

Strengths-Based Language Guide

The strengths-based approach is used across many disciplines. Strengths-based language is used in Homeward Bound to help clients reframe deficits as strengths. This can help clients look at their experiences in a new way. Strengths-based language is person-centred and recovery-focused, meaning that clients are not defined by their experiences.

Deficit-Based Concepts	Strengths-Based Concepts
Homeless Person	Person Experiencing Homelessness
In Crisis	New Opportunity
Stressed Out	Very Concerned
Argumentative	Self-Advocate
Aggressive	Assertive
Resistant To	Chooses Not To
Bad Parent	Needs Support
Overwhelmed	Many Expectations
Afraid	Not Comfortable
Takes Advantage Of	Resourceful
Lack of Experience	Willing to Learn
Victim Of	Recovering From
Lazy	Needs Support
Mentally Ill	Person With Mental Health Condition



Framing the Question

Tell be how you overcame that situation.

What is an accomplishment that you're proud of?

What was something you enjoyed about your last job?

Framing a Response

Even though the situation was difficult for you, it sounds like you were still able to advocate for yourself.

It sounds like you have done research on a number career paths, and you're trying to decide on your next step.

It sounds like you are committed to finding a stable job and safe housing to support your family.

Further Resources

Strengths-Based Approach positivepsychology.com

Recovery-Oriented Practice mentalhealthcommission.ca

Strengths-Based Manual researchgate.net