

Guide To Self

Dr. John Schinnerer

www.GuideToSelf.com

1.) Paying Your Strengths Forward

This exercise has evolved from John Gottman, Nan Silver and Martin Seligman. What follows is our contribution to the evolution of an exercise designed to increase fondness, admiration, self-confidence, and happiness for yourself and those around you. This exercise has been scientifically proven to increase the happiness of you and your loved ones.

From the list below, note the three greatest strengths of your significant other, best friend, and favorite family member. These three are merely suggestions to get you started. Your choices can be anyone that you care about – friends, family, teachers, children, etc.

For each of the three strengths that you marked for your partner, write down a specific example of a time when he or she demonstrated this strength. Repeat this for each of the three individuals you chose. When you have finished, share the strengths you've written down with each individual. Ask politely if they would reciprocate by writing down your strengths as they perceive them with a specific example for each one. Then, and this is a big "then", tell them that they may wish to write down the strengths of their loved ones and ask their loved ones to reciprocate. The idea behind this is just like that in the movie, *Pay It Forward*. The exercise is designed to increase positive emotional and mental energy. If it begins with one person and grows exponentially, everyone around you will experience an increase in their level of happiness and you will ultimately benefit. In addition, with enough momentum behind it, this simple exercise could actually improve the happiness of a large portion of the country or world. All it takes is a

willingness to stop and think of positive traits of a few of your loved ones, a request for them to reciprocate and the suggestion that they try it themselves.

The following is an example of one strength that I did for my wife:

1. Strength: Perspective-taking/Wisdom

Recent and Specific Example: Your friends come to you repeatedly for advice on how to live their lives appropriately and happily. Many people seek you out for counsel on difficult problems. I saw this most recently with Mary (name changed) who called you last night for help with her boyfriend troubles.

The 26 Strengths

1.) Wisdom and Knowledge represents those strengths that entail some aspect of learning, knowing or creating.

1. Loves learning
2. Open-minded/Critical thinker
3. Ingenious/Original/Creative
4. Social/Emotional IQ/Inner Harmony
5. Wise/Perspective-taking

2.) Courage is the intentional exercise of will toward the uncertain realization of virtuous ends.

6. Ambitious
7. Brave and Valorous
8. Honest/High Integrity
9. Persevering/Diligent/Responsible

3.) Love of Humanity is demonstrated by positive social and emotional interactions with other people

10. Cheerful
11. Loves others/Friendship
12. Allows self to be loved

13. Kind and Generous and Helpful

- 4.) Justice has to do with how individuals relate to groups such as workgroups, community, country and the world.**
 14. Fair and Equitable
 15. Teamwork/Loyalty/
 16. Good Citizenship

- 5.) Temperance involves the “appropriate and moderate expression of your appetites and wants.”**
 17. Clean in Body, Thought and Deed
 18. Humble/Modest
 19. Exercises Self-control

- 6.) Transcendence means “emotional strengths that reach outside and beyond you to connect you to something larger and more permanent: to other people, to the future, to evolution, to the divine, or to the universe.”**
 20. Passionate/Enthusiastic
 21. Forgiving
 22. Appreciative of beauty
 23. Spiritual/Purposeful life
 24. Playful and Sense of Humor
 25. Grateful
 26. Hopeful

1.) Loved One's Name: _____ Date: _____

1. Strength _____

Recent and Specific Example _____

2. Strength _____

Recent and Specific Example _____

3. Strength _____

Recent and Specific Example _____

2.) Loved One's Name: _____ Date: _____

1. Strength _____

Recent and Specific Example _____

2. Strength _____

Recent and Specific Example _____

3. Strength _____ Date: _____

Recent and Specific Example _____

3.) Loved One's Name: _____

1. Strength _____

Recent and Specific Example _____

2. Strength _____

Recent and Specific Example _____

3. Strength _____

Recent and Specific Example _____

About Dr. John Schinnerer

A nationally-recognized expert in anger management and positive psychology, Dr John is an award-winning author, speaker, consultant and expert coach in the fields of Positive Psychology and Anger Management. Dr. John has been nationally recognized as one of the premiere experts in his fields. He has appeared on a variety of national media outlets providing an expert view on managing anger and providing insights to a happier life. Dr. John's work can be found in both print publications, radio, CD, DVD and TV. He consulted on a major motion picture due out in June of 2015. Dr. John is also featured in the upcoming documentary, *Skewed*, on the impact of violence in the media. Dr. John Schinnerer, is a UC Berkeley-trained Ph.D intently focused in the field of happiness. Dr. John has given a Psychiatric Grand Rounds presentation for Kaiser Permanente on positive psychology. He has taught numerous psychologists, doctors and mental health professionals about the benefits of positive psychology. He has consulted with major companies such as Sutter Health, Kaiser, UPS regarding the need for and implementation of emotional intelligence. His book, [Guide to Self: The Beginner's Guide to Managing Emotion and Thought](#) was awarded Best Self-Help Book of the Year. Dr. John was recently included on a music album by Positive Music Imperative, speaking on the importance of positivity in music lyrics. Dr. John's blog on positive psychology, [Shrunken Mind](#), was named one of the top 10 positive psychology blogs on the internet by PostRank and Alltop.