

# Recovery Capital Questionnaire

Recovery Capital is the breadth and depth of internal and external resources that can be drawn from to **initiate** and **sustain** recovery from alcohol, substance and other addictive behaviour problems. ~Granfield & Cloud, 1999

Place a number by each statement that best summarizes your current situation.

5. Strongly Agree
4. Agree
3. Sometimes
2. Disagree
1. Strongly Disagree

(Adapted from William White)

- \_\_\_ I have the financial resources to provide for myself (and my family).
- \_\_\_ I have personal transportation or access to public transportation.
- \_\_\_ I live in a home and neighbourhood that is safe and secure.
- \_\_\_ I live in an environment free from alcohol and other drugs.
- \_\_\_ I have an intimate partner supportive of my recovery process.
- \_\_\_ I have family members who are supportive of my recovery process.
- \_\_\_ I have friends who are supportive of my recovery process.
- \_\_\_ I have people close to me (intimate partner, family or friends) who are also in recovery.
- \_\_\_ I have a stable job that I enjoy and that provides for my basic necessities.
- \_\_\_ I have an education or work environment that is conducive to my long-term recovery.
- \_\_\_ I have a primary care physician who attends to my health concerns.
- \_\_\_ I am now in reasonably good health.
- \_\_\_ I have an active plan to manage any lingering or potential health problems.
- \_\_\_ I have insurance that will allow me to receive help for major health problems.

- \_\_\_ I have access to regular, nutritious meals.
- \_\_\_ I get sufficient quality sleep (7.5 – 8 hours) every night.
- \_\_\_ I have access to recovery support groups in my local community and/or online.
- \_\_\_ I have established close affiliation with a local recovery support group.
- \_\_\_ I have a sponsor (or equivalent) who serves as a special mentor related to my recovery.
- \_\_\_ I have daily self-care practices that support my physical, mental and emotional wellness.
- \_\_\_ I have completed or am complying with all legal requirements related to my past.
- \_\_\_ There are other people who rely on me to support their own recoveries.
- \_\_\_ My immediate physical environment contains literature, tokens, posters or other symbols of my commitment to recovery.
- \_\_\_ I have recovery rituals that are now part of my daily life.
- \_\_\_ I have a profound experience that marked the beginning or deepening of my commitment to recovery.
- \_\_\_ I now have goals and great hopes for my future.
- \_\_\_ I have problem solving skills and resources that I lacked during my years of active addiction.
- \_\_\_ I feel like I have meaningful, positive participation in my family and community.
- \_\_\_ Today I have a clear sense of who I am.
- \_\_\_ I know that my life has purpose.
- \_\_\_ Service to others is now an important part of my life.
- \_\_\_ My personal values and sense of right and wrong are clear to me and direct my choices.

Total Score: \_\_\_\_\_

Date\*: \_\_\_\_\_

Possible Score: **160**

\*Recommend completing questionnaire every 3 months

## Interpreting Your Score

**Scores of 115 - 160.** Your responses demonstrate that you are actively engaged in activities that support your recovery. Keep doing what you are doing. Although you achieved a high overall score, you may wish to check for lower scores on individual items to determine if there are specific gaps to address. You may work with a **Recovery Coach** to continue developing your **Recovery Capital** and to plan for the next stages on your recovery journey. What you need for your sustained recovery will continue to change over time.

**Scores of 81 - 114.** Your behaviours around recovery are good, and there is room to thrive. Take a look at those items where you scored lower. What changes might you make to improve the score? Even a small change can significantly improve your wellness, quality of life and probability of sustained recovery. Recommended that you work with a **Recovery Coach** to identify gaps and leverage existing strengths. You've got this!!

**Scores of 80 or lower.** Your answers suggest some potential relapse risks. Don't fret! Reflecting on those areas, how are these lower scores impacting your life and your recovery right now? Review those areas to see where you can improve and highly recommended that you discuss with a **Recovery Coach** to create a **targeted plan**.

## Recovery Plan Worksheet

Consider using this worksheet and working with your Recovery Coach to develop a plan that you will inspire you, challenge you, and create the conditions for you to thrive in your recovery.

Reflect on and write down the internal and external resources that you can draw upon. They may be currently present in your life or they may be resources you can add to your recovery capital.

Internal Resources	External Resources
<p><u>Examples:</u> values, boundaries, spirituality, purpose, sleep, nutrition, journaling, yoga, hobbies, movement, personal accountability...</p>	<p><u>Examples:</u> treatment programs, online support groups, stable family life, supportive friends and family, books, podcasts, stable &amp; fulfilling job, nature, income...</p>

The areas in which I scored highest and will continue to commit to:

1.	
2.	
3.	
4.	
5.	

The areas in which I scored lowest:

1.	
2.	
3.	
4.	
5.	

In the next 6 – 12 months I will increase my Recovery Capital by doing the following:

Goal #1	
Goal #2	
Goal #3	
Goal #4	

### My Recovery Capital 'To Do' List

In the next week, I will do the following activities to move me closer to achieving the above goals.

1.	
2.	
3.	