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RECOVERY CAPITAL SELF-ASSESSMENT

Bob Fisher Recovery Coaching

Identify Strengths, Opportunities, and Resources

Recovery Capital refers to the internal and external resources that support and sustain recovery. This self-assessment helps identify areas of strength and areas that may benefit from additional support or attention.

RATING SCALE

1 = Strongly Disagree

2 = Disagree

3 = Neutral / Unsure

4 = Agree

5 = Strongly Agree

1 PERSONAL HEALTH & WELLNESS

- I get enough sleep most nights.
- My physical health is generally good.
- I eat nutritious meals regularly.
- I have healthy ways to manage stress.
- I engage in regular physical activity.

Domain Score: _____ / 25

2 EMOTIONAL & MENTAL WELL-BEING

- I can identify and express my emotions.
- I have healthy coping strategies.
- I feel hopeful about my future.
- I manage anxiety, stress, or depression effectively.
- I generally feel emotionally stable.

Domain Score: _____ / 25

3 RECOVERY & SOBRIETY SUPPORTS

- I have a recovery plan.
- I regularly engage in recovery-supportive activities.
- I know what triggers may put my recovery at risk.
- I have strategies to manage urges or cravings.
- I feel confident in my ability to maintain recovery.

Domain Score: _____ / 25

4 FAMILY & RELATIONSHIPS

- I have people I can trust.
- I feel connected to supportive individuals.
- My relationships are generally healthy.
- I am working to repair damaged relationships where appropriate.
- I feel respected and valued by people close to me.

Domain Score: _____ / 25

5 HOUSING & SAFETY

- I have stable housing.
- I feel safe where I live.
- My living environment supports recovery.
- I can meet my basic needs.
- I have reliable transportation when needed.

Domain Score: _____ / 25

6 EMPLOYMENT, EDUCATION & PURPOSE

- I have meaningful daily activities.
- I feel a sense of purpose.
- I am satisfied with my work, volunteering, or education.
- I have goals I am actively pursuing.
- I believe I am contributing positively to others.

Domain Score: _____ / 25

7 COMMUNITY & SOCIAL CONNECTION

- I feel connected to my community.
- I participate in positive social activities.
- I have opportunities to help others.
- I feel accepted by people around me.
- I have supportive peer connections.

Domain Score: _____ / 25

8 FINANCIAL STABILITY

- I can meet my financial obligations.
- I have a realistic budget.
- My financial situation does not threaten my recovery.
- I feel in control of my finances.

I have a plan for future financial stability.

Domain Score: _____ / 25

RECOVERY CAPITAL SUMMARY

Domain	Score
Personal Health & Wellness	_____ / 25
Emotional & Mental Well-Being	_____ / 25
Recovery & Sobriety Supports	_____ / 25
Family & Relationships	_____ / 25
Housing & Safety	_____ / 25
Employment, Education & Purpose	_____ / 25
Community & Social Connection	_____ / 25
Financial Stability	_____ / 25

Total Recovery Capital Score _____ / 200

Assessment Date: _____

INTERPRETATION GUIDE

160-200 Strong Recovery Capital

120-159 Developing Recovery Capital

80-119 Vulnerable Areas Present

Below 80 Immediate Growth Opportunities

REFLECTION QUESTIONS

My strongest area of recovery capital is:

The area that would benefit most from attention is:

One action I can take in the next 30 days:

One person who can support me is:

My biggest source of hope right now:

RECOVERY COACH DISCUSSION NOTES

Strengths Identified:

Growth Opportunities:

Goals to Prioritize:

Next Review Date:
