

Scaling Questions

Scaling questions are a clever way to make complex features of a client's life more concrete and accessible for both the client and the Child Protection Worker.

Scaling questions can be used to assess self-esteem, self confidence, investment in change, prioritization of problems, perception of hopefulness, etc. They can also be used over a period of time to assist you and the client assess the level of change (both positive and concerning) that may have occurred.

They usually take the form of asking the client to give a number from 1-10 that best represents where the client is at some specified point. Ten is the positive end of the scale, so higher numbers are equated with more positive outcomes or experiences.

To engage someone in the FGDM process you can ask them the following questions:

Example of a question:

On a scale of 1-10 with 10 meaning you have every confidence that a Family Group Conference could assist you with your situation and 1 means you have no confidence at all it could be helpful, where would you put yourself today?

Possible key follow-up questions:

- On the same scale, what might increase your number a slot or two?
- What might decrease the success of a conference?

Example of a question:

On a scale of 1-10 with 10 meaning you are 100% motivated to have a FGC, and 1 being you have no desire at all to have a FGC where would you put yourself today?

What you may learn by using this technique:

What you can do/say to facilitate a client engaging in the FGDM process; or if there is little if any likelihood they would be willing to do so.

Your Notes and Examples: use the back of the sheet as needed.