Strengths

The people are divided into five factions: Abnegation, Erudite, Dauntless, Amity, and Candor. These factions are based on an aptitude test taken by all sixteen-year-olds, and are based on their most prominent character strengths. These strengths are selflessness, intelligence, bravery, peacefulness, and honesty.

- What are some of your personal strengths? How do you develop strengths?
- How can you recognize/appreciate the strengths of others?
- Can weaknesses become strengths? How?
- Four shows Beatrice his tattoo of all the factions’ symbols and says he doesn’t want to be just one faction. Why is it important to focus on developing a variety of strengths?

Selflessness/Sacrifice

Selflessness is the distinguishing trait of those who chose to live in Abnegation. What effect does being selfless have on a relationship? How should you demonstrate selflessness in your own relationships?

- Beatrice’s mom comes to save her from being killed. Both of her parents end up dying that day trying to help and protect her. What are some ways others have made sacrifices for you? How can sacrificing for others benefit us?

Bravery

Bravery is the distinguishing trait of those who chose to live in Dauntless. What is bravery? What are examples of ways to be brave? Does bravery always take the form of a heroic act?

- Beatrice has the courage to stand up for herself and for others who are getting picked on throughout training. What is courage? What could the consequences be of having the courage to stand up for yourself and your beliefs? How can you develop courage?
- Eric tells the recruits before they fight one another that a brave man never surrenders. Under what circumstances would leaving a relationship be considered bravery?

Honesty/Trust

Honesty is the distinguishing trait of those who chose to live in Candor. What does it mean to be honest? What is the importance of honesty in relationships?

- Beatrice is told to trust herself. What is trust? Is it easy to trust yourself? Why or why not? How do you show your trust for others? What is the importance of trust in relationships?
- Beatrice lies to Four about the results of her aptitude test. How can lying undermine and affect your relationships?
Identity
- Beatrice believes that the aptitude test will tell her who she is and where she belongs. What are some things that define who you are?
- When Beatrice meets Jeanine Matthews for the first time, Jeanine tells her, “I want you to choose who you are because you know who you are, not who you want to be.” What is the difference between who you are and who you want to be? How do you become who you want to be?

Support System
- Beatrice has a strong support system in her family, especially with her parents. What is the importance of having a support system? Who makes up your support system?
- The recruits have to work together through teamwork to win capture the flag. Is teamwork an important component of relationships? Why or why not?

Safety
- The people are told that they are divided into factions and have a wall surrounding them for their safety. What are ways you can stay safe in a relationship? What does a safe relationship look like to you?

Fear
- When they are climbing the Ferris wheel, Beatrice finds out that Four is afraid of heights. What things can cause fear in regards to relationships? How can fear inhibit, or limit, relationships? Explain.

Agency
- Once a person chooses which faction they want to be a part of, they are not allowed to change their mind, or return to their old faction ever again. How do you go about making decisions in your life? How do you make decisions when it comes to relationships?
- To get into Dauntless, you have to jump off the moving train and then off the edge of a building without knowing what is at the bottom. What are some situations where you might have to make a decision without being able to see or know what the end result will be? How can you make those kinds of decisions?

Physical Intimacy
- Beatrice and Four kiss, but she tells him she doesn’t want to move too fast, which he agrees to. What role does physical affection play in relationships? Why is it important to not move too fast when it comes to physical intimacy? What does “too fast” mean?

For more resources to help teens and young adults learn healthy relationship skills, visit DibbleInstitute.org