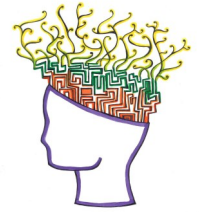


# Meaning Making Strengths

Language guidance for interviewing youth about meaning making strengths.



General principles: Try to choose words that can be correctly pronounced phonetically (example “count on me” versus “rely,” avoid words with irregular conjugations, and be aware that many youth will interpret terms more concretely than intended. Also, words used in school settings are well understood, even if relatively complex (for example, “confiscate”).

<b>EASY TERMS (OK for most youth age 10+)</b>	<b>MIXED TERMS (May be understood, especial- ly by older youth)</b>	<b>HARD TERMS (Avoid or further define &amp; add context)</b>
Looking on the bright side Staying positive		Optimistic
Religious	Spiritual / spirituality	
God	Higher power	“Forces bigger than me”
Future Goals	Backup plan	Achieve / Achievement
Choice	Options	Possibilities
Fit in / belong	Connection	Connectedness Connecting with nature Feel a part of
“Just the way I am”	“Who I am”	
	Inner peace	Awe
Pray		
Purpose		Making a difference in the world
Drop out		
Believes in me		
Let down		
		Turning point in life
		Above and beyond (expectations)
		Orientation Future orientation (if known, likely to be in context of “sexual orientation”)