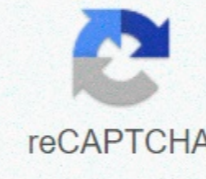




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## Character strengths and virtues pdf

2004 book by Christopher Peterson and Martin Seligman **Character Strengths and Virtues: A Handbook and Classification** Author Christopher Peterson and Martin SeligmanLanguageEnglish; Genre Psychology, PhilosophyPublisherAmerican Psychological Association and Oxford University PressPublication date2004Pages900ISBN0-516701-516701-5OCLC8903516902 **Character Strengths and Virtues (CSV)** is a book by Christopher Peterson and Martin Seligman (2004) that attempts to present a measure of humanistic virtues in an empirical scientific, scientific way. In the same way as the Diagnostic and Statistical Manual of Mental Disorders assesses and facilitates research on mental disorders, CSV is intended to create a theoretical framework to help develop practical applications for positive psychology. [1] Definition of strengths and virtues Main article: Values in action Inventory of strengths CSV identifies six classes of virtue (i.e. core virtues) consisting of 26 measurable character strengths. The organization of the six virtues and 26 strengths is as follows: Wisdom and knowledge: creativity, curiosity, openness, love of learning, perspective, innovation Courage: bravery, persistence, integrity, vitality, zest humanity: love, kindness, social intelligence Justice: citizenship, justice, leadership Temperance: forgiveness and mercy, humility, caution, self-control Transcendence: appreciation of beauty and excellence, gratitude, hope, humor, spirituality CSV in its introductory chapter [2] character defined strengths which meet most of the ten following criteria : contributes to individual fulfillment for oneself and others; [3] in itself valuable, in an ethical sense (gifts, skills, abilities and expertise can be squandered, but character strengths and virtues cannot); non-rivalry; not the opposite of a desirable move (a counter-test is steadfast and flexible, which are opposites but both are generally considered desirable); trait -- (usual patterns that are relatively stable over time) not a combination of the other characteristics of csv; personified (at least in the popular imagination) by people made famous through history, song, etc.; can be observed in child prodigies (although this criterion does not apply to all character strengths); absenteeism in some persons; social norms and institutions. The introduction of CSV suggests that these six virtues are considered good by the vast majority of cultures and throughout history, and that practicing these traits leads to increased happiness. Despite numerous warnings and caveats, this suggestion of universality suggests that in addition to trying to expand the scope of psychological research to include mental wellness, the leaders of the positive psychology movement challenge moral relativism and suggest that virtue has a biological basis. [1] These is consistent with the science of morality. Each of the 28 characteristics is defined behaviorally, with psychometric evidence showing that it can be reliably measured. The book shows that empirically minded humanists can measure character strengths and virtues in a rigorous scientific way. [4] Practical uses of positive psychology include helping individuals and organizations properly identify their strengths and use them to increase and maintain their respective levels of well-being. Each move provides one of many alternative paths to virtue and well-being. [4] Therapists, counselors, coaches and various other psychological professionals can use the new methods and techniques to build and extend the lives of individuals who do not necessarily suffer from mental illness or disorder. Finally, other researchers have advocated grouping the 26 identified characteristics into just four classes of strength (intellectual, social, temperance, transcendence) or just three classes (without Transcendence). Not only is it easier to remember, but in addition there are signs that these adequately capture the components of the 28 original features. [5] Perspective and wisdom (personified for example by Ann Landers): coordination of knowledge and experience and its conscious use to improve well-being. [6] Many, but not all, studies show that adults' self-ratings of perspective/wisdom don't depend on age. [7] This contrasts with the popular notion that wisdom increases with age. [7] Relation to the virtue of ethics Virtues presented to some extent reflect the cardinal virtues and theological virtues of Aristotle and Aquinas: hope, faith, charity, prudence, justice, perseverance and moderation, and their respective parts. See also Appreciative Study Cardinal Virtues of Positive Psychology Science on Morality Strengths and Weaknesses (Personality) Value (personal and cultural)-the principles, standards or quality that guide human actions Values in Action Inventory of Strengths (VIA-IS) Virtue ethics Aristotle's Nicomachean Ethics Aquinas's Summa Theologica References ^ a b Peterson, Christopher; Seligman, Martin E. P. (2004). Signs strengths and virtues: A handbook and classification. Oxford: Oxford University Press. ISBN 0-19-516701-5. ^ See csv's first chapter (Introduction to a 'Manual of the Sanities'), section entitled Criteria for a strength of character (p. 16-28). ^ Criterion 1 A-strength contributes to various commitments that constitute the good life for themselves and for others (CSV, p. 17). ^ a ... Cloninger, C. Robert (2005). Character strengths and virtues: A handbook and classification. American Journal of Psychiatry. American Psychiatric Association. 