

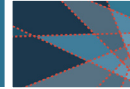
Recovery Capital Scale

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

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

- 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 neighborhood 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 members, 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 continue to participate in a continuing care program of an SUD treatment program, (e.g., groups, alumni association meetings, etc.).
- I have a professional assistance program that is monitoring and supporting my recovery process.
- I have a primary care physician who attends to my health problems.
- I am now in reasonably good health.
- I have an active plan to manage any lingering or potential health problems.
- I am on prescribed medication that minimizes my cravings for alcohol and other drugs.
- I have insurance that will allow me to receive help for major health problems.
- I have access to regular, nutritious meals.
- I have clothes that are comfortable, clean, and conducive to my recovery activities.
- I have access to recovery support groups in my local community.
- 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 access to online recovery support groups.
- 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 had 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.

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- Today I have a clear sense of who I am.
- I know that my life has a purpose.
- Service to others is now an important part of my life.
- My personal values and sense of right and wrong have become clearer and stronger in recent years.

Possible Score: 175 My Score:

The areas in which I scored lowest were the following:

- 1.
- 2.
- 3.
- 4.
- 5.

Recovery Capital Plan

After completing and reviewing the Recovery Capital Scale, complete the following. In the next year, 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 closer to achieving these goals:

- 1.
- 2.
- 3.
- 4.

Source: Adapted from White (2018).⁷⁶⁹