

Stability Scale Indicators

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	Extremely Unstable 1	Unstable 2	Fairly Stable 3	Stable/Secure 4	Very Stable 5
Time horizon	I can't see past today	I can plan and complete goals 2 to 8 weeks into the future	I can plan and meet goals 2 to 24 months into the future	I can plan and meet goals 2 to 4 years into the future	I can plan and meet goals 5 to 50 years into the future
Housing	I have no housing or rely on others for temporary housing solutions	I have uncertain housing and spend more than 35% of my income on housing	I have secure housing and spend about 35% of my income on housing	I have assured housing and spend 30% or less of my income on housing	I am buying my house and my mortgage payment is 30% or less of my income
Bills	I live day to day and help pay bills some of the time	Most of my bills are overdue	I rarely have overdue bills	None of my bills are overdue	I live within my budget comfortably and I have a good credit rating
Emotional	I can rarely choose and control my emotional responses; I often behave in ways that are harmful to me or others.	I can sometimes choose and control my emotional responses; I sometimes behave in ways that are harmful to me or others	I almost always choose and control my emotional responses; I almost never behave in ways that are harmful to me or others	I am good at choosing and controlling my responses; I almost always engage in positive behaviors toward others	I am able to work through major differences and emotional issues with others.
Income	Less than 50% of my income is from wages and/or child support	Fifty to 80% of my income is from wages and/or child support	Eighty to 100% of my income is from wages and child support	One hundred percent of my income is from wages and investments.	One hundred percent of my income is from wages, investments, bonuses, stock options and/or trust funds

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Employment	I am not employed and have not had a job in some years	I work day labor and/or odd jobs; I sometimes work for people who operate 'under the table'	I work full time with few benefits but worry about layoffs and reduction in hours. Sometimes I have to work part-time or take a second job.	I work contractually but without benefits, paid vacation, or the possibility of upward mobility, or employee status.	I have full time employment with benefits, paid vacation, learning opportunities, and the possibility of moving up in the company.
Wages	I have no regular pay and earn cash as I can; I rely on public assistance	I'm paid a minimum wage that is subsidized by public assistance	I'm paid a living wage.	I'm paid above a self-sufficient wage.	I'm paid above a self-sufficient wage with contributions in stock options, bonuses, and/or matching pension contributions.
Stress	My stress comes from having almost no control over the important things in my life	My stress comes from having some but not enough control over the important things in my life	My stress comes from working hard to stay in control of the important things in my life	My stress comes from not being able to maintain the control and security I have achieved in my life	I am able to control almost all of the important things in my life
Physical and mental health	Problems almost constantly interfere with my work or school	Problems often interfere with my work or school	Problems sometimes interfere with my work and school	Problems rarely interfere with my work or school	Problems almost never interfere with my work or school
Legal issues	Legal problems almost daily interfere with my work and school	Legal problems often interfere with my work and school	Legal problems rarely interfere with my work and school	I haven't had any legal problems in quite a while	I haven't had any legal problems in a very long time
Safety	People are rarely safe in my house or neighborhood	People are often unsafe in my house or neighborhood	People are safe in my house and neighborhood much of the time	People are safe in my house and neighborhood almost all of the time	People are always safe in my house and neighborhood

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Destructive behaviors of others	Destructive behaviors of others often have a great deal of influence on me	Destructive behaviors of others occasionally have some influence on me	Destructive behaviors of others rarely have any influence on me	Destructive behaviors of others have almost no influence on me	Destructive behaviors of others have no influence on me
Behavior of children	My children are pretty much out of control and often interfere with my work or school	My children are out of control sometimes and occasionally interfere with my work or school	My children behave most of the time and rarely interfere with my work or school	My children behave almost all of the time almost never interfere with my work and school	My children's behavior never interferes with my work or school
Transportation	The transportation I use is not reliable	The transportation I use is often unreliable	The transportation I use is generally dependable	The transportation I use is almost always dependable	The transportation I use is always dependable
Social Connections	I spend a lot of time with people who are often in trouble at work, school, or with the law.	I spend some time with people who are often in trouble at work, school, or with the law.	I spend time with people who are in recovery and those who are on a positive path.	I spend time with people who are making positive life choices	I spend time with people who are part of a positive community