

美德與品格強項 (Peterson & Seligman, 2004)



美國正向心理學之父 Martin Seligman 指出若果人能運用個人的強項在工作、休閒、家庭生活等各方面，將能容易感受到真實的快樂及幸福圓滿 (2011)。在價值實踐概念中，Peterson 與 Seligman 將多達二百多種關於人性正向特質歸納成六種美德，包括智慧與知識、勇氣、靈性及超越、仁愛、公義和節制；他們亦從抽象的美德中延伸出具體可測量的二十四個品格強項 (2004)。

智慧與知識

- 創造力、靈巧性和獨創性：能够想出新方法去做事。如果有更好的方法，決不會滿足於用傳統方法去做同樣的事。
- 對世界的好奇和興趣：對任何事都感到好奇。經常發問，對所有話題和題目感到著迷，並喜歡探索和發掘新事物。
- 判斷力、批判性的思考和開明的思想：能從多角度思考和考證事物是你重要的特質。不會妄下結論，只會根據實際的證據做決定。
- 喜愛學習：喜愛學習新事物。喜愛上學，閱讀，參觀博物館和任何有機會學習的地方。
- 洞察力及智慧：不認為自己有智慧，但自己的朋友卻看得到。他們重視自己對事物的洞察力，並向我尋求意見。

勇氣

- 勇敢和勇氣：無所畏懼的人，不會在威脅、挑戰、困難或痛苦面前畏縮。即使面對反抗，仍會為正義而大聲疾呼，並根據自己的信念而行動。
- 勤奮、用功和堅毅：努力去完成自己開展的工作。無論怎樣的工作，都會盡力準時完成。工作時，不會分心，而且在完成工作的過程中獲得滿足感。
- 誠實、真摯和真誠：誠實的人，不止說實話，還會以真誠和真摯的態度生活，更不虛偽，是個「真心」的人。
- 興緻、熱情和幹勁：無論做什麼事，都是懷著興奮的心情和幹勁。做事不會半途而廢，也不會覺得沒勁，因為對於自己而言，生命是一場歷險。

仁愛

- 去愛和被愛的能力：重視與別人的親密關係，特別是那些互相分享與關懷的關係。那些給自己最親密感覺的人，他們同樣感到與自己最親密。
- 仁慈和寬宏：對別人仁慈和寬宏大量。別人請自己做事，從不推搪。享受為別人做好事，即使是那些人和自己認識不深。
- 社交智慧：明白別人的動機和感受。在不同的社交場合，知道該做甚麼，也知道做些甚麼，才能使其他人感到自在。

公義

- 公民感、團隊精神和忠心：作為團隊的一份子，表現突出。個人是一個效忠和致力於團隊的隊員，經常完成自己的分內事，並為團隊的成功而努力。
- 不偏不倚、公平和公正：對所有人公平是堅持不變的原則。個人不會因為個人的感情影響，而對別人作出有偏差的判斷，並給予每個人平等的機會。
- 領導才能：在領導方面表現出色。鼓勵組員完成工作，並令每名組員有歸屬感，維持團隊的和諧。

節制

- 寬恕和慈悲：寬恕那些對不起自己的人。常常給別人第二次機會。個人的座右銘是慈悲，不是報復。
- 謙恭和謙遜：不追求別人的注視，比較喜歡讓自己的成就不言而喻。不認為自己很特別，而自己的謙遜是公認和受重視的。

- 小心、謹慎、審慎：個人很小心，做選擇時，總是一貫地審慎行事。你不會說那些將來自己會後悔的話，或是做將來會後悔的事。
- 自我控制和自我規範：自覺地規範自己的感覺與行為，是個自律的人。對自己的食量和情緒有自制力，不會反被它們支配。

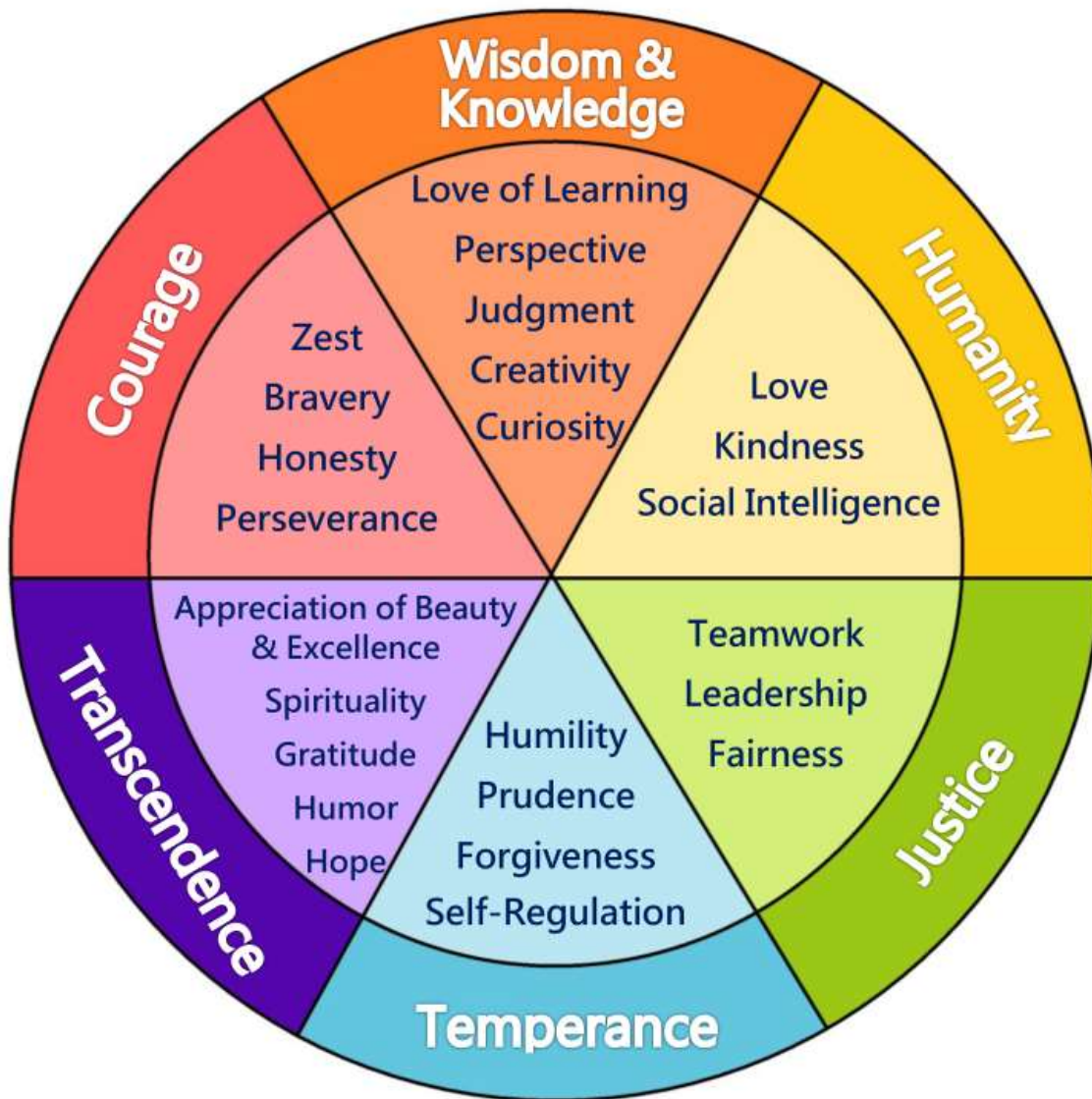
靈性及超越

- 對美麗和卓越的欣賞：在生命中的一切一切，從大自然、藝術、數學、科學以至日常生活體驗，都有留意和欣賞到其美麗、優秀，和富技巧之處。
- 感恩：留意發生在自己身上的好事，但從不會視為理所當然。因為常常表達謝意，朋友和家人都知道自己是個懂得感恩的人。
- 希望、樂觀感和未來意識：對未來有最好的期望，並努力達成心願。相信未來掌握在自己手中。
- 幽默感和挑皮：喜歡大笑和逗別人快樂，為別人帶來歡笑很重要。在任何情況下，自己都嘗試去看事情輕鬆的一面。
- 靈修性、對目的的觀念和信念：對崇高的人生目標和宇宙意義有着強烈和貫徹的信念。知道自己怎樣在大環境中作出配合，個人的信念塑造了自己的行為，也成了自己的慰藉之源。

Seligman, M. E. P. (2011). *Flourish: A Visionary New Understanding of Happiness and Well-being*. New York: Free Press.

Peterson, C., & Seligman, M. E. P. (2004). *Character strengths and virtues: A handbook and classification*. New York: Oxford University Press and Washington, DC: American Psychological Association.

Character Strengths



Dr. Martin Seligman, the father of positive psychology, posits that if a person can effectively utilize his or her character strengths at work, in leisure, or in family life, he or she would be more able to achieve the sense of authentic happiness of flourishing (Seligman, 2011). In the concept of value application, Peterson and Seligman summarize more than 200 positive attributes into six virtues, namely wisdom, courage, transcendence, humanity, justice, and temperance. From these virtues, twenty-four more concrete and measurable character strengths are subdivided (Peterson and Seligman, 2004).

Wisdom

Creativity: Thinking of new ways to do things. Never content with doing something the conventional way if a better way is possible.

Curiosity: Curious about everything. Always asking questions, and finds all subjects and topics fascinating. Likes exploration and discovery.

Judgment: Thinking things through and examining them from all sides. Does not jump to conclusions; but relies only on solid evidence to make the decisions. Able to change your mind.

Love of Learning: Loves learning new things. Has always loved school, reading, and museums-anywhere and everywhere there is an opportunity to learn.

Perspective: May not think of self as wise, but friends hold this view. Friends value perspective on matters and turn to person for advice.

Courage

Bravery: A courageous person who does not shrink from threat, challenge, difficulty, or pain. Speaks up for what is right even if there is opposition. Acts on convictions.

Perseverance: Works hard to finish what has started. No matter the project, "gets it out the door" in timely fashion. Does not get distracted during working.

Honesty: An honest person, not only by speaking the truth but by living life in a genuine and authentic way. Down to earth and without pretense.

Zest: Regardless of what one's do, approaches it with excitement and energy. Never do anything halfway or halfheartedly. Life is an adventure.

Humanity

Love: Values close relations with others, in particular those in which sharing and caring are reciprocated. Feels most close are the same people who feel most close to him / her.

Kindness: Kind and generous to others, and never too busy to do a favor. Enjoy doing good deeds for others, even if one does not know them well.

Social Intelligence: Aware of the motives and feelings of other people. Knows what to do to fit in to different social situations, and knows what to do to put others at ease.

Justice

Teamwork: Excels as a member of a group. A loyal and dedicated teammate, always does sharing, and works hard for the success of group.

Fairness: Treating all people fairly is an abiding principle. Does not let personal feelings bias decisions about other people. Gives everyone a chance.

Leadership: Excels at the tasks of leadership: encouraging a group to get things done and preserving harmony within the group by making everyone feel included. Does a good job organizing activities and seeing that they happen.

Temperance

Forgiveness: Forgives those who have done one wrong. Always give people a second chance. The guiding principle is mercy and not revenge.

Humility: Does not seek the spotlight, preferring to let the accomplishments speak for themselves. Does not regard oneself as special, and others recognize and value their modesty.

Prudence: A careful person with consistently prudent choices. Does not say or do things that they might later regret.

Self-Regulation: Self-consciously regulates feelings and actions. A disciplined person in controlling their appetites and emotions, not vice versa.

Transcendence

Appreciation of Beauty & Excellence: Notices and appreciates beauty, excellence, and/or skilled performance in all domains of life, from nature to art to mathematics to science to everyday experience.

Gratitude: Aware of the good things that happen to oneself, and never take them for granted. Usually takes the time to express thanks to others.

Hope: Expect the best in the future, and work to achieve it. Believes that the future is something that one can control.

Humor: Likes to laugh and tease. Bringing smiles to other people is important. Tries to see the light side of all situations.

Spirituality: Have strong and coherent beliefs about the higher purpose and meaning of the universe. Know where one fits in the larger scheme. Beliefs shape actions and are a source of comfort to oneself.

Seligman, M. E. P. (2011). *Flourish: A Visionary New Understanding of Happiness and Well-being*. New York: Free Press.

Peterson, C., & Seligman, M. E. P. (2004). *Character strengths and virtues: A handbook and classification*. New York: Oxford University Press and Washington, DC: American Psychological Association.

資料來源：城市大學正向教育研究所

http://www.cityu.edu.hk/ss_posed/content.aspx?lang=en&title=12