

The Strengths Zone

FINDING BALANCE AND YOUR CORE STRENGTHS AMONG OVERUSE AND UNDERUSE

Strength	Overuse	Underuse	Core	Core (another angle)
Creativity	Eccentricity	Conformity	Originality that is adaptive	Seeing & doing things in new ways
Curiosity	Nosiness	Disinterest	Exploration/seeking novelty	
Judgment	Narrow-mindedness, cynicism	Un-reflectiveness	Critical thinking & rationality	
Love of Learning	Know-it-all	Complacency	Systematic deepening (of knowledge)	
Perspective	Overbearing	Shallowness	The wider view	Integrating viewpoints beyond one's own
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	

The Strengths Zone

Strength	Overuse	Underuse	Core	Core (another angle)
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	Insight into what makes people tick
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	I'm good, but keep positive focus on you
Prudence	Stuffiness	Sensation seeking	Wise caution	
Self-Regulation	Inhibition	Self-indulgence	Self-management of vices	Appropriate control of impulses/emotions

The Strengths Zone

Strength	Overuse	Underuse	Core	Core (another angle)
Appreciation of Beauty & Excellence	Snobbery or Perfectionism	Oblivion	Seeing the life behind things	Experiencing awe in presence of beauty/greatness
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	Life is small amidst the grand design