

Recap 2018

A Recovery Capital Workbook



...inspiration through connection

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Recap Workbook is an adaptation of Groshkova et al's (2012) Assessment of Recovery Capital (ARC)

Groshkova, T., Best, D., & White, W. (2012). The assessment of recovery capital: Properties and psychometrics of a measure of addiction recovery strengths. *Drug and Alcohol Review*, 32(2), 187-194. <https://doi.org/10.1111/j.1465-3362.2012.00489> Laudet, A. B. (2007). What does recovery mean to you? Lessons from the recovery experience for research and practice. *Journal of substance abuse treatment*, 33(3), 243-256.

THE BIGGER PICTURE WORKSHEET

PERSONAL ASSETS <i>What do I have or what am I really good at?</i> <i>How can it help me achieve my goal?</i> <i>What new skills can I learn?</i> <i>How will it benefit the me, my family and community?</i> <i>Possible solutions to potential problems I may face are.</i>	COMMUNITY ASSETS <i>Who can help and how can they help me?</i> <i>What resources are available to me?</i> <i>Specific daily/ weekly actions to take.</i> <i>How do I know my plan is working.</i>
MY ULTIMATE GOAL <i>What do I really want to do or kind of person I want to be?</i>	PLANS
BENEFITS/PROBLEMS & SOLUTIONS	

Substance Use and Sobriety

QUESTIONS	SCORING						SCORE
	1	2	3	4	5	6	
I am currently completely sober.	Strongly Disagree	Disagree	Slightly Disagree	Slightly Agree	Agree	Strongly Agree	
I feel I am in control of my substance use.	Strongly Disagree	Disagree	Slightly Disagree	Slightly Agree	Agree	Strongly Agree	
I have not come close to relapsing.	Strongly Disagree	Disagree	Slightly Disagree	Slightly Agree	Agree	Strongly Agree	
I have had no recent periods of substance intoxication.	Strongly Disagree	Disagree	Slightly Disagree	Slightly Agree	Agree	Strongly Agree	
There are more important things to me in life than using substances.	Strongly Disagree	Disagree	Slightly Disagree	Slightly Agree	Agree	Strongly Agree	

Action Plan

Question(s) I would like to work on

What has worked in the past?

What can I do?
Consider strengths and resources available to you.

What hasn't worked in the past?

Who can help?

How can they help?

Possible problems

Possible solutions

Specific daily or weekly actions	When will I do it	How often
<i>Daily or weekly actions</i> <small>Consider tiny actions or habits that does not require a lot of motivation so your can repeat it regularly until doing it becomes second nature.</small>	<i>When will I do it</i> <small>Consider anchoring the action or habit to something you do often as a reminder. Use the format After I _____ I will _____</small>	<i>How often</i> <small>Daily (D)/Weekly (W)</small>

Global Psychological Health

QUESTIONS	SCORING						SCORE
	1	2	3	4	5	6	
I am able to concentrate when I need to.	Strongly Disagree	Disagree	Slightly Disagree	Slightly Agree	Agree	Strongly Agree	
I am coping with the stresses in my life.	Strongly Disagree	Disagree	Slightly Disagree	Slightly Agree	Agree	Strongly Agree	
I am happy with my appearance.	Strongly Disagree	Disagree	Slightly Disagree	Slightly Agree	Agree	Strongly Agree	
In general I am happy with my life.	Strongly Disagree	Disagree	Slightly Disagree	Slightly Agree	Agree	Strongly Agree	
What happens to me in the future mostly depends on me.	Strongly Disagree	Disagree	Slightly Disagree	Slightly Agree	Agree	Strongly Agree	

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Global Physical Health

QUESTIONS	SCORING						SCORE
	1	2	3	4	5	6	
I cope well with everyday tasks.	Strongly Disagree	Disagree	Slightly Disagree	Slightly Agree	Agree	Strongly Agree	
I feel physically well enough to work.	Strongly Disagree	Disagree	Slightly Disagree	Slightly Agree	Agree	Strongly Agree	
I have enough energy to complete the tasks I set myself.	Strongly Disagree	Disagree	Slightly Disagree	Slightly Agree	Agree	Strongly Agree	
I have no problems getting around.	Strongly Disagree	Disagree	Slightly Disagree	Slightly Agree	Agree	Strongly Agree	
I sleep well most nights.	Strongly Disagree	Disagree	Slightly Disagree	Slightly Agree	Agree	Strongly Agree	

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Citizenship and Community Involvement

QUESTIONS	SCORING						SCORE
	1	2	3	4	5	6	
I am proud of the community I live in and feel part of it – sense of belonging.	Strongly Disagree	Disagree	Slightly Disagree	Slightly Agree	Agree	Strongly Agree	
It is important for me to be involved in activities that contribute to my community.	Strongly Disagree	Disagree	Slightly Disagree	Slightly Agree	Agree	Strongly Agree	
It is important for me to do what I can to help other people.	Strongly Disagree	Disagree	Slightly Disagree	Slightly Agree	Agree	Strongly Agree	
It is important for me that I make a contribution to society.	Strongly Disagree	Disagree	Slightly Disagree	Slightly Agree	Agree	Strongly Agree	
My personal identity does not revolve around drug use or drinking.	Strongly Disagree	Disagree	Slightly Disagree	Slightly Agree	Agree	Strongly Agree	

