



Gardner's Theory of Multiple Intelligences was proposed by Howard Gardner in his 1983 book "Frames of Mind: The Theory of Multiple Intelligences." Gardner, a developmental psychologist, suggested that traditional IQ tests and the concept of a single general intelligence (g-factor) were too narrow and did not capture the full range of human cognitive abilities. Instead, he proposed that there are multiple distinct types of intelligences, each representing different ways of processing information and solving problems.

The Gillen Scale for Identifying Multiple Your Intelligences

This self-assessment is designed to help identify your strengths in each type of intelligence. For each statement below, rate how well it describes you on a scale of **1 to 5**:

1. **Not at all:**
2. **Slightly**
3. **Moderately**
4. **Considerably**
5. **Very much**

- A**
- I enjoy reading books and writing stories or articles.
- I find it easy to find the right words to explain my ideas clearly and effectively.
- I often play with words, such as through puns or word games.

Total Score **A**: (3 to 15) _____

- B**
- I like solving puzzles and figuring out how things work.
- I am proficient at math and enjoy working with numbers.
- I approach problems systematically and logically.

Total Score **B**: (3 to 15) _____

- C**
- I enjoy activities like drawing, painting, or designing.
- I can easily visualize objects and navigate my surroundings.
- I am skilled at building models or working with maps.

Total Score **C**: (3 to 15) _____

- D**
- I have a good sense of rhythm and can recognize musical patterns.
- I enjoy singing, playing musical instruments, or making music.
- I often listen to music and can identify different instruments or genres.

Total Score **D**: (3 to 15) _____

- E**
- I am good at physical activities like sports, dance, or crafts.
- I learn best through hands-on experiences and movement.
- I have good coordination and control over my body.

Total Score **E**: (3 to 15) _____



F

- ____ I find it easy to understand and empathize with others.
____ I enjoy working in teams and collaborating with people.
____ I have good social skills and can communicate effectively.

Total Score **F**: (3 to 15) _____

G

- ____ I am aware of my own emotions, strengths, and weaknesses.
____ I spend time reflecting on my thoughts and experiences.
____ I have clear personal goals and a good understanding of my motivations.

Total Score **G**: (3 to 15) _____

H

- ____ I enjoy spending time in nature and observing wildlife.
____ I can easily identify different plants, animals, and natural phenomena.
____ I have a strong connection to the environment and enjoy outdoor activities.

Total Score **H**: (3 to 15) _____

Scoring and Types of Intelligences

For each section A through H

- Total Score of 3 to 6 is **LOW**
- Total Score of 7 to 10 is **MODERATE**
- Total Score of 11 or more is **HIGH**

A - Linguistic Intelligence: The ability to use language effectively for communication and expression. This includes skills in reading, writing, storytelling, and verbal reasoning. Poets, writers, and public speakers often excel in this intelligence.

Discussion Questions –

- How did you score in this section (Low, Moderate, or High?)
- How do you use language and words skillfully in your daily life? Do you consider yourself strong in this area? If so how can you use these skills effectively in your life going forward?

B - Logical-Mathematical Intelligence: The capacity for deductive reasoning, problem-solving, and mathematical calculations. Scientists, mathematicians, and engineers typically have strong logical-mathematical intelligence.

Discussion Questions –

- How did you score in this section (Low, Moderate, or High?)
- When faced with a problem, do you tend to break it down logically and methodically?
- Can you share an example of a time when your logical and methodical thinking helped you solve a problem?



C - Spatial Intelligence: The ability to think in three dimensions and visualize spatial relationships. This intelligence is often found in architects, artists, and pilots.

Discussion Questions –

- How did you score in this section (Low, Moderate, or High?)
- Do you enjoy activities like drawing, building, or navigating?
- How do you think your ability to use spatial intelligence has influenced your hobbies or career choices?

D - Musical Intelligence: The talent for performing, composing, and appreciating musical patterns. Musicians, composers, and conductors are examples of individuals with high musical intelligence.

Discussion Questions –

- How did you score in this section (Low, Moderate, or High?)
- How does music play a role in your life?
- Can you think of an aspect of your life where your musical intelligence is particularly evident?

E - Bodily-Kinesthetic Intelligence: The ability to use one's body effectively to solve problems or create things. This includes skills in physical coordination, manipulation of objects, and fine motor skills. Athletes, dancers, and surgeons often possess strong bodily-kinesthetic intelligence.

Discussion Questions –

- How did you score in this section (Low, Moderate, or High?)
- Are you involved in any physical activities or sports?
- How do you use your ability to move effectively in your everyday tasks?

F - Interpersonal Intelligence: The capacity to understand and interact effectively with others. This involves empathy, social skills, and the ability to communicate and work well in groups. Teachers and therapists often have high interpersonal intelligence.

Discussion Questions –

- How did you score in this section (Low, Moderate, or High?)
- How do you usually interact with others in group settings?
- Can you provide an example of when your skills in this area helped you in a social situation?

G - Intrapersonal Intelligence: The ability to understand oneself, including one's emotions, motivations, and inner states. This intelligence is crucial for self-reflection and personal growth. Philosophers and psychologists often excel in intrapersonal intelligence.

Discussion Questions –

- How did you score in this section (Low, Moderate, or High?)
- How well do you understand your own emotions and motivations?
- What practices do you use for self-reflection and personal growth?



H - Naturalistic Intelligence: The ability to recognize and categorize plants, animals, and other aspects of the natural environment. This intelligence is often seen in biologists, farmers, and naturalists.

Discussion Questions –

- How did you score in this section (Low, Moderate, or High?)
- How connected do you feel to nature?
- Can you share an experience or life situation where this ability was particularly strong?

Gardner later suggested the possibility of other intelligences, such as existential intelligence (the capacity to tackle deep questions about human existence) and pedagogical intelligence (the ability to teach and convey information effectively).

Discussion Questions –

- Do you think there are other types of intelligence not mentioned here?
- How might this concept of multiple intelligences impact our understanding of our own potential?

Closing Questions

1. How can you leverage your strengths identified in this self-assessment to support your recovery journey?
- *Example: If you scored high in interpersonal intelligence, how can you use your social skills to build a strong support network?*
2. What specific activities or strategies can you incorporate into your daily routine that align with your top intelligences to improve your mental health and manage substance use?
- *Example: If you scored high in bodily-kinesthetic intelligence, what physical activities can you engage in regularly to help manage stress and improve your overall well-being?*
3. How can understanding your unique intelligences help you set more effective and personalized goals for your recovery?
- *Example: If you scored high in intrapersonal intelligence, how can you use your self-awareness to identify personal triggers and develop coping strategies tailored to your needs?*

