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Non Profit Care and Counseling 301

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Assignment 7:Scaling

Counselee "A"

Counselee "A" mother passed last year. Thoughts of her mother's failing health and end of life condition causes her to be sad. Counselee said seeing her mother in that condition makes her want to lead a healthy life. She said she wants to change her lifestyle so that she stays as healthy as she can for as long as she can. To help assess where she lies, in terms of motivation/determination, I asked her the following question:

On a scale of 1 to 10, with 1 being absolutely nothing and 10 being whatever is necessary, how willing are you to change your habits so you will be the healthiest you can be for as long as possible, where would you place yourself on this scale?

1

Worst

2

3

4

5

6

7

8

9

10

Best

Counselee "B"

Counselee "B" has been struggling with addiction for years. The addiction has taken a toll on her mind, body, finances and relationships. The counselee is tired of being addicted to substances and sasy they desperately want freedom. Their spouse has given them an ultimatum: enroll in an inpatient rehab/sober-living facility or they are leaving and taking with them the two kids the couple share. Here is the scale for their her situation:

On a scale of 1 to 10, with 1 being I my feelings of shame are more important than me losing my family and 10 being losing my family is more important than my feelings of shame about enrolling in a rehab/sober-living facility, where do you place yourself at this moment?

1 2 3 4 5 6 7 8 9

Worst

10

Best

Counselee "C"

Counselee "C", admits to having anger issues. These issues are causing problems with his wife. His wife cries and feels afraid after his outbursts; the counselee feels shame and guilt. He expressed he wants his wife, himself, and his marriage to be happy. Here is the scale for this situation:

On a scale of 1 to 10, with 1 being I will do nothing to save my marriage and 10 being I will do whatever is necessary to save my marriage, where would place yourself?

1 2 3 4 5 6 7 8 9

Worst

10

Best