          Give an example of the last difficult situation you faced and how you handled it?          How do you calm down when you are angry?          How do you protect yourself/your family?          What do you do when you feel threatened?          How would you describe crisis in your life?          How do you feel you handle crisis?</p>
<p style="text-align: center;"><b>Financial/Insurance</b></p> <p>Inquire about the person's current status regarding financial support.          What would you like to be different about your finances?          Are there benefits you believe you should be getting that you are not getting?          Were your finances different in the past? How?          If they were better, what made them better? What was different then?</p>	<p style="text-align: center;"><b>Other Questions You Think Would Be Helpful</b></p>