
The BeMIS

Character Strengths and Virtues

Report

for

Sample, Client M.

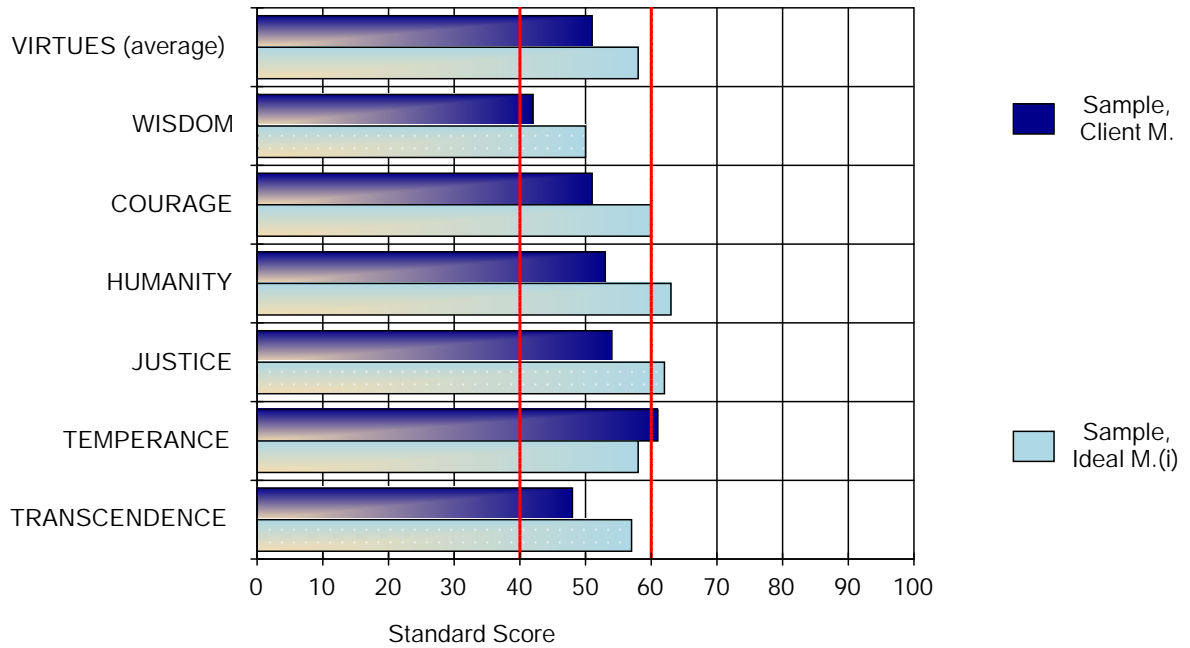
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Introduction

Six virtues and 24 positive traits, character strengths, which are distributed among them have been defined by Peterson and Seligman (Character Strengths and Virtues, American Psychological Association and Oxford University Press, 2004). They state that the virtues are (1) universal, (2) consistently found throughout history, (3) commonly valued by moral philosophers and religious thinkers, and are core characteristics defined by character strengths. These virtues are:



The character strengths and virtues presented in this report are based on the measurement provided by the Adjective Check List and the BeMIS interpretations for the virtues and strengths described by Peterson and Seligman.

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Wisdom and Knowledge

Cognitive strengths for acquiring, sharing, and utilizing knowledge.

Creativity

The ability to do and think differently from the norm and a sense of personal worth or harmony with a talent for originality.

Present He has poor morale and feels defeated by life. However he is likely to be regarded as kind, modest and considerate of the rights and wishes of others. Uncertainty and disorganization are probably uncomfortable for him. In complex or ill-defined situations he is subdued, conservative, and avoids involvement or action. He is interdependent and tolerant of the fears and weakness of others. It is also likely that he values bringing people together, reducing conflicts, and sharing in the rewards of social living.

Preferred Although he is strong in interpersonal effectiveness and attains his goals, he may have some narcissistic or egotistical tendencies. Never the less, people are likely to see him as well-adjusted. He tends to offer unsolicited advice and be condescending in his relations with others. He is venturesome, aesthetically reactive, clever and responsive. People are likely to recognize his breadth of interests, cognitive ability, and ideational fluency. He is easily angered, skeptical, counteractive, and irritated by interference or obstacles. He pursues his own interests and is indifferent to those of others. He is impervious to the reactions of others because of the extent of his own self-involvement. He views others as adversaries to be defeated.

