

**Idaho Recovery Capital Scale (Adapted from William White at [williamwhitepapers.org](http://williamwhitepapers.org).)**

**Place a number by each statement that best describes your situation today.**

5 - *Completely Agree*

4 - *Mostly Agree*

3 - *Agree a little*

2 - *Mostly disagree*

1 - *Completely disagree*

**My first name:** \_\_\_\_\_

**Today's Date:** \_\_\_\_\_

**I live in an environment that is free from alcohol and other drugs**

**I have an intimate partner that is supportive of my recovery**

**I have family members who are supportive of my recovery**

**I have friends who are supportive of my recovery**

**I have people close to me (intimate partner, family, friends) who are also in recovery**

**I have a job that provides for my basic needs**

**I have a written plan for my recovery**

**I am in reasonably good physical health**

**I am in reasonably good mental health**

**I have a plan to manage my mental health**

**I am taking prescribed medication to support my mental health**

**I am taking prescribed medication to help my cravings for alcohol or other drugs**

**I have access to regular healthy meals**

**I have clothes that are comfortable and clean and do not represent drug using**

**I have access to recovery support groups in my community**

**I am regularly involved with a local recovery support group**

**I have a sponsor or other mentor for my recovery**

**I have people who look to me as a mentor for their recovery**

**I have completed or am complying with all legal requirements related to my past**

**I have recovery rituals that are part of my daily life**

**I have goals for my future**

**I feel I am a part of my community**

**Services to others is an important part of my life today**

**My Score**

**Five areas of recovery capital I want to increase in the next 6 months:**

1.

2.

3.

4.

5.

**In the next week I will do the following activities to help me increase my recovery capital:**

1.

2.

3.

**Who will help me work on these activities?**

1.

2.

3.