162 (4): 820-821. doi:10.1176/appi.ajp.162.4.820-a. Retrieved 2007-04-05. ^ Jessica Shryack, Michael F. Steger, Robert F. Krueger, Christopher S. (2010). Structure of Virtue: An empirical study of the dimensionality of the virtues of action inventory of forces. Elsevier. ^ Peterson, Christopher; Seligman, Martin E. P. (2004). Character strengths and virtues: A handbook and classification. Oxford: Oxford University Press. p. 106. ISBN 0-19-516701-5. ^ 1.0 1.1 Peterson, Christopher; Seligman, Martin E. P. (2004). Character strengths and virtues: A handbook and classification. Oxford: Oxford University Press. p. 185. ISBN 0-19-516701-5. External links Sign strengths and virtues: A handbook and classification Values in action website authenticahappiness.com for VIA online strengths diagnosis questionnaire (registration required) Drawn from Sign strengths and virtues is a groundbreaking handbook preparing the work of researchers to create a classification system for widely appreciated positive traits. This handbook also aims to create an empirical theoretical framework that will help positive psychology practitioners develop practical applications in the field. There are 6 classes of virtues consisting of 24 character strengths: Wisdom and Knowledge Courage Humanity Justice Temperance Transcendence Researchers approached the measurement of good character based on the strengths of authenticity, persistence, kindness, gratitude, hope, humor and more. Before continuing, we thought that you might want to download our three strengths exercises for free. These detailed, science-based exercises will help you or your clients realize your unique potential and create a life that feels energetic and authentic. What makes us strong and virtuous? Cultures around the world have appreciated the study of human strength and virtue. Psychologists have a particular interest in it as they work to encourage individuals to develop these traits. While all cultures value human virtues, different cultures express or act on virtues in different ways based on different societal values and norms. Martin Seligman and his colleagues studied all major religions and philosophical traditions and found that the same six virtues (i.e. courage, humanity, justice, etc.) were shared in virtually all cultures over three millennia. Since these virtues are considered abstract to be studied scientifically, positive psychology practitioners focused their attention on the strength of character created by virtues, and created tools for their measurement. The main assessment instruments they used to measure these strengths were: Structured Interviews Questionnaires Informant Reports Behavioral Experiments Observations The main criteria for character strengths that they came up with are that each move should: Be stable across time and situations should be valued in themselves, even in the absence of benefits Be recognized and appreciated in almost any culture, considered non-controversial and independent of politics. Cultures provide role models that possess traits so that other people can recognize their worth. Parents aim to instill traits or value in their children. CSV Handbook's List The Handbook delves into each of these six moves. We have summarised key points here. 1. Virtue of wisdom and knowledge The more curious and creative we allow ourselves to become, the more we gain perspective and wisdom and will in turn love what we learn. This is developing the virtue of wisdom and knowledge. Strengths that accompany this virtue involve acquiring and using knowledge: Creativity (eg Albert Einstein's creativity led him to acquire knowledge and wisdom about the universe) Curiosity Openness Openness Love of learning perspective and wisdom (Fun fact: many studies have shown that adults' self-ratings of perspective and wisdom do not depend on age, which contrasts with the popular idea that our wisdom increases with age). 2. The virtue of Courage The braver and more persistent we become, the more our integrity will increase because we will reach a state of feeling essential, and it results in being more courageous in character. Strengths that accompany this virtue involve achieving goals in the face of things that resist it: Bravery Persistence Integrity Vitality 3. Virtue of Humanity There is a reason why Oprah Winfrey is seen as a symbol of virtue for humanities: on every show, she approaches her guests with respect, appreciation and interest (social intelligence), she practices kindness through her charity work, and she shows her love for her friends and family. Strengths that accompany this virtue include caring and befriending others: Love Kindness Social intelligence 4. Virtue of justice Mahatma Gandhi was the leader of the Indian independence movement in British-ruled India. He led India to independence and helped create movements for civil rights and freedom by being an active citizen of non-violent disobedience. His work has been used all over the world for his universality. The strengths that accompany this virtue include those who