



## Moving Forward One Number at a Time — The Power of Scaling

One of my favorite tools for helping people move forward comes from *Solution-Focused Brief Therapy* created by Steve de Shazer & Insoo Kim Berg. It's called **Scaling**, and it's deceptively simple.

Here's how it works:

1. **Choose** a goal or situation you want to improve.
2. **Scale.** Imagine a scale from 0 to 10:
  - **0** = the worst it could be.
  - **10** = your best possible outcome.
3. **Rate.** Ask yourself: *Where am I now?* Let's say you rate yourself at a 5.
4. **Focus on progress.** Ask yourself, what makes it a 5 and not a 1 or 2? This reinforces all the progress you've made so far, the skills you have acquired, and the positive steps you have taken. (Pro Tip: many people, when rating themselves, will communicate all the reasons they are not at a level 10. Instead, build upon success and ride that momentum. Shift from a negative direction – *I'm not at a 10 because....* to a positive one – *I'm not at a 1 or 2 because I learned this, and accomplished this, and kept going when this happened....*).
5. **Use micro-steps.** Going from a 5 to a 10 may seem daunting, overwhelming, or unachievable. Instead, strive to reach the next little bit. Ask: *What's one small thing I could do to move just a half-step higher?*

That's it. No giant leaps required. No need to "fix everything" all at once. Just steady, measurable progress.

### Why it works:

Scaling taps into two key principles of change:

- You define success for yourself.
- Small, concrete steps build momentum (and confidence) faster than vague aspirations.

The beauty of scaling is that it shifts the focus from "How far I have to go" to "What's the very next thing I can do?"

If you tried this today—right now—what would your scale be, and what's your next half-step up?