Curiosity

The ability to think imaginatively, to bring new ideas and tangible products into being, to modify one's environment in accordance with aesthetic criteria, to picture the world of the past and the world of the future, and to discern the underlying elements of order in disorder, harmony in disharmony, and even sense in nonsense.

Present He is prudent and vigilant with the ability to plan ahead. This allows him to avoid intemperance and undue impulsiveness. His desire for order may also explain a tendency toward strong opinions on ethical issues; he is likely to look askance at those who violate societal conventions. He is practical and predictable in his thought and perception, and tolerant of the ineptitude and intellectual shortcomings in others. While intelligent and inventive, he is also anxious, ill at ease, and preoccupied. Often keeping people at a distance, he is skeptical of their intentions and may feel alienated. He is independent and flexible, and enjoys informality and relaxation, but is influenced by illogical concerns.

Preferred He tends to seek as much adventure and activity, while remaining sophisticated and relaxed, as do most people. Thus, he may equally experience conflicting interests and underachievement. He is probably as strong-willed, original in thought and perception, aesthetically sensitive, and indifferent to convention as are most people. He tends to be as unpretentious, forbearing, forthright, and respectful of rules, as are most people. He is as analytical, logical, astute, and intellectually capable, as are most people.

Open-Mindedness

The ability to think abstractly, to detect logical relationships, and to apply general principles to the solution of specific problems. An "internal" focus where cognition, logic, reason, and introspection are emphasized.

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Present	He tends to seek adventure and activity while remaining sophisticated and relaxed. Creative, independent, spontaneous behavior is more important than conformity. Emphasizing self-sufficiency, he may be strong-willed, original in thought and perception, aesthetically sensitive, indifferent to convention, and easily annoyed by those viewed as uninsightful, intellectually slow or undiscerning. Though talented, he may be uncomfortable with his own needs and those of others. He probably avoids intimacy, based on a candid sharing of significant feelings, sensing it as a danger. He tends to be unpretentious uncomplicated, forbearing, forthright, respectful of rules, and accepting of his role in life. He tends to be analytical, logical, astute, intellectually capable, self-disciplined, and prepared to do the planning and work necessary to attain his goals. People may view him as somewhat rigid.
Preferred	He tends to be prudent and vigilant with the ability to plan ahead. This allows him to avoid intemperance and undue impulsiveness. His likely desire for order may also explain a tendency toward strong opinions on ethical issues. He may be practical and predictable in his thought and perception, and tolerant of the ineptitude and intellectual shortcomings in others. While intelligent and inventive, he may also be anxious, ill at ease, and preoccupied. Often keeping people at a distance, he is probably skeptical of their intentions and may feel easily alienated. He tends to be independent and flexible, and may delight in informality and relaxation, but he may be influenced by illogical concerns.

Love of Learning

Autonomous, independent and self-directed tendencies demonstrated through nonconforming, even rebellious, behavior, but accompanied by attempts to understand the 'why' of things and a tolerant acceptance of the behaviors of others.

Present	Frustration and adversity are not challenges to which he rises; rather, he tends to give-up and withdraw. He has a narrow range of interests and is somewhat superstitious. He prefers conventional values and lifestyles, seeking security in the tried and true, while avoiding risks. Since he dislikes decision-making, he takes comfort in receiving direction from a valued and trusted other. He perceives change or challenges as threatening, and seeks a stable, risk-free environment. He prefers safe, well-defined situations. The perception that he lacks verve and imagination may reduce opportunities others might otherwise extend to him. Competition and risk-taking are stimulating to him and he enjoys defeating rivals. His behavior is headstrong and impulsive, and may lead to frequent conflict with others. He tends to stretch the limits as if trying to see how much can be gotten away with. Uncertainty and disorganization are probably uncomfortable for him. In complex or ill-defined situations he is subdued, conservative, and avoids involvement or action. He is interdependent and tolerant of the fears and weakness of others. It is also likely that he values bringing people together, reducing conflicts, and sharing in the rewards of social living. He is practical and predictable in his thought and perception, and tolerant of the ineptitude and intellectual shortcomings in others.
Preferred	He is about as interested as are most people in activities that require intellectual or cognitive abilities. He tends to act independently of others' social values and expectations about as often as do most people. He is similar to most people in his reaction to challenges, the seeking of novel experiences, and the avoidance of routine. He is as likely to seek subordinate roles in relationships and to delay his personal gratification, as are most people. His interest in being original or thinking and acting differently from the norm is like that of most others. He is as judgmental, easily angered, skeptical, counteractive, and irritated by interference or obstacles as are most people. He is probably as strong-willed, original in thought and perception, aesthetically sensitive, and indifferent to convention as are most people.

