



Self-Ratings Scale

Directions:

Clients list 1 to 25 on a blank sheet of paper.

Use scale of 0 to 100% (Explain 0= Never, 25% is quarter, 50% half, 75% three-quarters, 100% always)

Clients are to rate themselves using a percentage (0-100) for the following 25 situations:

1. How often do you feel out of control of your life?
2. How often do you win a fight (physical)?
3. How often do you feel happy?
4. How often do you win arguments?
5. How often are you able to win the favor of a person you are romantically interested in?
6. How often do you fall in love?
7. How often do you feel proud of your accomplishments?
8. How often do you feel like you can get people to do what you want them too?
9. How often do you feel angry?
10. How often do you think negative thoughts
11. What percent of the time are you afraid or worried?
12. What percent of the time do you think that you do what is right for you?
13. What percent of the time will you walk away from trouble?
14. What percent of the time will you listen to your parents/guardian's advice?
15. What percent of the time will you tell the truth when directly confronted?
16. What percent of you thinks that you may have a problem with substance abuse?
17. What percent of you thinks that you need help with another emotional problem in your life?
18. How often do you feel guilty?
19. How intense is your anger when you get angry?
20. How often do you feel satisfied with your life these days?
21. What percent of you believes that there is something greater out there?
22. If you saw money that you could likely steal with minimal risk, what percent of the time would you take it?
23. How loyal are you to your friends?
24. How trusting are you?
25. What percent of you thinks you end up achieving your long-term goals in life?

Discussion –

Go through each one, discuss the answers and find out which 1 or 2 people scored the highest in each area and ask clients to take note of the areas they scored high in. Generate discussion through follow up questions as you go. When complete, ask clients to review their high scores. Ask them to discuss their thoughts and feelings on this.