Recovery Capital Self Assessment

Recovery Capital is the volume of internal & external assets that can be brought to bear to initiate & sustain recovery from alcohol & other drug problems. It differs from individual to individual and can differ within one individual at multiple points of time.

 *Robert Granfield & William Cloud, 1999*

Please take a few minutes using the rankings from 0 to 10 (with 0 representing not enough Recovery Capital present under the sub-category through 10 representing more than enough Recovery Capital under the sub-category) to assess/rank the Recovery Capital present in your Life and/or Community.

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| Physical Recovery Capital | Self-Inventory of Recovery Capital Resources |
| Physical/Medical Health | **0 – 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 - 10** |
| Finances | **0 – 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 - 10** |
| Health Insurance | **0 – 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 - 10** |
| Safe Housing | **0 – 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 - 10** |
| Job/Career | **0 – 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 - 10** |
| Food/Clothing | **0 – 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 - 10** |
| Access to Transportation | **0 – 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 - 10** |
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| Human Recovery Capital |  |
| Values | **0 – 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 - 10** |
| Knowledge | **0 – 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 - 10** |
| Educational/Vocational Skills & Credentials | **0 – 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 - 10** |
| Problem-Solving Capacities | **0 – 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 - 10** |
| Self-Awareness | **0 – 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 - 10** |
| Self-Esteem | **0 – 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 - 10** |
| Self-Efficacy (Ability to be Effective in Living) | **0 – 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 - 10** |
| Sense of My Meaning & Purpose in Living | **0 – 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 - 10** |
| Interpersonal Skills | **0 – 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 - 10** |
| Hopefulness/Optimism | **0 – 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 - 10** |
| Perception of My Past/Present/Future | **0 – 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 - 10** |

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| ***Family/Social Recovery Capital*** | Self-Inventory of Recovery Capital Resources |
| Intimate Relationships | **0 – 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 - 10** |
| Family & Kinship Relationships | **0 – 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 - 10** |
| Social Relationships that are Supportive of Recovery | **0 – 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 - 10** |
| The Willingness of Friends/Family to Participate in My Recovery | **0 – 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 - 10** |
| The Presence of Others in Recovery within My Family & Social Network | **0 – 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 - 10** |
| Access to Recovery-Based Fellowship, Leisure & Relational Connections to Conventional Institutions (School, Work, Church, Community Organizations) | **0 – 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 - 10** |
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| ***Community Recovery Capital*** |  |
| Community Attitudes/Policies/Resources related to Addiction & Recovery that Promote & Support Recovery. | **0 – 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 - 10** |
| Active Efforts to Reduce Addiction/Recovery-Related Stigma. | **0 – 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 - 10** |
| Visible & Diverse Local Recovery Role Models. | **0 – 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 - 10** |
| A Full Continuum of Addiction Treatment Resources. | **0 – 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 - 10** |
| Recovery Mutual Aid Resources that are Accessible & Diverse. | **0 – 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 - 10** |
| Local Recovery Community Support Institutions (Recovery Community Centers (RCCs), Recovery Housing, Recovery Schools, Recovery Ministries/Churches). | **0 – 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 - 10** |
| Sources of Sustained Recovery Support & Early Intervention (e.g., Recovery Checkups through Treatment Programs, Drug Courts, RCCs) | **0 – 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 - 10** |