

About Me

On a scale of 0-10 (0 being in crisis and 10 being perfect), scale the following:

Use a token to move up and down the scale. Start at 5 and don't remove hand until happy with final answer.

School:



Bullying:



Relationships:



Home:



Teachers:



Stress:



Confidence:



Health:



Alcohols/Drugs:



Happiness:



Consider asking:

Why it is at that scale?

What would it take to move up a level?

Why did you hover over a certain number and then change your mind?