build a healthy and stable society: Being an active citizen who is socially responsible, loyal, and a team member. Fairness Leadership 5. The virtue of Temperance Being forgiving, merciful, humble, careful, and in control of our behavior and instincts prevents us from being arrogant, selfish, or any other trait that is excessive or unbalanced. Strengths that are included in this virtue are those that protect against excess: Forgiveness and Mercy Humility and Modesty Cautionary Self-Regulation and Self-Control 6. Virtue of Transcendence's Dalai Lama is a transcendent being who speaks openly, which is why he never loses hope in humanity's potential. He also values nature in his perfection and life according to what he believes is his purpose. Strengths that accompany this virtue include those who forge connections to the larger universe and make sense: Appreciation of beauty and excellence Gratitude Hope Humor and Playful Spirituality, or a sense of purpose Positive Psychology & Character Strengths and Virtues Positive psychology practitioners can count on practical uses to help individuals and organizations identify their strengths and use them to increase and maintain their level of well-being. They also stress that these character strengths exist on a continuum; positive traits are considered individual differences that exist in degrees rather than all-or-nothing categories. In fact, the handbook has an internal subtitle titled A Manual of the Sanities because it is intended to do for psychological well-being what DSM does for mental disorders: adding systematic knowledge and ways to master new skills and subjects. Research shows that these human forces can act as buffers against mental illness. For example, preventing being optimistic one's chances of being depressed. The absence of special forces may be an indication of psychopathology. Positive psychology therapists, counselors, coaches, and other psychological professions use these new methods and techniques to help build people's strength and expand their lives. It should be noted that many researchers advocate grouping these 24 traits into just four classes of strength (intellectual, social, temperance and transcendence) or even three classes (except transcendence), as evidence has shown that these classes do an appropriate job of capturing all 24 original traits. Others warn that people occasionally use these traits for excess, which can become an obligation to the person. For example, some people may use humor as a defense mechanism to avoid dealing with a tragedy or coma. What strengths do women score higher? There is an interest in identifying dominant character strengths in gender and how it is developed. Since Martin Seligman and his colleagues studied all major religions and philosophical traditions to find universal virtues, much of the research into gender and strength of character has also been cross-cultural. In a study by Brdar, Anic, & Rijavec on gender differences and character strengths, women scored highest on the strengths of honesty, kindness, love, gratitude and justice. Life satisfaction for women was predicted by zest, gratitude, hope, appreciation of beauty/excellence, and love for other women. A recent study by Mann found that women tend to score higher on gratitude than men. Alex Linley and colleagues reported in a British study that women not only scored higher in interpersonal strengths, such as love and kindness, social intelligence, too. In a cross-cultural study in Spain of Ovejero and they found that femininity was positively correlated with love, social intelligence, appreciation of beauty, love of learning, forgiveness, spirituality, and creativity. The more masculine a man was, the more he correlated negatively with these character strengths. Which forces score men higher? Brdar, Anic & Rijavec says men score highest on honesty, hope, humour, gratitude and curiosity. Their life satisfaction was predicted by creativity, perspective, justice and humor. Alex Linley and the colleagues study found that men scored higher than women on creativity. Mijlković and Rijavec's study found gender differences in a sample of college students. Men not only scored higher in creativity, but also leadership, self-control, and zest. These findings are congruent with gender stereotypes, as the study by Ovejero and Cardenal in Spain showed that men do not equate typical masculine strengths with love, forgiveness, love of learning, and so on. In a Croatian sample, Brdar and colleagues found that men saw cognitive strengths as a major indicator of life satisfaction. Men saw strengths such as teamwork, kindness, perspective and courage to be a stronger connection to life satisfaction than other forces. There is an important limitation to this sample population, as most of the participants were women. What can we learn from both? While there are differences in character strengths between men and women, there are many that they share. Both sexes saw gratitude, hope, and zest as being related to higher life satisfaction, as well as the tendency to live according to the strengths that are valued in their particular culture. Studies confirm that there is a duality between the sexes, but only when both sexes identify strongly with gender stereotypes. It makes one wonder if men and women are inherently born with certain