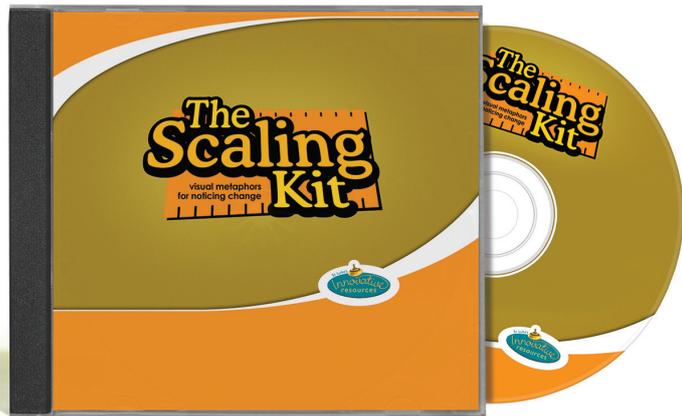


# The Scaling Kit

First there was *Scales*... Then there was  
*The Scaling Kit*... And now...

***The Scaling Kit* is available on DVD!**



Welcome to our digitally interactive scaling resource, featuring all 10 of your favourite scales. These master images can be used to help people evaluate their progress and describe their life journeys—their goals, struggles and successes... and the steps along the way.

Open a scale on your computer and simply print it out to write on. Or explore the scale's digital interactivity with a client by moving the slider-bar on screen to indicate the point where they're at.

An optional text bubble provides space to add extra information such as clients' plans, comments and goals. In this way, the scaling sheet can be personalised for each client and each session. Print them for a ready record of change as it's happening!

The 10 interactive masters on the DVD are:

**Balance – Circle – Ladder – Pathway – Pendulum – Rating – Wheel – Sun Up/Sun Down – Thermometer – Ups and Downs – Water Tank.**

*The Scaling Kit* DVD comes with a booklet of suggested uses. Notice, anticipate, evaluate and celebrate with this timely digital edition of a classic resource!

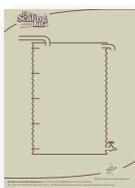


## Balance

Achieving balance is perhaps a universal quest, whether it be in lifestyle, finance, family and work commitments or health and diet. One way to use this scale is to build conversations around being in balance.

- What does a balanced lifestyle mean for you?
- How do you achieve it?
- What are the different (competing?) components that you have to weigh up?
- Do things ever get out of balance? When does this happen? What causes it?
- What help do you need from others?
- What are you likely to be doing when you are in balance? What will others see you doing when you are in balance?

The balance scale is also ideal for talking about 'balanced' decision-making. Use it to weigh up the pros and cons, the positives and negatives that you're faced with.

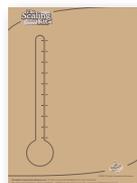


## Water Tank

The tank scale works as a metaphor for any experience that can be described in terms of fullness and emptiness. It might be energy or passion, imagination or creativity, happiness or security. The inlet pipe allows us to list those things that fill the tank, the overflow pipe allows us to identify what things may over-fill the tank, and the tap invites us to think about what drains or empties the tank.

Imagine yourself as having a tank of creativity:

- What are you thinking, feeling and doing when your tank is full to overflowing with creativity?
- What things stop you from being like this all the time?
- Are you aware of what things 'turn your tap on' and drain away your creativity?
- Does your tank leak?
- What do you do when you feel yourself being depleted of creativity?
- How do you replenish yourself and fill up your tank again?
- Can you mark the level where you are right now? What is one thing you can do to make the level higher?
- What are the critical levels on your tank when you start to worry that your creativity has disappeared?



## Thermometer

The thermometer scale has a wide variety of applications, but there's also a nice fit between the idea of a fluctuating temperature and the fluctuations in the emotions we all experience—anger, happiness, tension, calmness, anxiety, contentment, etc. The thermometer can be used to notice, describe and manage a wide range of feelings depending upon the creativity and curiosity of the user. For example, it can be used as an anger management tool:

- Have you ever hit boiling point (the top of the scale)?
- What was it like? What happened?
- How did this affect others?
- How did you manage to cool down?
- Does hitting boiling point happen often? Too often?
- Are you aware of different thoughts, feelings and actions as your temperature increases?
- Have you ever been aware of your temperature increasing and made some changes to avoid boiling point?
- How have you managed to exert control over your anger?
- At each point on the scale, can you identify something you can do to reduce your temperature (anger) by one degree?

## THE SCALING KIT

A DVD featuring a booklet of suggested uses and 10 interactive scaling masters with moveable components and text bubbles.

**CAT NO: DVD 2500 Price: \$33.00 inc GST**

