

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.**

Scaling Questions

- ▶ **They usually take the form of asking the client to give a number from 1-10.**
- ▶ **Representing 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.**
- ▶ **It is critical that you provide anchors for each end of the scale.**

Scaling Questions

Example #1:

- ▶ **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?**

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Example #2:

- ▶ 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?

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?

Scaling Questions

What you may learn from 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.