Perspective

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The ability to provide advice and counsel based on an (1) accurate perception of the environment, (2) emphasis on rationality and analysis over feelings and emotions, and (3) considerate but straight forward, candid interactions.

Present His perception of his environment is probably similar to that of most other people, allowing him to interact as effectively as do most people. He probably seeks as much sympathy, affection, and emotional support from others as do most people. He is as analytical, logical, astute, and intellectually capable, as are most people.

Preferred Same.

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Courage

Emotional strengths for attaining gratification despite difficulties or opposition from others.

Bravery

(The potential for:) Self-assured action to attain gratification despite obstacles, opposition, or risk.

Present Timid and fearful, tending to give up easily and withdraw, he has difficulty mobilizing his resources and taking action. Since he may doubt his abilities, both his vocational and interpersonal opportunities may be restricted. Gentle, kind, considerate, and fatalistic about personal misfortune or adversity, he is vulnerable to others' aggression. He is willing to substitute daydreams and fantasies for more direct experience.

Preferred As a poised, self-assured initiator who strives to achieve gratification, he is probably willing to cut a few corners to create a good impression and attain goals. Observers may see him as assertive, enterprising and self-confident. Ambitious and impatient to get the things he values, he may insist on having his way and attaining his goals. He may stress action, visible rewards, and self-gratification.

Persistence

Resourceful, resolute, and productive behavior in which power and intellectual ability are used for the completion of goal-oriented tasks.

Present He may be hard working and goal directed. His motivation may be based more on attaining his goals than competition. He may be conscientious and, with a strong sense of duty, avoid playfulness and non-essential activities. For him, stability and continuation may be more important than the new and different. He avoids change or variety and seeks stability and consistency. Setbacks and distractions are difficult for him to endure. Reliable, ambitious, and diligent, he may be self-disciplined and attentive to duties and obligations. This self-discipline is admirable, but may have been obtained at the cost of spontaneity, and the ability to enjoy peace and quiet, even the expression of love, affection and tenderness may make him uncomfortable. He may have difficulty setting aside roles he learned in childhood. This may be demonstrated through a lack of independence and uncertainty about how to cope with the demands of adult life. Also, he may fear direct confrontation and avoid it. He tends to be analytical, logical, astute, intellectually capable, self-disciplined, and prepared to do the planning and work necessary to attain his goals. People may view him as somewhat rigid.

Preferred He is likely to be hard working, goal directed, and determined to do well. His motivation to succeed may lie less in competitive drives than in a strong need to live up to his own high and socially commendable criteria. Others are likely to acknowledge his energy and enterprise. However, they may also see elements of coercion, impatience, and self-aggrandizement in his actions. A conscientious worker, he probably has a strong sense of duty and avoids playfulness and non-essential activities. For him, stability and continuation is more important than the new and different. He is not likely to endure setbacks and distractions easily, nor is he likely to welcome change and variety; rather he steadily pursues his goals and seeks stability. He probably assumes tasks that require self-discipline and diligent effort as he seeks to avoid disorder, subjectivity, and impulsivity. His preference is probably for objectivity, rationality, and reason. Reliable, ambitious, and diligent, he is self-disciplined and attentive to duties and obligations. This self-discipline is admirable, but may have been obtained at the cost of spontaneity, and the ability to enjoy peace and quiet. Even the expression of love, affection and tenderness may make him uncomfortable. He has difficulty setting aside roles he learned in childhood. This is demonstrated through a lack of independence and uncertainty about how to cope with the demands of adult life. Also, direct confrontation is

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feared and assiduously avoided. To compensate, he seeks satisfaction in daydreams and fantasies rather than face the threatening context of everyday life. He is analytical, logical, astute, intellectually capable, self-disciplined, and prepared to do the planning and work necessary to attain his goals. People may view him as rigid.

Integrity

Ethically consistent behavior based on clear-cut, internally consistent personal standards and values.

