

RECOVERY STRENGTHS QUESTIONNAIRE

The recovery strengths questionnaire assesses your satisfaction across many areas of your life. These areas represent your own personal “Recovery Strengths”—that is, the existing resources that you have to support your recovery.

Please circle the number to indicate how satisfied you feel in relation to each of the questions below. Each question is rated on a 0- to 10-point scale, with 10 = a high-level of satisfaction and 0 = a sense of dissatisfaction.

1. How satisfied are you with your **home/accommodation**? A score of 10 indicates a high level of satisfaction (e.g., you might have a long-term place to live that is secure and safe). A score of 0 indicates a sense of dissatisfaction or insecurity in where you live.

| | | | | | | | | | | | |
|----------------------|----------------------|---|---|---|---|---|---|---|---|---|----------------------|
| ACCOMMODATION | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| | Not at all satisfied | | | | | | | | | | Completely satisfied |

2. How satisfied are you with your **finances / money**? A score of 10 indicates a high level of security (e.g., a reliable source of income, few demands or little debt). A score of 0 indicates a poor level of security (e.g., high debt and infrequent/unreliable access to money).

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|-----------------------|----------------------|---|---|---|---|---|---|---|---|---|----------------------|
| FINANCES/MONEY | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| | Not at all satisfied | | | | | | | | | | Completely satisfied |

3. How satisfied are you with your level of **physical health**? A score of 10 indicates a high level of satisfaction (e.g., you are physically active, without pain or discomfort). A score of 0 indicates a sense of dissatisfaction (e.g., you find it difficult to maintain good health or activity).

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|------------------------|----------------------|---|---|---|---|---|---|---|---|---|----------------------|
| PHYSICAL HEALTH | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| | Not at all satisfied | | | | | | | | | | Completely satisfied |

4. How satisfied are you with your level of **mental wellbeing**? A score of 10 indicates a high level of satisfaction (e.g., you can comfortably manage day-to-day life). A score of 0 indicates dissatisfaction (e.g., you are frequently distressed and your day-to-day functioning is impaired).

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|-------------------------|----------------------|---|---|---|---|---|---|---|---|---|----------------------|
| MENTAL WELLBEING | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| | Not at all satisfied | | | | | | | | | | Completely satisfied |

Instructions

Please circle the number to indicate how satisfied you feel, right now, in relation to each of the questions below. Each question is rated on a 0- to 10-point scale, with 10 = a high-level of satisfaction and 0 = a sense of dissatisfaction.

5. How satisfied are you with the quality of your **family relationships**? A score of 10 indicates a high level of satisfaction (e.g., you are securely connected to members of your family or you are satisfied with the level of your relationships or connections with them, even if there is little or no contact). A score of 0 indicates a sense of dissatisfaction or disconnection with family members.

| | | | | | | | | | | | |
|---------------|----------------------|---|---|---|---|---|---|---|---|---|----------------------|
| FAMILY | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| | Not at all satisfied | | | | | | | | | | Completely satisfied |

6. How satisfied are you with your the quality of your relationship to a **partner** or if you have no partner your general satisfaction with this area of your life? A score of 10 indicates a high level of satisfaction (e.g., you have a satisfying relationship or your are content to be without a partner at the moment). A score of 0 indicates a sense of dissatisfaction or disconnection (e.g., your relationship is not satisfying or you are lonely).

| | | | | | | | | | | | |
|----------------|----------------------|---|---|---|---|---|---|---|---|---|----------------------|
| PARTNER | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| | Not at all satisfied | | | | | | | | | | Completely satisfied |

7. How satisfied are you with your ability to **attend to your own recovery**? A score of 10 indicates you regularly work on your recovery (e.g., you attend and contribute to a recovery-based group). A score of 0 indicates you are not active on your recovery (e.g., you have little or no contact with a recovery-based group).

| | | | | | | | | | | | |
|---------------------------|----------------------|---|---|---|---|---|---|---|---|---|----------------------|
| ATTEND TO RECOVERY | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| | Not at all satisfied | | | | | | | | | | Completely satisfied |

8. How satisfied are you with your level of commitment to regular **meaningful activity**? A score of 10 indicates you regularly engage in meaningful activity, like voluntary or paid work, education or you care for another person. A score of 0 indicates a lack meaningful activity in your life (e.g., you do not work, care for or help others, or you are not in education).

| | | | | | | | | | | | |
|----------------------------|----------------------|---|---|---|---|---|---|---|---|---|----------------------|
| MEANINGFUL ACTIVITY | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| | Not at all satisfied | | | | | | | | | | Completely satisfied |

Instructions

Please circle the number to indicate how satisfied you feel, right now, in relation to each of the questions below. Each question is rated on a 0- to 10-point scale, with 10 = a high-level of satisfaction and 0 = a sense of dissatisfaction.

