

This is an example of a scale that could be used with a person who either never asks for help or asks for too much help.

My "Help" Scale

5	Impossible to handle! Not ready
4	Really hard for me. I will need lots of help to work on this.
3	Hard for me. I can try to work on this.
2	With a plan I can do this on my own.
1	No sweat — easy as pie. I can do this totally on my own!