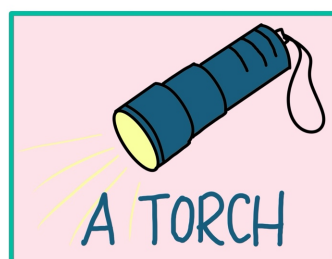
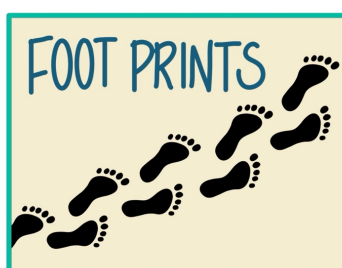
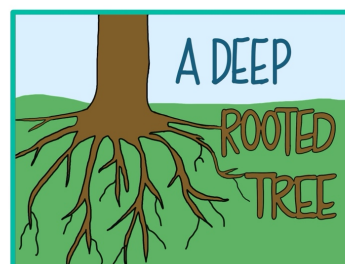
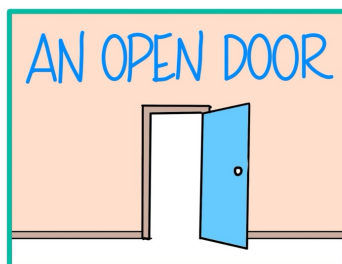


SYMBOLS, DESCRIPTORS and METAPHORS of HOPE, HEALING and GROWTH



SYMBOLS, DESCRIPTORS and METAPHORS of HOPE, HEALING and GROWTH

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WHAT ELSE?
WHAT DOES IT LOOK
LIKE OR MEAN to YOU?





Some additional strengths and skills (by no means exhaustive or prescriptive)

1. Adaptable / Flexible
2. Ambitious / Driven
3. Assertive
4. Brave / Courageous
5. Protective / Boundary-aware
6. Calm/ Anchored/ Grounded
7. Caring / Nurturing
8. Kind
9. Helpful/ Shares/ Team player
10. Communicative / Expressive
11. Compassionate / Empathic
12. Confident
13. Creative / Imaginative/ Expressive
14. Determined / Persistent
15. Self-aware/ Reflective
16. Enthusiastic / Energetic
17. Ethical / Principled
18. Fair / Just
19. Forgiving
20. Friendly
21. Generous
22. Gentle
23. Grateful / Appreciative
24. Growth-minded / Learning-oriented
25. Humorous / Light-hearted/ Funny
26. Honest / Truthful
27. Hopeful / Optimistic
28. Humble/ Down to Earth
29. Inclusive / Accepting
30. Initiative-taking / Proactive
31. Innovative / Problem-solving
32. Joyful / Playful/ Fun
33. Listening / Attentive
34. Loyal / Committed
35. Loving
36. Mindful / Present
37. Motivated / Driven
38. Moral/ Ethical
39. Open-minded / Curious
40. Organised/ Prepared
41. Patient / Tolerant
42. Persevering / Gritty
43. Thoughtful
44. Responsible
45. Understanding / Supportive

Dr Karen Treisman- www.safehandsthinkingminds.co.uk. Accompanying material to the Hope, Healing and Wisdom Cards and Online Module.

- 46. Inspiring
- 47. Warm
- 48. Wise / Experienced
- 49. What else would you add?

