



Recap Pots

Encouraging recovery capital conversations



How to use Recap Pots

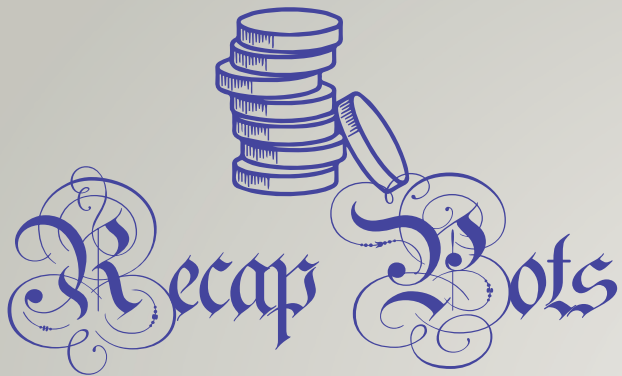
1. Print Recap Pots sheets individually.
2. Give a copy to each player.
3. A player's role is to put the morale chips in the pot that he/she strongly agrees with.

Recap Pots 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>

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1

(Substance Use and Sobriety)

I am currently completely sober.

I feel I am in control of my substance use.

I have not come close to relapsing.

I have had no recent periods of substance intoxication.

There are more important things to me in life than using substances.

Put your morale chips in the pot(s) that are either currently relevant or you strongly agree with.



Recap Pots

2

(Global Psychological Health)

I am able to concentrate when I need to.

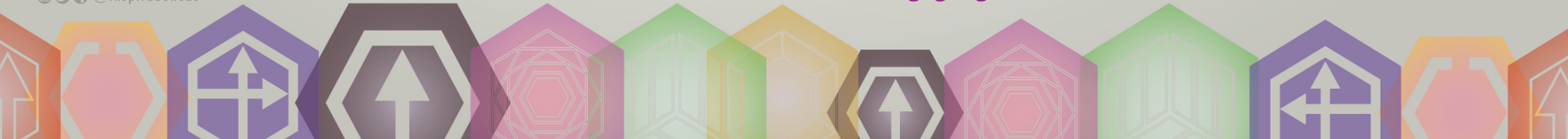
I am coping with the stresses in my life.

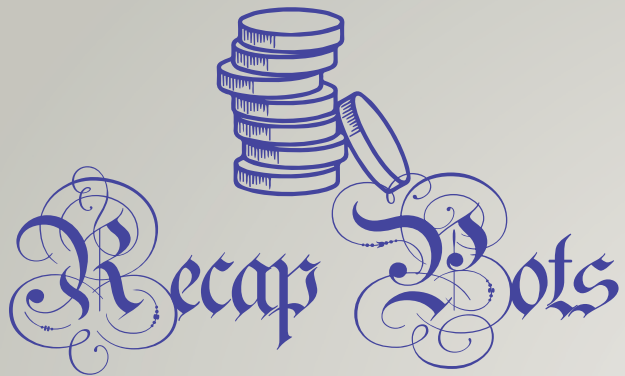
I am happy with my appearance.

In general I am happy with my life.

What happens to me in the future mostly depends on me.

Put your morale chips in the pot(s) that are either currently relevant or you strongly agree with.





3

(Global Physical Health)

I cope well with everyday tasks.

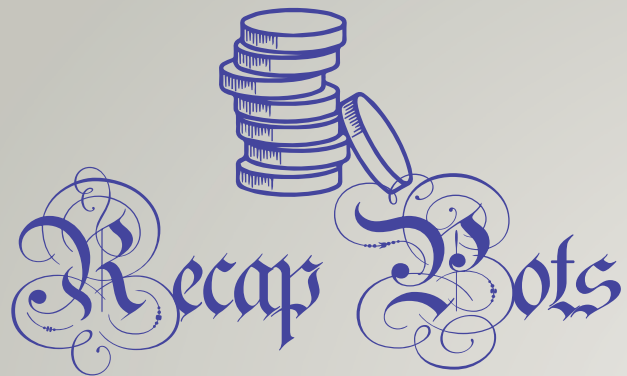
I feel physically well enough to work.

I have enough energy to complete the tasks I set myself.

I have no problems getting around.

I sleep well most nights.

Put your morale chips in the pot(s) that are either currently relevant or you strongly agree with.



4

(Citizenship and Community Involvement)

I am proud of the community I live in and feel part of it – sense of belonging.

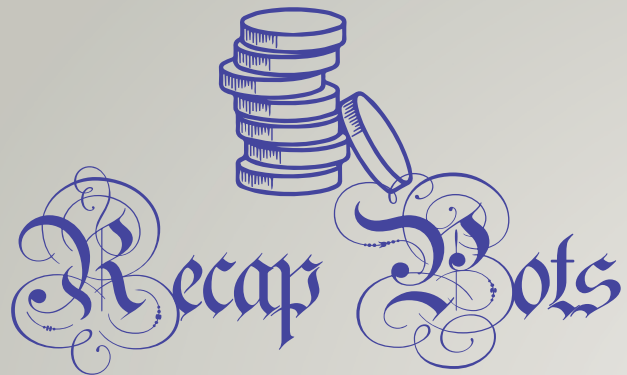
It is important for me to be involved in activities that contribute to my community.

It is important for me to do what I can to help other people.

