## **Strengths and Scaling questions examples**

* Why is it so important for you to get to … where you want to get?
* What else have you been able to do to keep on top of it?
* Who are the closest, most important people in your life?
* What would they say they were most impressed with you since you started on this journey..?
* What do they do to support you to stay above 0?
* What helps you to stay at least 3-4 points above 0?
* Supposing something happens overnight and you get to 10, you wake up in the morning…what would that mean for you?
* What would you see?
* What would it look like?
* What would be happening for you?
* What else would be happening, what else?
* What would your family see?
* What would you notice different about yourself?
* When you are a 3 or a 4, what is the worst for you?
* What does it look like?
* What did you do to get out of that place?
* What else?
* What did you do that doesn’t work?
* If you say you would be happier being a 9 or 10, what would that look like?
* What sort of things would you be doing being happy?
* What would people, colleagues see at work if you were happier?
* What would that mean?
* What is the biggest difference you would notice being a 10 in terms of …?
* What will you do to maintain that? What else?
* What do you know about yourself that gives you confidence you could reach 9 for ex?

**Imagine if your family could be a 10 for one day only…what was different in it being a 10?**

* *Pay attention to small things you do well, which help you maintain yourself at 4 (focus on positive)*
* *Explore at least 3 things that brings the person that* ***high*** *on the scale*
* *Perhaps ask for other people’s rating (always do this in CP work)*
* *Ask what would be the smallest thing that would need to happen so they could rate one point, half point or even 0.1 higher (the lower people are on the scale the smaller the step)*