

# SCALING QUESTIONS

**Scaling Questions** invite the clients to put their observations, impressions, and predictions on a scale from 0 to 10. Questions need to be specific, citing specific times and circumstances.

## **Examples:**

- On a scale of 0 to 10, with “0” being not serious and “10” being very serious, how serious do you think the problem is now? What led you to pick that number? What would it take to decrease that number by just one point?
- On a scale of 0 to 10, with “0” being not solved at all and “10” being completely solved, what number would it take for you to consider the problem to be sufficiently solved? What would it look like if the problem was solved to that level?
- On a scale of 0 to 10, with “0” being not committed at all and “10” being very committed, how committed are you to working to accomplish this goal? What would it take for you to increase by just one point?