

# THE SOS TOOL

- Severity**

How difficult is this for you right now?

How long has it been going on?

Is it getting better or worse?
- Ownership**

How have you contributed to this situation?

Where have you sought counsel regarding this?

Have you listened and implemented the godly counsel?
- Support**

Do you have godly friends?

Do they know about this?

How have they helped you?

SEVERITY	123 Wisdom issue Mild stress Everyday problems	4567 Moderate conflict Distressed but functioning More complex issues	8910 Crisis Stronghold sin Significant suffering
OWNERSHIP	123 Repentant Open Highly teachable	4567 Sees sin Makes excuses Moderately teachable	8910 Blame shifts Defensive Denial — Not teachable
SUPPORT	123 Close to family Intimate and accountable Vulnerable in small group	4567 Some family support Few friends Somewhat open in group	8910 Estranged from family No friends Isolated — Not in group

NEED FOR FORMAL COUNSELING INCREASES

## SCORES AND THEIR MEANING

- SOS 3-10**

**LEVEL 1: INTENTIONAL DISCIPLESHIP**

  - Who's involved: leader with coach made aware
  - Length of care: issue should be on better trajectory within two to three meetings
- SOS 11-15**

**LEVEL 2: DIRECTIVE**

  - Who's involved: leader, coach, and pastor may be aware
  - Length of care: issue should be on better trajectory within two to three meetings
- SOS 16-20**

**LEVEL 3: INFORMAL CORRECTIVE**

  - Who's involved: leader, coach, and pastor with Biblical counselor consult
  - Length of care: issue should be on better trajectory within three to five meetings
- SOS 21-24**

**LEVEL 4: FORMAL COUNSELING**

  - Who's involved: formal Biblical counselor as well as leader, coach, and pastor
  - Length of care: depends on counselor (usually ten to 12 sessions)
- SOS 25+**

**LEVEL 5: INTENSIVE**

  - Who's involved: formal Biblical counselor, coach, pastor, maybe an elder
  - Length of care: depends on counselor (usually over 12 sessions)