

# Youth Strengths Test

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Chris Peterson gave Mark Liston permission to adapt his Brief Strengths Test (BST; © 2005 Christopher Peterson) for use with adolescents. His caveat was that BST is too brief to be valid but can provide a quick indication of self-report or others report of one's strengths. Norms have not yet been established.

**“Other people matter.” Christopher Peterson, PhD (February 18, 1950-October 9, 2012)**

**Instructions:** Think about how you have acted in the actual situations described below **during the past month (four weeks)**. Please answer only in terms of what YOU actually did.

Please read each statement carefully. Write a number between 0 and 10 next to each statement according to how often you acted in the way described.

0-----1-----2-----3-----4-----5-----6-----7-----8-----9-----10  
Never                      Sometimes                      Usually                      Always

1. Think of actual situations in the last month when you had the chance to do something new, inventive, or original. How often did you use CREATIVE skill or INGENUITY in these situations?

0-----1-----2-----3-----4-----5-----6-----7-----8-----9-----10  
Never                      Sometimes                      Usually                      Always

2. Think of actual situations in the last month when you had the chance to explore something new, ask questions about something, or to do something different. How often did you show CURIOSITY or INTEREST in these situations?

0-----1-----2-----3-----4-----5-----6-----7-----8-----9-----10  
Never                      Sometimes                      Usually                      Always

3. Think of actual situations in the last month when you had a hard and important decision to make. How often did you use DISCERNMENT, OPEN-MINDEDNESS, or GOOD JUDGMENT to figure out what to do?

0-----1-----2-----3-----4-----5-----6-----7-----8-----9-----10  
Never                      Sometimes                      Usually                      Always

4. Think of actual situations in the last month when you had the chance to learn more about or

experiment with some new topic of interest. How often did you show LOVE OF LEARNING in these situations?

0-----1-----2-----3-----4-----5-----6-----7-----8-----9-----10  
Never                      Sometimes                      Usually                      Always

5. Think of actual situations in the last month when you had the chance to make an important decision or offer advice to another person who needed it. How often did you use INSIGHT, PERCEPTION, PERSPECTIVE, or WISDOM in these situations?

0-----1-----2-----3-----4-----5-----6-----7-----8-----9-----10  
Never                      Sometimes                      Usually                      Always

6. Think of actual situations in the last month when you experienced fear, threat, embarrassment, or discomfort. How often did you use BRAVERY or COURAGE in these situations?

0-----1-----2-----3-----4-----5-----6-----7-----8-----9-----10  
Never                      Sometimes                      Usually                      Always

7. Think of actual situations in the last month when you faced a hard and time-consuming task. How often did you use DETERMINATION, PERSISTENCE, or INDUSTRIOUSNESS to finish the job?

0-----1-----2-----3-----4-----5-----6-----7-----8-----9-----10  
Never                      Sometimes                      Usually                      Always

8. Think of actual situations in the last month when it was possible for you to lie, steal, cheat, mislead, or withhold the truth. How often did you show HONESTY, INTEGRITY, or TRUTHFULNESS in these situations?

0-----1-----2-----3-----4-----5-----6-----7-----8-----9-----10  
Never                      Sometimes                      Usually                      Always

9. Think of your everyday life. How often in the last month did you feel and show JOY, EXCITEMENT or ENTHUSIASM when it was possible to do so?

0-----1-----2-----3-----4-----5-----6-----7-----8-----9-----10  
Never                      Sometimes                      Usually                      Always

10. Think of your everyday life. How often in the last month did you express your LOVE, CONCERN, CARE FOR, or ATTACHMENT to others (friends, family members) and accept LOVE from others when it was possible to do so?

0-----1-----2-----3-----4-----5-----6-----7-----8-----9-----10  
Never                      Sometimes                      Usually                      Always

11. Think of your everyday life. How often in the last month did you show KINDNESS,

CONSIDERATION, or GENEROSITY to others when it was possible to do so?

0-----1-----2-----3-----4-----5-----6-----7-----8-----9-----10  
Never                      Sometimes                      Usually                      Always

12. Think of actual situations in the last month when it was important that you understood what other people needed or wanted, and how to respond to them accordingly. How often did you use SOCIAL SKILLS in these situations?

0-----1-----2-----3-----4-----5-----6-----7-----8-----9-----10  
Never                      Sometimes                      Usually                      Always

13. Think of actual situations in the last month when you were a member of a group that needed your help and loyalty. How often did you show TEAMWORK in these situations?

