Person-Centered Thinking

Preferences

- Who I choose to spend time with.
- What I choose to do during my free time.
- How I prefer to receive information
- How I prefer to communicate
- Preference for working. Alone? With 1 person? Groups?
- Environmental preference. Open? Private? Active? Quiet? Bright? Dark?

Interests

- What fascinates me.
- What gains my attention
- What is meaningful to me
- What is motivating/ reinforcing to me.
- Hobbies or collections
- Favorite things, people, places, etc.
- What I like to do around the house.

Who?

Skills/ Strengths

- Talents, gifts, abilities
- What I am good at doing.
- When I am most independent.
- What helps me to be successful.
- My skill set for learning.

Needs

- What challenges me.
- What requires help.
- What is difficult for me.
- When I request assistance.
- What helps me feel most comfortable or safe.
- 'Needs' that currently require another person to be present.