Scaling in Your Own Words - Concept brief

Understand the idea behind scaling in your own words and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Devin rates readiness as four and explains what makes it more than one.

The idea

A scale is a conversation aid rather than a validated score.

An ordinary example

Devin rates readiness as four and explains what makes it more than one.

What this can look like

Define both ends of a personal scale, choose a current position, and describe what supports it.

Check the fit

What does your chosen number mean in everyday behavior? You may disagree with the framing, use fiction, or decide that this approach is not useful today.

A useful distinction

A preferred future can include advocacy, accommodations, and external change; optimism is not required.

Reflection

What does your chosen number mean in everyday behavior?

Scope and adaptation

Acknowledge distress and structural barriers before asking about change. Do not use exceptions or compliments to dismiss harm. A personal scale is a conversational aid, not a validated outcome measure, risk screen, or reason to withhold assessment.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background: What is Solution-Focused Therapy?. Full source links and scope: library.morethantherapy.org/approaches/resources/SFB-A06-1