Rebecca Uses Her Personality Strengths Assessment (PSA) © To Get a Job after Her Divorce

Personality Strength	Rank in the US Popu-lation	How Rebecca uses her PSA© to get a job after her divorce
1. Achievement	95%	Because I want to achieve, I will do well in any job. I can show that in a job interview. Talk about when I was a Co-Chair of the PTA Field Day. And a Cub Scout Leader for Jason's troup.
2. Sensitivity to Feelings	95%	This will help me at work to judge what is really important to my boss.
3. Religious Value	90%	I do treat others like I want to be treated. So I will be good at encouraging co-workers.
4. Affiliation	85%	I do like to be in groups of people – work will be a great place to meet new friends.
5. Change	80%	I will be making a lot of changes, I am so glad to see this. 7. And 7. and 14. will keep me calm.
6. Cooperativeness	75%	I do look for how we can all work together when I am in a group.
7. Thoughtfulness/ Reflectiveness	75%	I look carefully at a situation to reach a goal.
8. Ability to Ask for Help	70%	I will listen to my boss and co-workers as I learn my job. People appreciate it when you ask for their help. It lets them know that they are important.
9. Feelings of Guilt	70%	I know this is high, so when I make mistakes I need not to be too hard on myself. I will use a mistake to learn how to do it right.
10. Feelings of Inferiority	70%	I may need to remember to focus on 1. Instead of my fears.
11. Friendliness/ Agreeableness	70%	When I am friendly to new people that I meet at work, that sets the tone for them to be friendly, too.
12. Nurturance	70%	I can hardly wait to do nice things for my new boss – whoever that is.
13. Social Value	70%	I like to see how my work contributes to making things better for people.
14. Theoretical Value	70%	I consider all options. Then select and carry out the best one. My dad taught me to do that.
15. Social Interest	60%	Won't it be fun to meet new people at work!
16. Aggression	50%	I will stand up for myself when it is necessary to do that about as often as anyone else would. Ok.
17. Sexuality	50%	I like being around men as well as women.
18. Aesthetic Value (Harmony)	45%	I like to get along people almost as much as the next person.
19. Endurance	45%	1. shows that I am ready to start right away on reaching a goal – instead of waiting for results. However, when it is important I will wait.
20. Exhibition	45%	I like to be witty, but I do not need to be the center of attention.

21. Political Value	45%	I am not going to run for public office.
22. Autonomy	45%	I prefers making decisions with other's input.
23. Dominance	40%	Use 7. And 14. Note 5. I think about things carefully and then decide. I do not want to be pushed.
24. Restraint/ Seriousness	40%	When things get too serious I can find something funny and relieve the stress so that everyone can have a good laugh.
25. Social Boldness	40%	I can join groups that give back to society – meet people who are like me. See 13.
26. Objectivity	40%	This shows that feelings are important to me. I can use 7. and 14. to add more data-based analysis to the decisions I make.
27. Traditional Female View	35%	I can see myself in jobs that are not traditionally low paying female jobs. I can use 1. to learn a job that pays well.
28. Activity/Energy	20%	Divorce stress saps my strength. This will go back up.
29. Optimism	20%	Divorce stress saps my optimism. This will go back up.
30. Deference	12%	I don't listen to everyone, but I do listen to people who meet my high standards for careful thought.
31. Economic Value	5%	Since I am supporting myself now I will have to learn to value this more – and I will. I will use 1. And 7. to do a really good job. Then ask for a raise.
32. Order	1%	This is about needing to have work neat and organized and needing things to run smoothly without change. I can get a job done amid almost any kind of difficulty.

Blue = Coping Strategies	Green = Temperament Strengths	Red = Values