

## 280 CARER STRENGTHS ... AND COUNTING ...

A list from the Caring Together Art Journal Project – <http://caringtogetherproject.com>

1. accepting	71. descrambler	141. inventive	211. reliable
2. accessible	72. determined	142. involved	212. representative
3. accountable	73. devoted	143. juggler	213. resilient
4. Acquainted	74. diligent	144. kind	214. resolute
5. active	75. diplomat	145. knowledgeable	215. resourceful
6. adaptable	76. doer	146. learner	216. respectable
7. advisor	77. dutiful	147. lighthouse keeper	217. respectful
8. advocate	78. earnest	148. limit setter	218. responsible
9. affectionate	79. educated	149. lifesaver	219. responsive
10. alert	80. educator	150. logical	220. rock
11. always there	81. enabler	151. long-lasting	221. role model
12. applauder	82. encouraging	152. loving	222. safe keeper
13. approachable	83. enduring	153. loyal	223. selfless
14. arranger	84. energetic	154. manager	224. sensible
15. articulate	85. engaged	155. measured	225. sensitive
16. assertive	86. enlightened	156. meditative	226. serious
17. assistant	87. enquirer	157. mindful	227. sharer
18. attentive	88. enthusiastic	158. modest	228. shoulder to cry on
19. available	89. equal	159. moral	229. shoulder to lean on
20. Aware	90. essential	160. motivated	230. significant other
21. backer	91. ethical	161. motivator	231. sincere
22. balancer	92. experienced	162. multi-tasker	232. skilled
23. believer	93. expert	163. negotiator	233. solicitous
24. benevolent	94. fair	164. nourishing	234. soother
25. boundary setter	95. faithful	165. nurturing	235. steady
26. bracing	96. familiar	166. obliging	236. strength giver
27. brave	97. feeling	167. observant	237. strong
28. buttress	98. financier	168. observer	238. supporter
29. calming	99. flexible	169. open-hearted	239. Supportive
30. capable	100. focussed	170. open to new ideas	240. survivor
31. careful	101. fond	171. optimistic	241. sympathetic
32. caring	102. forgiving	172. organiser	242. tactful
33. catcher	103. forward thinking	173. participant	243. taxi driver
34. cautious	104. friend	174. partner	244. teamplayer
35. champion	105. full-timer	175. passionate	245. tender
36. cheerleader	106. generous	176. pathfinder	246. thinker
37. collaborator	107. genuine	177. patient	247. thirsty for knowledge
38. comforter	108. giving	178. patron	248. thoughtful
39. comforting	109. goal setter	179. peacekeeper	249. tolerant
40. committed	110. good intentioned	180. peacemaker	250. tough
41. communicator	111. grateful	181. perceptive	251. translator
42. companion	112. guardian	182. persevering	252. trustworthy
43. compassionate	113. guidance seeker	183. place holder	253. trusting
44. competent	114. guide	184. planner	254. truthful
45. concerned	115. gutsy	185. possibilitarian	255. unconditional
46. confidant	116. hand holder	186. positive	256. understanding
47. confident	117. hands on	187. practical	257. unflinching
48. congratulator	118. hard worker	188. practised	258. unhesitating
49. connected	119. heedful	189. pragmatic	259. uniting
50. connector	120. helpful	190. prepared	260. unselfish
51. conscientious	121. holistic	191. present	261. unstinting
52. considerate	122. homemaker	192. priceless	262. unwavering
53. considered	123. honest	193. principled	263. useful
54. constructive	124. honorable	194. problem solver	264. valid
55. contemplative	125. hopeful	195. protective	265. validator
56. contributor	126. hospitable	196. protector	266. valuable
57. controlled	127. host	197. proud	267. versatile
58. co-operative	128. hugger	198. provider	268. vigilant
59. coper	129. humble	199. purposeful	269. vital
60. correspondent	130. informed	200. rational	270. wanting to help
61. corroborator	131. innocent	201. ready to connect	271. warm hearted
62. courageous	132. Insightful	202. real	272. watchful
63. courteous	133. intangible	203. realistic	273. welcoming
64. creative	134. integral	204. reasoning	274. well meaning
65. credible	135. integrity	205. reassuring	275. willing
66. debator	136. intelligent	206. receptive	276. willing to learn
67. decision maker	137. intent	207. record keeper	277. wise
68. dedicated	138. Interested	208. recorder	278. witness
69. defender	139. interpreter	209. referee	279. worker
70. dependable	140. intuitive	210. reflective	280. worthy