

What do Strengths Look Like When Over or Under Played?

Strength	Overuse	Underuse	Core
Creativity	Eccentricity	Conformity	Originality that is adaptive
Curiosity	Nosiness	Disinterest	Exploration/seeking novelty
Judgment	Narrow-mindedness, cynicism	Unreflectiveness	Critical thinking & rationality
Love of Learning	Know-it-all	Complacency	Systematic deepening (of knowledge)
Perspective	Overbearing	Shallowness	The wider view
Bravery	Foolhardiness	Cowardice	Facing fears, confronting adversity
Perseverance	Obsessiveness	Fragility	Keep going, overcome all obstacles
Honesty	Righteousness	Phoniness	Being authentic
Zest	Hyperactive	Sedentary	Enthusiasm for life
Love	Emotional promiscuity	Emotional isolation	Genuine, reciprocal warmth
Kindness	Intrusiveness	Indifference	Doing for others
Social Intelligence	Over-analyzing	Obtuse or clueless	Tuned in, then savvy
Teamwork	Dependant	Selfishness	Collaborative, participating in a group effort
Fairness	Detachment	Partisanship	Equal opportunity for all
Leadership	Despotism	Compliant	Positively influencing others
Forgiveness	Permissive	Merciless	Letting go of hurt when wronged
Humility	Self-deprecation	Baseless self-esteem	Achievement does not elevate worth
Prudence	Stuffiness	Sensation seeking	Wise caution
Self-Regulation	Inhibition	Self-indulgence	Self-management of vices
Appreciation of Beauty & Excellence	Snobbery or Perfectionism	Oblivion	Seeing the life behind things
Gratitude	Ingratiation	Rugged individualism	Thankfulness
Hope	Pollyanna-ism	Negative	Positive expectations
Humor	Giddiness	Overly serious	Offering pleasure/laughter to others
Spirituality	Fanaticism	Anomie	Connecting with the sacred

This handout is part of Mindfulness-Based Strengths Practice (MBSP) © Ryan M. Niemiec.

This page may be reproduced by the purchaser for personal/professional use. From: R. M. Niemiec, Mindfulness and Character Strengths © 2014 Hogrefe Publishing