

Scaling Questions

As individuals are encouraged to talk about their successes and future actions, their perceptions about themselves and the situation will shift. Scaling is useful for setting and clarifying goals and assessing for an individual's confidence that goals will be met.

 A child welfare worker may ask,

“On a scale from 1 to 10, with 10 meaning you have every confidence that the problem will be solved, and 1 means no confidence at all, where would you put yourself today?”

-Then ask,

“What has to happen for you to go up one step?” – this allows for a conversation around goal setting.

 An attorney for the child may ask (within the context of initial contacts with the family, scaling can be used to assess for safety.)

“On a scale of 1-10, how safe do you feel at mom's house?”

How safe do you think your sister feels?

When you are one number higher on the scale what will your dad be doing that he isn't doing now?”

Integrating Trauma Informed
Solution Focused Strategies
in Family Court

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