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Social Support

QUESTIONS	SCORING						SCORE
	1	2	3	4	5	6	
I am happy with my personal life.	Strongly Disagree	Disagree	Slightly Disagree	Slightly Agree	Agree	Strongly Agree	
I am satisfied with my involvement with my family.	Strongly Disagree	Disagree	Slightly Disagree	Slightly Agree	Agree	Strongly Agree	
I get lots of support from friends.	Strongly Disagree	Disagree	Slightly Disagree	Slightly Agree	Agree	Strongly Agree	
I get the emotional help and support I need from my family.	Strongly Disagree	Disagree	Slightly Disagree	Slightly Agree	Agree	Strongly Agree	
I have a special person that I can share my joys and sorrows with.	Strongly Disagree	Disagree	Slightly Disagree	Slightly Agree	Agree	Strongly Agree	

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Meaningful Activities

QUESTIONS	SCORING						SCORE
	1	2	3	4	5	6	
I am actively involved in leisure and sport activities.	Strongly Disagree	Disagree	Slightly Disagree	Slightly Agree	Agree	Strongly Agree	
I am actively engaged in efforts to improve myself (training, education and/or self awareness).	Strongly Disagree	Disagree	Slightly Disagree	Slightly Agree	Agree	Strongly Agree	
I engage in activities that I find enjoyable and fulfilling.	Strongly Disagree	Disagree	Slightly Disagree	Slightly Agree	Agree	Strongly Agree	
I have access to opportunities for career development (job opportunities, volunteering or apprenticeships).	Strongly Disagree	Disagree	Slightly Disagree	Slightly Agree	Agree	Strongly Agree	
I regard my life as challenging and fulfilling without the need for using drugs or alcohol.	Strongly Disagree	Disagree	Slightly Disagree	Slightly Agree	Agree	Strongly Agree	

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Housing and Safety

QUESTIONS	SCORING						SCORE
	1	2	3	4	5	6	
I am proud of my home.	Strongly Disagree	Disagree	Slightly Disagree	Slightly Agree	Agree	Strongly Agree	
I am free of threat or harm when I am at home.	Strongly Disagree	Disagree	Slightly Disagree	Slightly Agree	Agree	Strongly Agree	
I feel safe and protected where I live.	Strongly Disagree	Disagree	Slightly Disagree	Slightly Agree	Agree	Strongly Agree	
I feel that I am free to shape my own destiny.	Strongly Disagree	Disagree	Slightly Disagree	Slightly Agree	Agree	Strongly Agree	
My living space has helped to drive my recovery journey.	Strongly Disagree	Disagree	Slightly Disagree	Slightly Agree	Agree	Strongly Agree	

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Risk-Taking

QUESTIONS	SCORING						SCORE
	1	2	3	4	5	6	
I am free from worries about money.	Strongly Disagree	Disagree	Slightly Disagree	Slightly Agree	Agree	Strongly Agree	
I have the personal resources I need to make decisions about my future.	Strongly Disagree	Disagree	Slightly Disagree	Slightly Agree	Agree	Strongly Agree	
I have the privacy I need.	Strongly Disagree	Disagree	Slightly Disagree	Slightly Agree	Agree	Strongly Agree	
I make sure I do nothing that hurts or damages other people.	Strongly Disagree	Disagree	Slightly Disagree	Slightly Agree	Agree	Strongly Agree	
I take full responsibility for my actions.	Strongly Disagree	Disagree	Slightly Disagree	Slightly Agree	Agree	Strongly Agree	

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Coping and Life Functioning

QUESTIONS	SCORING						SCORE
	1	2	3	4	5	6	
I am happy dealing with a range of professional people.	Strongly Disagree	Disagree	Slightly Disagree	Slightly Agree	Agree	Strongly Agree	
I do not let other people down.	Strongly Disagree	Disagree	Slightly Disagree	Slightly Agree	Agree	Strongly Agree	
I eat regularly and have a balanced diet.	Strongly Disagree	Disagree	Slightly Disagree	Slightly Agree	Agree	Strongly Agree	
I look after my health and wellbeing.	Strongly Disagree	Disagree	Slightly Disagree	Slightly Agree	Agree	Strongly Agree	
I meet all of my obligations promptly.	Strongly Disagree	Disagree	Slightly Disagree	Slightly Agree	Agree	Strongly Agree	

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Recovery Experience

QUESTIONS	SCORING						SCORE
	1	2	3	4	5	6	
Having a sense of purpose in life is important to my recovery journey.	Strongly Disagree	Disagree	Slightly Disagree	Slightly Agree	Agree	Strongly Agree	
I am making good progress on my recovery journey.	Strongly Disagree	Disagree	Slightly Disagree	Slightly Agree	Agree	Strongly Agree	
I engage in activities and events that support my recovery.	Strongly Disagree	Disagree	Slightly Disagree	Slightly Agree	Agree	Strongly Agree	
I have a network of people I can rely on to support my recovery.	Strongly Disagree	Disagree	Slightly Disagree	Slightly Agree	Agree	Strongly Agree	
When I think of the future I feel optimistic.	Strongly Disagree	Disagree	Slightly Disagree	Slightly Agree	Agree	Strongly Agree	

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