It is important for me that I make a contribution to society.

My personal identity does not revolve around drug use or drinking.

Put your morale chips in the pot(s) that are either currently relevant or you strongly agree with.



5

(Social Support)

I am happy with my personal life.

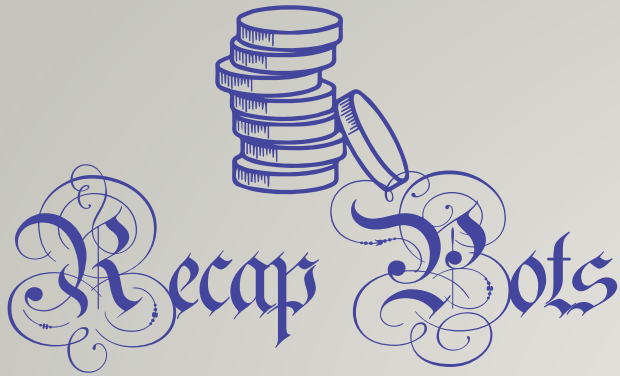
I am satisfied with my involvement with my family.

I get lots of support from friends.

I get the emotional help and support I need from my family.

I have a special person that I can share my joys and sorrows with.

Put your morale chips in the pot(s) that are either currently relevant or you strongly agree with.



6

(Meaningful Activities)

I am actively involved in leisure and sport activities.

I am actively engaged in efforts to improve myself (training, education and/or self awareness).

I engage in activities that I find enjoyable and fulfilling.

I have access to opportunities for career development (job opportunities, volunteering or apprenticeships).

I regard my life as challenging and fulfilling without the need for using drugs or alcohol.

Put your morale chips in the pot(s) that are either currently relevant or you strongly agree with.



Recap Pots

7

(Housing and Safety)

I am proud of my home.

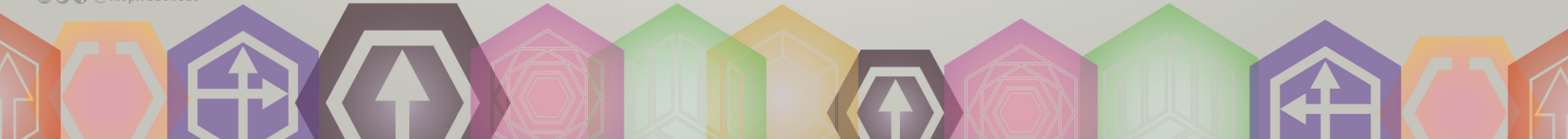
I am free of threat or harm when I am at home.

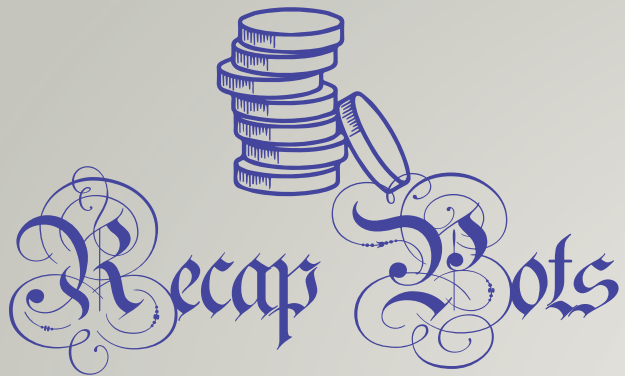
I feel safe and protected where I live.

I feel that I am free to shape my own destiny.

My living space has helped to drive my recovery journey.

Put your morale chips in the pot(s) that are either currently relevant or you strongly agree with.





8

(Risk-Taking)

I am free from worries about money.

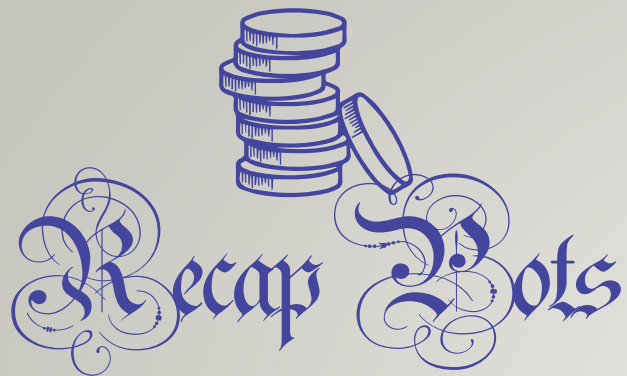
I have the personal resources I need to make decisions about my future.

I have the privacy I need.

I make sure I do nothing that hurts or damages other people.

I take full responsibility for my actions.

Put your morale chips in the pot(s) that are either currently relevant or you strongly agree with.



9

(Coping and Life Functioning)

I am happy dealing with a range of professional people.

I do not let other people down.

I eat regularly and have a balanced diet.

I look after my health and wellbeing.

I meet all of my obligations promptly.

Put your morale chips in the pot(s) that are either currently relevant or you strongly agree with.



10

(Recovery Experience)

Having a sense of purpose in life is important to my recovery journey.

I am making good progress on my recovery journey.

I engage in activities and events that support my recovery.

I have a network of people I can rely on to support my recovery.

When I think of the future I feel optimistic.

Put your morale chips in the pot(s) that are either currently relevant or you strongly agree with.