strengths, or if the cultural influence of certain traits prioritizes different traits based on gender norms. Learn more about strengths and weaknesses tests here. Development of character strengths in children Peterson and Seligman's, Character Strengths in Action Handbook (2004) thematized that it is not common for some young children to show gratitude, openness, authenticity and forgiveness. Children and strengths. Photo by Cheryl Holt at Pixaby. Park and Peterson's study (2006) confirmed this theoretical speculation, concluding that these sophisticated character strengths usually require some degree of cognitive maturation that develops in adolescence. So although gratitude is associated with happiness in adolescents and adulthood, this is not the case in young children. Park and Peterson's study found that the association of gratitude with happiness starts at the age of seven. Gratitude is seen as a human strength that increases one's personal and relational well-being and is society as a whole. -- Simmel Although most young children are not yet cognitively mature enough for sophisticated character strengths, there are many basic character strengths developed at a very early stage. The strengths of love, zest and hope are associated with happiness, starting at a very young age. The strengths of love and hope depend on the infant and caregiver relationship. A safe attachment to the caregiver in childhood is more likely to result in psychological and social well adjustment throughout their lives. Caring for a child plays an essential role in their development, and role modeling is an important way to teach a child certain character strengths as they mimic behavior and can then embrace the strength as one of their own. Most young children do not have the cognitive maturity to show gratitude, but have the ability to show love and hope. Therefore, gratitude must not be expected of a small child, but must be taught. Positive education programmes have been developed to help children and young people focus on strength of character. There are certain character strengths in young people that have a clearer impact on mental well-being. These strengths must be promoted to ensure lifelong satisfaction and satisfaction. Character strengths are influenced by family, community, societal and other contextual factors. At least in theory, character strengths are malleable; they can be taught and acquired through practice. Gillham, et al. Character strengths and well-being in adolescents The majority of research today on character strengths focuses on adults, despite the known importance of childhood and adolescence on character development. Research into character strengths shows that promote positive development and prevent psychopathology. Dahlsgaard, Park and Peterson discovered that adolescents with higher levels of zest, hope and leadership showed lower levels of anxiety and depression compared to their peers with lower levels of these strengths. Other research suggested that young character strengths contribute to well-being (Gillham, et al, 2011). The research suggests that transcendence (e.g., gratitude, meaning and hope) predicts life satisfaction, shows the importance of adolescents developing positive relationships, creating dreams, and finding a sense of purpose. Via Character Strengths Youth Survey Parents, educators and researchers have requested VIA: the Institute on Character Strengths to develop a VIA study specifically aimed at young people. Take VIA psychometric data -- youth study if you are between 10 and 17 years of age. Conclusion The measurement of character strengths and the various traits that go into making them have many applications, from life satisfaction to happiness and other well-being predictors. These tools have been used to investigate how these strengths have been developed across gender and age groups. What strengths do you have? What consequences can you see this research have in our world today? See how it can apply to your own life? Please share your thoughts in the comments section below. Videos about character strengths To, here are some useful videos for you to enjoy if you want to learn more about character strengths and virtues: We hope you enjoyed reading this article. Don't forget to download our three strengths exercises for free. If you'd like to help more people realize their strengths, our Maximizing Strengths Masterclass® is a comprehensive training template that includes everything you need to become a strength-based practitioner and help others identify and develop their unique qualities in a way that promotes optimal function. Bowlby, J (1969). Attachment and loss (Vol. I). Attachment. Basic books, New York. Dahlsgaard, K.K. (2005). Is virtue more than its own reward? Character strengths and their relationship to well-being in a prospective, longitudinal study of middle-aged adolescents (Unpublished Doctoral Thesis). University of Pennsylvania, Philadelphia, PA. Gillham, J., Adams-Deutch, Z., Werner, J., Reivich, K., Coulter-Heindl, V., Linkins, M., Seligman, M. (2011). Character strengths predictive well-being in adolescence. The Journal of Positive Psychology, 6(1), 31-44. Jolly, M., & Academia. (2006). Positive psychology: The science of human forces. Sourced from Kochanska, G. (2001). 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