0-----1-----2-----3-----4-----5-----6-----7-----8-----9-----10  
Never                      Sometimes                      Usually                      Always

14. Think of actual situations in the last month when you had some power or influence over two or more other people. How often did you use FAIRNESS in these situations?

0-----1-----2-----3-----4-----5-----6-----7-----8-----9-----10  
Never                      Sometimes                      Usually                      Always

15. Think of actual situations in the last month when you were a member of a group that needed direction and someone who got each person to do what they could to help. How often did you use LEADERSHIP in these situations?

0-----1-----2-----3-----4-----5-----6-----7-----8-----9-----10  
Never                      Sometimes                      Usually                      Always

16. Think of actual situations in the last month when someone hurt you. How often did you show FORGIVENESS or MERCY in these situations?

0-----1-----2-----3-----4-----5-----6-----7-----8-----9-----10  
Never                      Sometimes                      Usually                      Always

17. Think of actual situations in the last month when you could have bragged about what you have done or acted better than others. How often did you show MODESTY or HUMILITY when it was possible to do so?

0-----1-----2-----3-----4-----5-----6-----7-----8-----9-----10  
Never                      Sometimes                      Usually                      Always

18. Think of actual situations in the last month when you were tempted to do something that you might later regret. How often did you move carefully and use FORESIGHT or CAUTION in

these situations?

0-----1-----2-----3-----4-----5-----6-----7-----8-----9-----10  
Never                      Sometimes                      Usually                      Always

19. Think of actual situations in the last month when you experienced desires, impulses, or emotions that you wished to control. How often did you use SELF-CONTROL or SELF-REGULATION in these situations?

0-----1-----2-----3-----4-----5-----6-----7-----8-----9-----10  
Never                      Sometimes                      Usually                      Always

20. In the last month when you were around something that was outstanding in its beauty or excellence, how often did you feel or show APPRECIATION OF BEAUTY AND EXCELLENCE or AWE when it was possible to do so?

0-----1-----2-----3-----4-----5-----6-----7-----8-----9-----10  
Never                      Sometimes                      Usually                      Always

21. Think of actual situations in the last month when someone else helped or benefited you. How often did you feel and express GRATITUDE and THANKFULNESS?

0-----1-----2-----3-----4-----5-----6-----7-----8-----9-----10  
Never                      Sometimes                      Usually                      Always

22. Think of actual situations in the last month when you experienced failure or a setback. How often did you show HOPE or OPTIMISM in these situations?

0-----1-----2-----3-----4-----5-----6-----7-----8-----9-----10  
Never                      Sometimes                      Usually                      Always

23. Think of your everyday life. How often in the last month did you use PLAYFULNESS or HUMOR when it was possible to do so?

0-----1-----2-----3-----4-----5-----6-----7-----8-----9-----10  
Never                      Sometimes                      Usually                      Always

24. Think of your everyday life. How often in the last month did you express FAITH or SPIRITUALITY, or have a deep SENSE OF MEANING AND PURPOSE when it was possible?

0-----1-----2-----3-----4-----5-----6-----7-----8-----9-----10  
Never                      Sometimes                      Usually                      Always

25. Think of your everyday life. How often do you have the RESPONSIBILITY to admit what you do that is wrong, do what you say you will do, be reliable, consistent, and dependable?

0-----1-----2-----3-----4-----5-----6-----7-----8-----9-----10  
Never                      Sometimes                      Usually                      Always

26. Think of your everyday life. How often in the last month did you have an AWARENESS of your strengths, abilities, and appearance and a healthy VIEW OF SELF?

0-----1-----2-----3-----4-----5-----6-----7-----8-----9-----10  
Never                      Sometimes                      Usually                      Always

27. Think of your everyday life. How often in the last month did you give RESPECT and HONOR to those in authority and respect others, their property, and their rights?

0-----1-----2-----3-----4-----5-----6-----7-----8-----9-----10  
Never                      Sometimes                      Usually                      Always

28. Think of your everyday life. How often in the last month did you live your life and deal with stress in a state of PEACE and TRANQUILITY?

0-----1-----2-----3-----4-----5-----6-----7-----8-----9-----10  
Never                      Sometimes                      Usually                      Always

For one's overall level of character strength, total their score. The possible range is 0-280. Most scores will be 150-250 with the mean for a large group (>100) is usually 170-200.