

Values in Action: Catalogue of Character Strengths

Lecture 7
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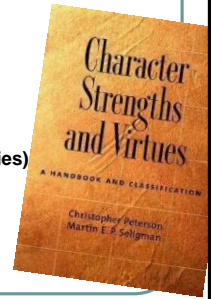
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The catalogue of 'sanities'

Values in Action:

- Peterson & Seligman
- 24 Character strengths
- 6 Core virtues (Generic categories)



Values in Action

	Core Virtues	Character Strengths
1	Wisdom & Knowledge	CS1. Creativity (originality, ingenuity) CS2. Curiosity (interest, novelty-seeking) CS3. Open-mindedness (critical thinking) CS4. Love of Learning CS5. Perspective (wisdom)
2	Courage	CS6. Bravery (valour) CS7. Persistence (perseverance) CS8. Integrity (authenticity, honesty) CS9. Vitality (zest, enthusiasm, energy)
3	Humanity	CS10. Love CS11. Kindness CS12. Social Intelligence

Values in Action

	Core Virtues	Character Strengths
4	Justice	CS13. Citizenship (social responsibility) CS14. Fairness CS15. Leadership
5	Temperance	CS16. Forgiveness and Mercy CS17. Humility (modesty) CS18. Prudence CS19. Self-regulation (self-control)
6	Transcendence	CS20. Appreciation of beauty CS21. Gratitude CS22. Hope (optimism) CS23. Humour (playfulness) CS24. Spirituality (religiousness, faith)

Virtues & Character Strengths

- **Virtue:** "any psychological process that enables a person to think and act so as to benefit him-or herself and the society" (McCullough & Snyder, 2000, p.1)
- **Virtues** "are universal, perhaps grounded in biology through an evolutionary process that selected for these aspects of excellence as means of solving the important tasks necessary for survival of the species" (Peterson & Seligman, 2004, p.13).
- Virtues are expressed in character strengths.
- **Character strengths:** "are the psychological ingredients – processes or mechanisms – that define the virtues. Said another way, they are distinguishable routes to displaying one or another of the virtues" (p.14).
- CS are trait-like, and are measurable in terms of feelings, thoughts, actions.

Other models of Strengths

Also have a look at the following:

1. Schwartz, Universal Values
2. Alex Linley, *The Strengths Book*
3. John Templeton Foundation's catalogue of strengths of virtue.

Handout:

A summary of description of VIA-Character Strengths.
Read through in groups.