Scaling Questions Steps

0 to 10 map. Anchors. What already helps. Half a point higher. Who notices. Tiny next step.

Name: _____ **Date:** _____

1. Name the scale

Progress, confidence, motivation, or hope. One plain sentence.

2. Set anchors

What is a 10? What is a 0 or 1? Write both before the number.

3. Today's number

Where are you today? Accept the number. No arguing up.

4. What already helps

What puts you at N rather than lower? Stay concrete.

5. Half point higher

What would you notice? What would others notice?

6. Who notices

Who would spot half a point of change first?

7. Tiny next step

One small experiment. When and where. Write it down.

8. Review

Re scale next time. What changed? Adjust the next step.

Tip: anchors first, then number, then evidence, then one half point experiment.

Safety: if unsafe thoughts appear, stop and get help. US: 988 · HOME to 741741 · 911

Not a grade. A practice tool for SFBT style scaling work.

Original layout by Lotus & Tulip, based on SFBT scaling questions teaching. A practice tool, not therapy.

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My Scaling Questions Worksheet

Today's number. Anchors. What already helps. Half a point higher. Tiny next step.

Name: _____ **Date:** _____

This scale is about (progress / confidence / hope / other):

_____

_____

Anchors: what is a 10? what is a 0 or 1?

10 means: _____

0 or 1 means: _____

Today's number 0-10: _____ Confidence to try a step 0-10: _____

What already puts me at that number (not lower):

_____

_____

A half point higher would look like:

Who would notice first, and what they would see:

_____

One tiny next step (when / where):

_____

_____

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Scaling Questions Practice Log

Seven days of numbers, evidence, and tiny half point steps.

Name: _____ **Date:** _____

Day / date	Number 0-10	What already helped	Half point idea	After
1.				
2.				
3.				
4.				
5.				
6.				
7.				

Teen mini card (cut out and keep)

Today 0 to 10 on my goal: ___ What already puts me there?

Half a point higher would look like: _____

One tiny step before tomorrow ends. Small numbers still count.

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