- Present He is as likely as most people to be expressive and eager to explore the world around him. He may vacillate between pessimism and optimism, but tend to be accepting of himself and others. He probably seeks as much sympathy, affection, and emotional support from others as do most people. He is about as likely to demonstrate helpfulness, sympathy, and affection, as are most others. He is as judgmental, easily angered, skeptical, counteractive, and irritated by interference or obstacles as are most people.
- Preferred He is likely to be expressive and eager to explore the world around him, but inconstant and even capricious in his reactions. While attractive, vivacious, and enthusiastic, he may also be somewhat self-seeking. Skeptical and pessimistic about the future, he is likely to be changeable, headstrong and quick to take offense. The good fortune of others may seem unearned or unfair to him. He may frequently doubt himself or feel bitter which may cause him to be hostile towards others. He avoids conflict and confrontation. He may feel inadequate when coping with stress and crisis, and retreat into fantasy on occasion. Others are viewed as stronger and more effective than he is and he frequently seeks their support. Sympathetic and considerate, he elicits positive reactions from others and in turn treats them with respect. He is cooperative, appreciative, cheerful, warm, and valuing of intimacy and mutuality in relationships. He is easily angered, skeptical, counteractive, and irritated by interference or obstacles. He pursues his own interests and is indifferent to those of others. He is impervious to the reactions of others because of the extent of his own self-involvement. He views others as adversaries to be defeated.

Vitality

Energetic behavior and responsiveness providing a vigorous and vivacious approach to life.

- Present He is more interested in seeking the company of peers and to experience emotional satisfaction from interpersonal and erotic interactions with them than are most people.
- Preferred A vigorous sex drive, good health and abundant vitality allow him to approach life with gusto and respond warmly to interpersonal encounters. He is likely to enjoy interpersonal interaction more than most others and to seek opportunities for companionship. He may have a tendency to eroticize situations and perceive many different social interactions in sexual terms.

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Humanity

Interpersonal strengths providing social insight, assistance to others, and the capacity for enduring relationships.

Love

The capacity for compassionate relationships in which support, stability, and acceptance are offered.

Present He is about as likely to demonstrate helpfulness, sympathy, and affection, as are most others. Continuity and the preservation of old values are probably as important to him as they are to most people. He is as likely as they to seek to sustain relationships and to foster courtesy and respect.

Preferred Sympathetic and considerate, he elicits positive reactions from others and in turn treats them with respect. He is cooperative, appreciative, cheerful, warm, and valuing of intimacy and mutuality in relationships. Continuity and the preservation of old values are important. Rapid changes and shifts in convention are threatening and difficult for him to accept. He seeks to sustain relationships and to foster courtesy and respect between two persons or groups. Others are likely to see him as helpful, loyal, genuinely responsible and as a good person from whom to obtain counsel.

Kindness

Engaging in attentive behavior and the fulfillment of duties that provide material or emotional benefits to others.

Present His involvement in behavior, which provides material or emotional support to others, is about as frequent as that of most people. About as reliable and diligent as are most people, he is as attentive to duties, the responsibilities of adulthood, and obligations as they.

Preferred A genuine concern for the welfare of humankind results in cooperative and tactful social behavior. He is both sympathetic and supportive of others, and he values relationships. Reliable, ambitious, and diligent, he is self-disciplined and attentive to duties and obligations. This self-discipline is admirable, but may have been obtained at the cost of spontaneity, and the ability to enjoy peace and quiet. Even the expression of love, affection and tenderness may make him uncomfortable.

Social Intelligence

The application of cognitive activity to understand the dynamics of behavior and effectively engage others.

Present He has a stronger interest in understanding the 'why' of things, including his own behavior and that of other's, than do most people. He may be concerned for the welfare of others and willing to provide material or emotional support to them. A commitment to duties and obligations, with a reluctance to deviate from agreed-upon courses of action may make him appear rigid at times. He may work hard to see that consensual goals are attained and be a steadying influence upon others. Valuing good organization and careful planning, he tends to avoid emotionalism, but may become dissatisfied when people or events interfere with his plans. Reliable, ambitious, and diligent, he may be self-disciplined and attentive to duties and obligations. This self-discipline is admirable, but may have been obtained at the cost of spontaneity, and the ability to enjoy peace and quiet, even the expression of love, affection and tenderness may make him uncomfortable.

Preferred The 'why' of things and the basis for behavior - his and others' - probably concern him. His likely desire to 'understand' causes people to see him as a logical, foresighted, complex, internally differentiated person who values intellectual and cognitive matters. A genuine concern for the welfare of humankind results in cooperative and tactful social behavior. He is both sympathetic and

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supportive of others, and he values relationships. A strong commitment to duties and obligations, with an unwillingness to deviate from agreed-upon courses of action may make him appear rigid at times. He tries hard to see that consensual goals are attained and is a steadying influence upon others. Valuing good organization and careful planning, he avoids emotionalism, but becomes dissatisfied when people or events interfere with his plans. Reliable, ambitious, and diligent, he is self-disciplined and attentive to duties and obligations. This self-discipline is admirable, but may have been obtained at the cost of spontaneity, and the ability to enjoy peace and quiet. Even the expression of love, affection and tenderness may make him uncomfortable.

