

Recovery Capital Assessment Interview Tool

Social Recovery Capital			
✓	Recovery Capital	Notes	Potential Area for Growth
	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 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		
	There are other people who rely on me to support their own recoveries		

Physical Recovery Capital			
✓	Recovery Capital	Notes	Potential Area for Growth
	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 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		

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Physical Recovery Capital			
✓	Recovery Capital	Notes	Potential Area for Growth
	I am on prescribed medication that minimizes my cravings for alcohol and other drugs		
	I have insurance (or Medicaid) 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 completed or am complying with all legal requirements related to my past		

Human Recovery Capital			
✓	Recovery Capital	Notes	Potential Area for Growth
	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 have recovery rituals that are now part of my daily life		
	My immediate physical environment contains literature, tokens, posters or other symbols of my commitment to recovery		
	I had a profound experience that marked the beginning or deepening of my commitment to recovery		

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✓	Recovery Capital	Notes	Potential Area for Growth
	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.		
	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		

Community Recovery Capital			
✓	Recovery Capital	Notes	Potential Area for Growth
	I continue to participate in a continuing care program of an addiction 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 access to recovery support groups in my local community		
	I have access to Online recovery support groups		