9. How satisfied are you with your ability to **actively learning**? A score of 10 indicates you are satisfied by your ability to learn and you continue to do so (e.g., you attend courses). A score of 0 indicates a sense of dissatisfaction with learning (e.g., you do not actively spend time learning).

| | | | | | | | | | | | |
|--------------------------|----------------------|---|---|---|---|---|---|---|---|---|----------------------|
| ACTIVELY LEARNING | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| | Not at all satisfied | | | | | | | | | | Completely satisfied |

10. How satisfied are you with your **social networks** (e.g., your relationships to friends, colleagues, group members, peers)? A score of 10 indicates satisfaction with the number and quality of these contacts. A score of 0 indicates dissatisfaction from having too few and/or poor quality contacts.

| | | | | | | | | | | | |
|------------------------|----------------------|---|---|---|---|---|---|---|---|---|----------------------|
| SOCIAL NETWORKS | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| | Not at all satisfied | | | | | | | | | | Completely satisfied |

11. How satisfied are you with your **knowledge or skills**? A score of 10 indicates you have the skills and knowledge to help you solve problems and manage your life. A score of 0 indicates that you lack knowledge or skills to manage your life effectively.

| | | | | | | | | | | | |
|-------------------------|----------------------|---|---|---|---|---|---|---|---|---|----------------------|
| KNOWLEDGE/SKILLS | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| | Not at all satisfied | | | | | | | | | | Completely satisfied |

12. How satisfied are you with your ability to live according to your own **values** and/or your **spirituality**? A score of 10 indicates a high level of satisfaction (e.g., you live a valued life and/or you feel spirituality connected). A score of 0 indicates a sense of dissatisfaction or inability to live to your own values or you feel a spiritual disconnection.

| | | | | | | | | | | | |
|----------------------------|----------------------|---|---|---|---|---|---|---|---|---|----------------------|
| VALUES/SPIRITUALITY | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| | Not at all satisfied | | | | | | | | | | Completely satisfied |

Instructions

Please circle the number to indicate how satisfied you feel in relation to each of the questions below. Each question is rated on a 0- to 10-point scale, with 10 = a high-level of satisfaction and 0 = a sense of dissatisfaction.

13. How satisfied are you with your ability to be **able to bounce back** from difficulties in life? A score of 10 indicates a high degree of satisfaction in your ability to overcome challenges and adversity in life. A score of 0 indicates a sense of dissatisfaction in your ability to bounce back from life's challenges or adversity.

ABILITY TO BOUNCE BACK

0 1 2 3 4 5 6 7 8 9 10

Not at all
satisfied

Completely
satisfied

14. How satisfied are you with your own sense of **self-worth**? A score of 10 indicates a high level of satisfaction (e.g., you might feel competent, capable, or worthwhile). A score of 0 indicates a sense of dissatisfaction (e.g., you might feel incompetent, lacking worth, or feel you have an inability to make a contribution to the world).

SELF-WORTH

0 1 2 3 4 5 6 7 8 9 10

Not at all
satisfied

Completely
satisfied

15. How satisfied are you with your ability to take a **positive attitude** to life? A score of 10 indicates an attitude to life that views challenges as opportunities to be overcome. A score of 0 indicates a tendency to focus on the challenges in life in a negative and overwhelming way.

POSITIVE ATTITUDE

0 1 2 3 4 5 6 7 8 9 10

Not at all
satisfied

Completely
satisfied

SCORING INSTRUCTIONS

Subscale 1 – Externally Generated Strengths (Items 1, 2, 3, 4, 5, & 6)_____

Subscale 2 – Internally Generated Strengths (Items 7, 8, 9, 10, 11, 12, 13, 14, & 15)_____

Total Score_____

Instrument Development: L. M. Hogan (2014). Recovery Strengths Questionnaire.

Citation: Rettie, H. C., Hogan, L. M., & Cox, W. M. (2018). The recovery strengths questionnaire (RSQ) for alcohol and drug use disorders. *Drug and Alcohol Review*.