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Justice

Interpersonal strengths promoting equality, allowing leadership, and the fulfillment organizational and membership responsibilities.

Citizenship

The commitment to duty, valuing good organization and planning, and fulfillment of responsibilities.

Present He is not likely to endure setbacks and distractions easily, nor is he likely to welcome change and variety; rather he steadily pursues his goals and seeks stability. He probably assumes tasks that require self-discipline and diligent effort as he seeks to avoid disorder, subjectivity, and impulsivity. His preference is probably for objectivity, rationality, and reason. With his positive attitude toward life, he enjoys the company of others and is capable of initiating activities and carrying them through. He may not thoroughly understand himself, but he is comfortable and has a strong ability to 'love and work', Freud's criterion of personal adjustment.

Preferred Same.

Fairness

Tolerant, forbearing, and conciliatory evaluation of other's behavior.

Present He may vacillate between pessimism and optimism, but tend to be accepting of himself and others. He acts aggressively, with behavior that may be perceived by others as an attack or hurtful, about as often as do most people. He is as judgmental, easily angered, skeptical, counteractive, and irritated by interference or obstacles as are most people.

Preferred Skeptical and pessimistic about the future, he is likely to be changeable, headstrong and quick to take offense. The good fortune of others may seem unearned or unfair to him. He may frequently doubt himself or feel bitter which may cause him to be hostile towards others. He is competitive and aggressive, viewing others as rivals to be vanquished. His impulses are strong, often under controlled, and tend to be expressed with little regard for social courtesies. He is easily angered, skeptical, counteractive, and irritated by interference or obstacles. He pursues his own interests and is indifferent to those of others. He is impervious to the reactions of others because of the extent of his own self-involvement. He views others as adversaries to be defeated.

Leadership

The seeking and maintaining of positions of influence through which goals may be attained.

Present He is as likely to be hard working, goal directed, and determined to do well as are most people. His motivation to succeed may lie less in competitive drives than in a need to live up to his own criteria. His need to lead others (groups) and those with whom he has relationships is like that of most others.

Preferred He may be hard working and goal directed. His motivation may be based more on attaining his goals than competition. His need to lead others (groups) and those with whom he has relationships is a little stronger than that of most others.

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Temperance

Strengths that foster interpersonal acceptance and intrapersonal comfort.

Forgiveness

Unpretentious, forthright, and forbearing behavior based on a respect for rules and the extension of trust to others.

Present Emphasizing self-sufficiency, he may be strong-willed, original in thought and perception, aesthetically sensitive, indifferent to convention, and easily annoyed by those viewed as uninsightful, intellectually slow or undiscerning. Though talented, he may be uncomfortable with his own needs and those of others. He probably avoids intimacy, based on a candid sharing of significant feelings, sensing it as a danger. He tends to be unpretentious uncomplicated, forbearing, forthright, respectful of rules, and accepting of his role in life.

Preferred Same.

Humility

Conscientious action but with the avoidance of prominence, recognition, or attention.

Present Forceful and somewhat bombastic, he insists on winning attention; self-dramatizing, histrionic behavior may be common. Delay makes him impatient and he is willing to coerce or manipulate someone to gain acquiescence. He is likely to prefer anonymity and freedom from conflict to the winning of interpersonal victories. He is conscientious, unassuming and patient, deferring to others without loss of self-respect. Tending to over-control his needs and impulses, he often delays gratification unnecessarily. He has difficulty setting aside roles he learned in childhood. This is demonstrated through a lack of independence and uncertainty about how to cope with the demands of adult life. Also, direct confrontation is feared and assiduously avoided. To compensate, he seeks satisfaction in daydreams and fantasies rather than face the threatening context of everyday life.

Preferred He may seek the spotlight and, with self-dramatizing or histrionic behavior, act in ways that attract the attention of others. He may prefer anonymity and freedom from conflict to the winning of interpersonal victories. He is probably conscientious, unassuming and patient, deferring to others without loss of self-respect. Tending to over-control his needs and impulses, he may often delay gratification unnecessarily. He may have difficulty setting aside roles he learned in childhood. This may be demonstrated through a lack of independence and uncertainty about how to cope with the demands of adult life. Also, he may fear direct confrontation and avoid it.

