



YOUR RECOVERY CAPITAL ACCOUNT

Recovery Capital = the strengths and resources that you have, which can help you to get into (or stay in) recovery.

Rate yourself from 1 to 10 (1=lowest; 10=highest) in these areas of your life

	Current #	What I can do to increase my capital
1. Time abstinent		
2. Self-esteem		
3. Diet/nutrition		
4. Exercise		
5. Self-confidence		
6. Sleep		
7. Not smoking		
8. Health		
9. Spirituality		
10. Finances		
11. Education		
12. Housing		
13. Family		
14. Friends		
15. Self-help groups		
16. Employment		
17. Information on recovery		
18. Leisure activity		
19. Happiness		
20. Satisfaction		

Total score: _____

Food for thought:

- Can you keep recovery capital even while relapsing?

- Are there other resources you could add to the list?
