



Life, it's one thing to have one, it's the participation in it that helps one meet their dreams.

Your Recovery Capital refers to the internal and external resources that you can draw upon to support and strengthen your recovery. Some examples of Recovery Capital include a positive self-outlook, a support system, or a means of paying your bills.

Below is the Recovery Capital Blueprint—an extensive list of areas in your life that have been identified as direct influences on recovery. When you improve on any of these areas, you build Recovery Capital that will help you meet your goals.

Reaching Goals and Improving Outcomes
Scale of 1 – 10, 1 being the worst and 10 being the best.

Questions	Scale	Response
LIFE GOALS		
What positive changes do you want to make in your		
What are your reason or coming here today?		
Where do you want to go in your life?		
How willing are you to do whatever it takes to achieve your goals?		
REUSE PREVENTION		
How strong are your cravings?	1-10	
How many days in the last week have you consumed substance?		
What are your drug/alcohol use goals?		
RECOVERY PROGRAMS		
What recover programs do you know about?		
What recovery programs have your tried?		
SOCIAL SUPPORTS - CONNECTIONS		
Can you rate your social support system?	1-10	
Describe your social support system.		
Do you have family - friends that do not use drugs or alcohol?		
PHYSICAL		
How would you rate your overall Health?	1-10	
What are ways you want to improve your health?		
What are your eating patterns?		
What type of liquids do you drink?		
What type of exercise do you like/have you done?		
How are you sleeping?	1-10	
How would you rate your personal hygiene?	1-10	
Are you able to shower and cleanse regularly?		
Are you able to provide clean clothes?		
EMOTIONAL		
How would you rate your anxiety(ies)	1-10	
Describe your self – talk and healthy habits.		
What are your thoughts about counseling?		
Have you ever been to a counselor?		
What positive routines/habits can you identify?		



LIVING ACCOMMODATIONS		
How would you rate your living situation?	1-10	
Do you feel safe in your housing?		
Are you looking for housing/need help?		
Are you able to pay your monthly bills?		
Are you able to pay for food?		
Are you in need of any furniture or essentials		
DAILY LIVING		
How would you rate your transportation?	1-10	
Do you have a license?		
Do you need help getting one?		
df no license, Do you have an State ID?		
Rate your involvement with CJ	1-10	
Warrants for arrest?		
Open Court Cases?		
Outstanding Fines?		
Probation or Parole?		
Rate your financial security	1-10	
Debt collections/outstanding debts?		
Outstanding income tax returns?		
Outstanding child support or alimony?		
Do you know anything about credit scores?		
Do you have a bank account/need help?		
Need assistance budgeting and planning/bills?		
SCHOOL/WORK		
How would you rate your job satisfaction?	1-10	
Is going to school or Voc Tech a goal?		
Are you able to get to work daily?	1-10	
Are you able to dress for work daily?		
PURPOSE		
Do you have or have you ever had any goals?		
Do they seem attainable? Would you like to make some?		
If you had everything you wanted, what would your look like?		
How satisfied are you with your quality of life	1-10	
What would you like to see happen to improve your quality of life?		
How hopeful are you about your future?	1-10	
SPIRITUALITY or RELIGION		
How would you rate your spirituality?	1-10	
What has been your experience with religion and /or spirituality?		