3. Virtues: core characteristics valued by some moral philosophers, religious thinkers, and everyday people.
4. Character strengths: psychological processes and mechanisms that define virtues.
5. Situational themes: specific habits that lead people to manifest strengths in particular situations.
v. 24 strengths were identified and then organized into 6 overarching virtues:
   1. Wisdom and knowledge.
   2. Courage.
   3. Humanity.
   5. Temperance.
   6. Transcendence.
vii. The VIA was designed to describe the individual differences of character strengths on continua and not as distinct categories.
vii. Women often score higher on humanity strengths than men.
viii. African Americans score higher than other racial groups on the scale of spirituality.
ix. www.positivepsychology.org
f. The Search Institute’s 40 Developmental assets:
i. 1980s.
ii. Response to the question: What protects children from today’s problems?
iii. Considers internal and external variables that contribute to a child’s thriving.
iv. Peter Benson.
v. There are 20 external assets, which are the positive experiences that children and youth gain from interactions with people and institutions.
vi. There are also 20 internal assets that are personal characteristics and behaviors that stimulate the positive development of young people.
vii. This measure describes the respondent’s 40 developmental assets, 8 thriving indicators, 5 developmental deficits and 24 risk taking behaviors.
   1. It’s only a 156 question survey.
5. Distinguishing among the measures of psychological strength:
a. All three, which are described above, were created for different purposes but are generally used for similar purposes today.
i. They identify a person’s strengths.
b. All three scales were also developed in a western framework.
i. Different cultural groups may not define these concepts in the same way and may not respond to questions about the various constructs using the same signifiers.
6. Identifying your personal strengths: