



# Recovery Capital Assessment

How much “recovery capital” do you have right now? In other words, what things in your life are working for your recovery? This Recovery Capital Assessment helps determine (1) what parts of your recovery need strengthening and (2) what resources peer support can offer you. Our goal is to gradually increase your recovery capital.

Use these numbers to measure each statement:

5. Strongly Agree
4. Agree
3. Neither Agree or Disagree
2. Disagree
1. Strongly Disagree

Don't rush. Take your time and be completely honest.

## Social

- I enjoy spending time with others.
- I have a friend (or friends) I spend time with regularly.
- I have friends who are also in recovery.
- I communicate openly and honestly with my friends in recovery.
- I live with people who respect my recovery.
- My partner respects and supports my recovery.
- My family respects and supports my recovery.
- I have a positive relationship with my family and friends.
- I feel connected to the people who are most important to me.
- I participate in a recovery program (IOP, AA, NA, Celebrate Recovery).
- I have access to virtual meetings or an online recovery community.
- I find enjoyment in attending meetings.
- I have a home group that I attend regularly.
- I have a support group.
- I have a sponsor or mentor for my recovery.

- I am currently working the 12 Steps with a sponsor or recovery guide.
- I enjoy sober laughter.
- I'm learning to communicate and say "no" when appropriate.
- I let others know when I am angry in a healthy way.
- I enjoy helping others.
- I allow others to help me when I need it.

**Total for Social:** \_\_\_\_ / 105

## Human

- I know what is important to me.
- I believe a life of recovery/sobriety is possible for me.
- I have had a profound spiritual/emotional experience.
- I have a conception of a Higher Power.
- I take time to spiritually reflect or meditate.
- I have a prayer life.
- I still experience moments of awe.
- I enjoy journaling.
- I enjoy reading.
- I have access to recovery literature.
- I notice my inner-self (my thoughts, beliefs, and feelings).
- I no longer dream about using drugs/alcohol.
- I have hope for the future.
- I am open to new experiences and adventures.
- I am interested in going back to school (college, high school, GED).
- I have goals I am working towards.
- When I feel complacent about my sobriety, I know how to get back on track.
- I have found purpose in life.
- I enjoy spending time in nature.
- I am open-minded towards new concepts and ideas.
- I am curious and enjoy learning new things.
- I am okay with not knowing everything.
- I can admit when I am wrong.
- When bored, I look for positive ways to spend my time.
- Hobbies and having sober fun is important to me.

- I am able to give myself praise.
- I have a clear sense of self.
- I can laugh at myself.
- I allow myself to cry when needed.
- I love who I am today.

**Total for Human: \_\_\_\_ / 150**

### Physical

- I get the proper amount of physical exercise.
- I make time for self-care.
- I get the proper amount of sleep.
- I have access to regular meals.
- Daily, I try to decrease my stress level without drugs/alcohol.
- I have a primary care physician.
- All my healthcare providers (dentist, OBGYN, physical therapist, etc.) know about my substance abuse history.
- I always list narcotics as an allergy when seeing a new healthcare provider.
- When I experience pain, I have strategies/alternatives to addictive substances.
- I have access to disease testing (HIV, Hep, etc.).
- I do not engage in risky sexual behaviors.
- All of my healthcare needs are met.
- I have access to transportation.
- I have my own automobile.
- I have enough clothes to wear that are comfortable and clean.
- I can financially take care of myself.
- I have a safe living space.
- I have a stable job that I enjoy.
- I have a safe work environment.
- I am safe from any form of abuse or violence.

**Total for Physical: \_\_\_\_ / 100**

### Daily Accountability

- I have a routine or ritual that keeps me engaged in recovery.

- I know my triggers.
- I know how to argue with the addictive voice.
- I am strengthening my relapse prevention strategies.
- I live in a drug and alcohol-free environment.
- If I miss a group or meeting, someone will notice and reach out to me.
- Someone will speak up if I start slipping into addictive behaviors.
- I have a monitoring service that supports my recovery (probation, drug court, CMS).
- I am tested for illicit substances.
- I am working to resolve my ongoing legal issues.
- I enjoy my job.
- I persevere at work when things are hard.
- I communicate honestly with my co-workers.
- I set boundaries with my supervisors and co-workers.
- I can manage my stress level at work.
- I keep a healthy balance between my work life and personal life.

**Total for Daily Accountability: \_\_\_\_ / 80**

**Current Total Recovery Capital: \_\_\_\_ / 435**

### Personal Strengths

Now let's identify some personal strengths:

- useful skills/talents:

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- responsible
- courageous
- stays true to self
- spiritual
- goal-minded
- creative

- good problem-solver
- leadership
- loyalty
- good communicator, outgoing
- reserved, thoughtful
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Goals**

After completing the recovery capital questionnaire, list five goals you want to complete in the next year.

- 1. \_\_\_\_\_.
- 2. \_\_\_\_\_.
- 3. \_\_\_\_\_.
- 4. \_\_\_\_\_.
- 5. \_\_\_\_\_.

Resident Signature: \_\_\_\_\_ Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Peer Support Signature: \_\_\_\_\_ Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_