



# BERNSTEIN iModes

## Bernstein List of 48 Personal Strengths

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Instruction: Circle the five strengths that most describe you (your “top five” strengths).

Authentic	Self-nurturing
Stress-tolerant	Self-reflective
Self-controlled	Flexible
Self-confident	Genuine
Self-assured	Perceptive
Bold	Thankful
Creative	Healthy
Resourceful	Centered
Physically fit	Stable
Playful	Being myself
Self-aware	Patient
Spiritual	Self-disciplined
Responsible	Well-balanced
Imaginative	Trustworthy
Objective	Self-reliant
Empathic	Witty
Assertive	Compassionate
Kind	Learned
Funny	Resilient
Understanding	Realistic
Wise	Reliable
Grateful	Forceful
Appreciative	Rational
Caring	Introspective





## **Relationship of strengths to the Qualities of the Healthy Adult**

### **Factor 1 – Self-directedness**

1. Identity – Authentic, genuine, real
2. Self-reflection – Self-reflective, introspective, self-aware
3. Self-confidence – Self-confident, self-reliant, self-assured
4. Self-assertion – Assertive, bold, forceful
5. Imagination – Creative, imaginative, resourceful

### **Factor 2 – Self-regulation**

6. Emotional balance – Centered, well-balanced, stable
7. Resilience – Resilient, stress-tolerant, flexible
8. Self-control – Self-controlled, patient, self-disciplined
9. Self-care – Self-nurturing, physically fit, healthy
10. Reality testing – Rational, objective, realistic

### **Factor 3 – Connection**

11. Empathy – Empathic, understanding, perceptive
12. Compassion – Compassionate, kind, caring
13. Humor – Funny, playful, witty
14. Responsibility – Responsible, trustworthy, reliable

### **Factor 4 - Transcendence**

15. Thankfulness – Grateful, thankful, appreciative
  16. Wisdom – Wise, learned, spiritual
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