

Worksheet 4.4 The Positive Psychotherapy Inventory (Rashid, 2008)

Please read each group of statements carefully. Then, pick the one statement in each group that best describes you. Be sure to read all of the statements in each group before making your choice.

Some questions are regarding strengths. Strength refers to a stable trait which manifests through thoughts, feelings and actions, is morally valued and is beneficial to self and others. Examples of strengths include but are not limited to optimism, zest, spirituality, fairness, modesty, social intelligence, perseverance, curiosity, creativity, teamwork . . . etc.

In responding to statements regarding strengths, it is important that you distinguish between strengths, abilities and talents. Abilities and talents are attributes such as intelligence, perfect pitch, or athletic prowess. Strengths fall in a moral domain, whereas abilities and talents do not. Talents and abilities seem to have more tangible consequences (acclaim, wealth) than strengths. Someone who “does nothing” with a talent like high IQ or musical skill courts eventual disdain. We may experience dismay when extremely talented individuals like Judy Garland, Michael Jackson, and Elvis Presley, are overwhelmed by drugs and other problems. In contrast, we never hear the criticism that a person did nothing with her wisdom or kindness. Put simply, talents and abilities can be squandered, but strengths cannot. Nevertheless, strengths, abilities and talents are closely linked. Think of famous basketball player Michael Jordan. He is revered for his athletic ability but also for his refusal to lose.

1. Joy

- 0. I rarely feel joyful
- 1. I occasionally feel joyful
- 2. I feel more joyful than joyless
- 3. I usually feel joyful

2. Knowing strengths

- 0. I do not know my strengths
- 1. I have some idea about my strengths
- 2. I know my strengths
- 3. I am very well aware of my strengths

3. Impact on society

- 0. What I do usually does not matter to society
- 1. What I do occasionally matters to society
- 2. What I do often matters to society
- 3. What I do usually matters to society

4. Positive mood observed by others

0. Others say I usually do not look happy
1. Others say I occasionally look happy
2. Others say I usually look happy
3. Others say I look happy most of the time

5. Pursuing strength activities

0. I usually do not pursue activities which use my strengths
1. I occasionally pursue activities which use my strengths
2. I often pursue activities which use my strengths
3. I usually pursue activities which use my strengths

6. Sense of connection

0. I do not feel connected to people with whom I regularly interact
1. I occasionally feel connected to people with whom I regularly interact
2. I often feel connected to people with whom I regularly interact
3. I usually feel connected to people with whom I regularly interact

7. Gratitude

0. I usually do not take time to think about the good things in my life
1. I occasionally notice good things in my life and feel thankful
2. I often notice good things in my life and feel thankful
3. I feel grateful for many good things in my life almost every day

8. Solving problems using strengths

0. I rarely use my strengths to solve problems
1. I occasionally use my strengths to solve problems
2. I often use my strengths to solve problems
3. I usually use my strengths to solve problems

9. Sense of meaning

0. I rarely feel like my life has purpose
1. I occasionally feel like my life has purpose
2. I often feel like my life has purpose
3. I usually feel like my life has purpose

10. Relaxation

0. I rarely feel relaxed
1. I occasionally feel relaxed
2. I often feel relaxed
3. I usually feel relaxed

11. Concentration during strength activities

0. My concentration is poor during activities which use my strengths
1. My concentration is sometimes good and sometimes poor during activities which use my strengths
2. My concentration is usually good during activities which use my strengths
3. My concentration is excellent during activities which use my strengths

12. Religious or spiritual activities

0. I usually do not engage in religious or spiritual activities
1. I occasionally spend some time in religious or spiritual activities
2. I often spend some time in religious or spiritual activities
3. I usually spend some time every day in religious or spiritual activities

13. Savoring

0. I usually rush through things and don't slow down to enjoy them
1. I occasionally savor things that bring me pleasure
2. I savor at least one thing that brings me pleasure every day
3. I usually let myself get immersed in pleasant experiences so that I can savor them fully

14. Time during strength activities

0. Time passes slowly when I am engaged in activities that use my strengths
1. Time passes ordinarily when I am engaged in activities that use my strengths
2. Time passes quickly when I am engaged in activities that use my strengths
3. I lose the sense of time when I am engaged in activities that use my strengths

15. Closeness with loved ones

0. I usually do not feel close to my loved ones
1. I occasionally feel close to my loved ones
2. I often feel close to my loved ones
3. I usually feel close to my loved ones

16. Laughing/smiling

0. I usually do not laugh much
1. I occasionally laugh heartily
2. I often laugh heartily
3. I usually laugh heartily several times each day

17. Managing strength activities

0. It is usually hard for me to manage activities which use my strengths
1. I can occasionally manage activities which use my strengths
2. I often can manage well activities which use my strengths
3. Managing activities which use my strengths comes almost natural to me

18. Contributing to something larger

0. I rarely do things that contribute to a larger cause
1. I occasionally do things that contribute to a larger cause
2. I often do things that contribute to a larger cause
3. I usually do things that contribute to a larger cause

19. Zest

0. I usually have little or no energy
1. I occasionally feel energized
2. I often feel energized
3. I usually feel energized

20. Accomplishment in strength activities

0. I do not feel a sense of accomplishment when I spend time in activities which use my strengths
1. I occasionally feel a sense of accomplishment when I spend time in activities which use my strengths
2. I often feel a sense of accomplishment when I spend time in activities which use my strengths
3. I usually feel a sense of accomplishment when I spend time in activities which use my strengths

21. Using strengths to help others

0. I rarely use my strengths to help others
1. I occasionally use my strengths to help others, mostly when they ask
2. I often use my strengths to help others
3. I regularly use my strengths to help others

Scoring information

To obtain **Pleasant life** scores, add items 1, 4, 7, 10, 13, 16, and 19. Scores can range from 0 to 21, with higher scores indicating higher levels of pleasure. The average score for non-depressed adults is 13 and for depressed adults is 8.

To obtain **Engaged life** scores, add items 2, 5, 8, 11, 14, 17, and 20. Scores can range from 0 to 21, with higher scores indicating higher levels of engagement. The average score for non-depressed adults is 14 and for depressed adults is 10.

To obtain **Meaningful life** scores, add items 3, 6, 9, 12, 15, 18, and 21. Scores can range from 0 to 21, with higher scores indicating higher levels of meaning. The average score for non-depressed adults is 12 and for depressed adults is 9.

To obtain **Overall happiness** scores, add the totals from the pleasant life, engaged life, and meaningful life subscales. Scores can range from 0 to 63, with higher scores indicating higher levels of overall happiness. The average score for non-depressed adults is 39 and for depressed adults is 27.

Scores based on a normative study of 302 adults. For psychometric details please email (tayyab@psych.upenn.edu). Copyright by Tayyab Rashid; reproduced with permission of the author. This inventory can be used for research or clinical purposes without contacting the author.