

Scaling Questions Worksheet

On a scale of 1 to 10, with ten representing the best it can be and 1 the worse:

1. Where would you say you are today?

2. Where would you say you were a day or two ago? What was happening in your life when it was higher?

3. When your scale goes lower, how did you stop yourself from going further down?

4. What would be a realistic step to move up the scale during this period of time?

5. How would you know if you moved up on the scale?

6. What would need to happen for you to move up?

7. What strengths and skills do you have to help you move up the scale?

8. What have you learned about yourself from previous experiences?