

Assessment of Recovery Capital

Please tick if you agree with any of the following statements

1. Having a sense of purpose in life is important to my recovery journey
2. I am able to concentrate when I need to
3. I am actively involved in leisure and sport activities
4. I am coping with the stresses in my life
5. I am currently completely sober
6. I am free from worries about money
7. I am actively engaged in efforts to improve myself (training, education and/or self-awareness)
8. I am happy dealing with a range of professional people
9. I am happy with my personal life
10. I am making good progress on my recovery journey
11. I am proud of my home
12. I am proud of the community I live in and feel a part of it
13. I am satisfied with my involvement with my family
14. I cope well with everyday tasks
15. I do not let other people down
16. I am free of threat or harm when I am at home
17. I am happy with my appearance
18. I engage in activities and events that support my recovery
19. I eat regularly and have a balanced diet
20. I engage in activities that I find enjoyable and fulfilling
21. I feel physically well enough to work
22. I feel safe and protected where I live
23. I feel that I am in control of my substance use
24. I feel that I am free to shape my own destiny
25. I get lots of support from friends
26. I get the emotional help and support I need from my family
27. I have a special person that I can share my joys and sorrows with
28. I have access to opportunities for career development (job opportunities,

- volunteering or apprenticeships)
29. I have enough energy to complete the tasks I set myself
30. I have had no 'near things' about relapsing
31. I have had no recent periods of substance intoxication
32. I have no problems getting around
33. I have the personal resources I need to make decisions about my future
34. I have the privacy I need
35. I look after my health and wellbeing
36. I make sure I do nothing that hurts or damages other people
37. I meet all my obligations promptly
38. I regard my life as challenging and fulfilling without the needs for using drugs or alcohol
39. I sleep well most nights
40. I take full responsibility for my actions
41. It is important for me to be involved in activities that contribute to my community
42. In general I am satisfied with my life
43. It is important for me to do what I can to help other people
44. It is important to me that I make a contribution to society
45. My living space has helped to drive my recovery journey
46. My personal identity does not revolve around drug use or drinking
47. There are more important things to me in life than using substances
48. What happens to me in the future mostly depends on me
49. I have a network of people I can rely on to support my recovery
50. When I think of the future I feel optimistic

References

Groshkova, T, Best, D. & White, W. (2012) Short Assessment of Recovery Capital (SARC): Properties and psychometrics of a measure of addiction recovery strengths. *Drug and Alcohol Review*, 10 AUG 2012, DOI: 10.1111/j.1465-3362.2012.00489.x, 1-8.

Best, D., Groshkova, T. & White, W. (Submitted for publication) Short Assessment of Recovery Capital (SARC): Properties of a short measure of recovery capital from a developmental perspective.