

RECOVERY CAPITAL SCALE¹

Recovery Capital is defined as the volume of internal and external assets that can be brought to bear to initiate and sustain recovery from alcohol and other drug problems. Recovery Capital (RC) or capacity differs from individual to individual and can vary over time; RC also interacts with problem severity to shape the intensity and duration of supports needed to achieve/sustain recovery. The following scale is meant to assist individuals in assessing their degree of RC and guide planning for its most effective use.

Directions: Check the box which best reflects your situation. Each box has a score which will be used to indicate an individual items "strength" rating and to generate an overall RC score.

Key: 5- Strongly Agree (**SA**); 4- Agree (**A**); 3- Sometimes (**S**); 2- Disagree (**D**); and, 1- Strongly Disagree (**SD**)

Statement and Agreement Rating	Points Score: 5 4 3 2 1				
	SA	A	S	D	SD
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 community 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 who are also in recovery					
I have a stable job that I enjoy and provides income for my basic needs					
I have an education/work environment that is a recovery support					
I participate in continuing care with an addictions treatment program					
I have a professional assistance program monitoring and supporting my recovery process					
I have a primary care physician who attends to my health needs					
As needed, I have or can access professional mental health (mh) care					
I am now in reasonably good physical and mental health					
I have an active plan to manage any chronic/ongoing health problems					
I am on prescribed medications that assist with my recovery					
I have insurance that helps me access/receive medical/mh care					
I have access to regular, nutritious meals					
I have adequate clothes that are clean and comfortable					
I have access to recovery support groups in my community					
I have established a close relationship with a local recovery support group					
I have a sponsor (equivalent) who is a mentor to my recovery					
I have access to Online recovery support					
I have or am in process of completing legal mandates/conditions from my past					
There are people who rely on me to support their own recoveries					
My immediate physical environment contains recovery literature, posters, and/or tokens symbolic of my commitment to recovery					

¹ Cloud, W. & Granfield, R. (2001). Natural recovery from substance dependency: Lessons for treatment providers. *Journal of Social Work Practice in the Addictions*, 1(1), 83-104.

Statement and Agreement Rating	SA	A	S	D	SD
I have recovery rituals that are a part of my daily life					
I had a significant experience that started me in and deepened my commitment to recovery					
I have personal goals and hopes for my future					
I have adequate problem solving skills and resources to help in my recovery					
I feel like I have meaningful and positive participation in my family and community					
Today, I have a clear sense of who I am and 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 and strongly expressed in my actions					

Total Score (add all columns down and then total across): _____ (175 total possible)

The areas where you scored the highest are:

The areas where your scores are lowest are:

Write a brief paragraph describing how this information can be useful to you in your ongoing recovery: