



Certificate of Strength

This document certifies that

has shown the skill of

Being in Control of Emotions

to be a strength. He or she

- Knows factors that influence emotions.
- Uses strategies to remain under control.
- Does not act immediately when making decisions.
- Maintains control of emotions when urges occur.

I certify that this skill is a strength of the above named individual.

Signature

Title

Date

Signature

Title

Date

Signature

Title

Date