

## Recovery Capital Assessment Interview Tool

<b>Social Recovery Capital</b>			
✓	<b>Recovery Capital</b>	<b>Notes</b>	<b>Potential Area for Growth</b>
	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		

<b>Physical Recovery Capital</b>			
✓	<b>Recovery Capital</b>	<b>Notes</b>	<b>Potential Area for Growth</b>
	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		

## Recovery Capital Assessment Interview Tool

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		

## Recovery Capital Assessment Interview Tool

✓	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		

<b>Community Recovery Capital</b>			
✓	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		