strengths & relationships: similarities & ideals

In the 1st column of each table below list "signature strengths" as identified from the VIA-IS questionnaire. Usually "**A**" is you, and "**B**" is your partner or friend. The next three columns are all scored using the 0 to 4 scale (see below). The 2nd column estimates how much the strength feels "core" (an essential part) to its "owner". The 3rd column estimates how much the strength describes a quality the "other" would like as an aspect of their own "ideal" self. The 4th column quantifies approximately how much each strength is shared by both its "owner" and the "other".

quite a lot not at all a little somewhat very much A's strengths B's strengths shared ideal shared ideal core core Learn the "other's" signature strengths so you can encourage & appreciate their use of these strengths *If both of you share* one or more signature strengths, look at how you can make use of this overlap in shared interests & activities (iot down ideas about this over the page) If one or more of the "other's" key strengths are part of one's own "ideal" strengths, note this, value it, & try to learn from the example (iot down ideas about this over the page)

possible shared interests & activities that could make use of your shared "signature" strengths:
possible shared interests & activities involving overlap of one's own "ideal" & their "signature" strengths and/or overlap of their "ideal" & one's own "signature" strengths: