WORKSHEET 106 · FOR THE PSYCHOLOGIST

My PERMA profile

Taking stock of the five pillars of well-being

AIM

Help the person assess, simply, the five dimensions of the PERMA model (positive emotions, engagement, relationships, meaning, accomplishment) and choose one pillar to nurture.

WHO IT IS FOR

A feeling of emptiness or routine, recovery after a difficult period, wanting to work on well-being and not only on symptoms.

DURATION

15-20 min in session; repeat every 1-2 months

HOW TO RUN IT

1. Introduce the five pillars with a concrete example of each.
2. Ask them to rate each pillar from 0 to 10 and note what already feeds it.
3. Look for a pillar that is low but important to the person (not necessarily the lowest).
4. Choose a small action and a related worksheet together (107 to 115).

POINTS TO WATCH

> This self-assessment is not the PERMA-Profiler (the validated questionnaire by Butler and Kern): it is a support for conversation. Positive psychology complements support, it doesn't replace it. With marked depression, these exercises can increase the sense of failure if offered too early or as an obligation to "be fine": adapt the pace and first validate the difficult emotions.

REFERENCES

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

Butler, J. & Kern, M. L. (2016). The PERMA-Profiler: A brief multidimensional measure of flourishing. International Journal of Wellbeing, 6(3), 1-48.

PSYCHOLOGIST'S NOTES

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WORKSHEET 106 · WORKSHEET TO HAND OUT

My PERMA profile

The psychologist Martin Seligman describes five pillars of well-being: positive emotions, engagement, relationships, meaning and accomplishment (PERMA). Being well isn't only about no longer suffering: it is also about nurturing these five pillars.

1. Read the five pillars in the table.
2. Rate each one from 0 (not present in my life at all) to 10 (very present).
3. Write what already feeds it, however little.
4. Choose one pillar to nurture this month and a small action.

Pillar	My rating /10	What already feeds it	A small action

The pillar I choose to nurture, and why:

These exercises do not replace therapy. If you are in distress or having suicidal thoughts: 112 (European Union), 3114 (France) or the emergency number of the country where you live.

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