Prudence

Logical, rational, analysis with an avoidance of emotionalism in planning and the pursuit of gratification.

Present He is analytical, logical, astute, intellectually capable, self-disciplined, and prepared to do the planning and work necessary to attain his goals. People may view him as rigid.

Preferred Same.

Self-Regulation

Diligence with an attention to duty and an avoidance of impulsive or unfocused action.

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Present	His strong preference for diligence and attention to duty may be attained at the cost of spontaneity and self-enhancement. Too much self-control may inhibit his behavior at times.
Preferred	Same.

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Transcendence

Strengths that open personal boundaries to events and experiences the exceed common limitations.

Aestheticism

Positive stimulation derived from complexity, novelty, and even disorder.

Present He perceives change or challenges as threatening, and seeks a stable, risk-free environment. He prefers safe, well-defined situations. The perception that he lacks verve and imagination may reduce opportunities others might otherwise extend to him.

Preferred He is similar to most people in his reaction to challenges, the seeking of novel experiences, and the avoidance of routine.

Gratitude

Appreciative, considerate, and compassionate attitudes and actions, that may become submissive when in excess.

Present Basically, submissive to the wishes and demands of others and avoiding of conflict, he may ask for little in life. His interpersonal world may be marked by worry and foreboding. He may view others as more effective or deserving than himself. Basically sympathetic and considerate, he is likely to elicit positive reactions from others and in turn treat them with respect. He tends to be cooperative, appreciative, cheerful, warm, and valuing of intimacy and mutuality in relationships.

Preferred The tendency to 'put himself down' through self-criticism, guilt, or social impotence is about like that of others. He is about as likely to demonstrate helpfulness, sympathy, and affection, as are most others.

Hope

General ambition and optimism which are maintained even when confronted with adversity.

Present He is basically satisfied with himself and he believes that his behavior is appropriate.

Preferred He is likely to be adaptable and to remain cheerful and productive in the face of adversity.

Humor

Attitudes of playfulness and impulsivity which are expressed in humorous and pleasure-seeking behavior.

Present Moderate, cautious, and slow to respond in interpersonal encounters or pleasurable activities, he is likely viewed as self-denying and lacking in excitement. He is prudent and vigilant with the ability to plan ahead. This allows him to avoid intemperance and undue impulsiveness. His desire for order may also explain a tendency toward strong opinions on ethical issues; he is likely to look askance at those who violate societal conventions.

Preferred Ebullient, enterprising, and pleasure seeking, he rejects self-restraint and the postponement of gratification. While others may see him as entertaining, they may also view him as aggressive or self-centered and pushy. He seeks adventure and activity while remaining sophisticated and relaxed; this may be a source of conflict. Academic underachievement is probable because physical

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activities may interfere with intellectual activity. Creative, independent, spontaneous behavior is more important than conformity.

Spirituality

Stable, consistent, and conservative behavior guided by moralistic attitudes formed from valued and trusted direction.

Present A conscientious worker, he probably has a strong sense of duty and avoids playfulness and non-essential activities. For him, stability and continuation is more important than the new and different. A strong commitment to duties and obligations, with an unwillingness to deviate from agreed-upon courses of action may make him appear rigid at times. He tries hard to see that consensual goals are attained and is a steadying influence upon others. Valuing good organization and careful planning, he avoids emotionalism, but becomes dissatisfied when people or events interfere with his plans.

Preferred Same.

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Summary

Statistics

	Standard Scores		Percentile Rank	
	R	I	R	I
WISDOM	42	50	21	50
Creativity	30	60	2	84
Curiosity	31	45	3	31
Open-Mindedness	58	43	79	24
Love of Learning	37	47	10	38
Perspective	52	54	58	66
COURAGE	51	60	54	84
Bravery	39	57	14	76
Persistence	58	63	79	90
Integrity	52	60	58	84
Vitality	56	62	73	88
HUMANITY	53	63	62	90
Love	54	61	66	86
Kindness	52	66	58	95
Social Intelligence	55	62	69	88
JUSTICE	54	62	66	88
Citizenship	60	64	84	92
Fairness	53	62	62	88
Leadership	48	59	42	82
TEMPERANCE	61	58	86	79
Forgiveness	56	56	73	73
Humility	62	58	88	79
Prudence	63	60	90	84
Self-Regulation	63	60	90	84
TRANSCENDENCE	48	57	42	76
Aestheticism	37	49	10	46
Gratitude	58	51	79	54
Hope	47	66	38	95
Humor	32	60	4	84
Spirituality	60	60	84	84

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Profile

