Accurate Assessment of Attributes and Abilities

This is a task that may take some time. In this, you are gathering facts about yourself. You may have heard of self-esteem and maybe even had a counselor use this term maybe even with you. The problem with self-esteem is trying to figure out what it means. For example, I am short and older and don't have much esteem for my basketball skills. However, I have high esteem for my gardening skills. Not sure how to esteem or not esteem the "self". It's going to be tied to the moment and situation at best. In RLT, we use a far better way to access our skills. You can complete this in relation to a goal such as – what skills and traits do I have to achieve goal of getting a particular job or more generally to get a more accurate snapshot of your own skills and traits. Think of three people that you know and trust and ask them to complete this for you. Then you will complete this for yourself. Once you gather these you and your therapist will discuss the findings. Generally, what happens is that people say the same things about you, and you may even be surprised.

ATTRIBUTES

Quality or feature regarded as a characteristic or inherent part of someone - good listener, creative, etc.

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ABILITIES

Talent, skill, or proficiency in a particular area: things that you do such as cook, singer, handy, etc.

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