

Weaknesses?? Those Are My Strengths!!

(Inspired by Sandy Feldman)

We tend to see our weaknesses as something negative or “bad” which we dislike and would prefer not to have as a part of us. How happy we would be if they would just disappear, never to return or to be seen or heard from ever again!

Who would ever imagine that there could be something good about having a weakness?

On closer examination though, we may be quite shocked to discover that our weaknesses are actually our greatest strengths! How can that be?

Well, here’s another great, creative and fun exercise which you can do on your own or with your family.

STEP 1:

Write down a list of all your weaknesses.

Eg. I’m stingy, get angry easily, I’m critical and judgmental of myself, have little patience for others, I’m not punctual, I’m afraid of what other people think of me, I spend too much, etc.

STEP 2:

Look within yourself and discover the underlying cause motivating your weakness ie. what strength is underlying the weakness and motivating it to be expressed?

| Weakness/Behavior | Strength/Motivation |
|---------------------------------------|---|
| I’m stingy | I value money, I like to save, I don’t want to waste. |
| I get angry easily | It’s important to me that things get done in the right way, I know we can all do a lot better if we try, I believe in our abilities, I want to see things done well. |
| I’m critical and judgmental of myself | I know I can do better, I want what’s best for myself, I want to be the greatest I can be. |
| I have little patience for others | I want to see things getting done in the world, I want to see growth and achievement, I want to see potential actualized into reality, it frustrates me that people could be doing so much better, time is short- we need to use every minute to the fullest. |
| I’m not punctual | There’s so much I want to get done everyday, I try to do as much as I can, I have a laidback, easygoing personality (this makes me fun and enjoyable to be around). |
| I’m afraid of what people think of me | I want to protect myself from getting hurt, I’m looking out for myself. |
| I spend too much | I’m a very generous and giving person, I like giving, I like doing and being active, I’m a “go-with-the-flow” kind of person. |

As you can see, while the motivation is good, the behavior is not.

Unconditional love for oneself means that I love and accept my weaknesses too because they are also expressions of the good qualities I possess.

The first step is to identify our underlying strengths and understand how they are motivating our negative behavior. The next step is to create appropriate, healthy and positive alternatives for expressing those strengths.

Consider this thought– To focus on my weakness or to focus on the strength within- which motivates me more?