

Readiness to Recovery Checklist

Name: _____ Date: _____

Write one number, from 1 to 5, for each of following statements according to this scale:

1 = Strongly Agree; 2 = Agree; 3 = I'm Not Sure; 4 = Disagree; 5 = Strongly Disagree

1. I don't think I have an alcohol or drug problem..... _____
2. I might have an alcohol or drug problem, but it isn't that bad yet _____
3. I sometimes worry that I could develop a severe alcohol or drug problem in the future _____
4. I think about stopping my alcohol or drug use but I haven't tried to quit yet _____
5. I have an alcohol or drug problem, but feel like I can handle it on my own. _____
6. I don't think going to treatment would do me any good _____
7. I can't afford to go to treatment. _____
8. I can't take time off work to go to treatment _____
9. I think going to treatment would negatively affect my social relationships and my job..... _____
10. I know people in successful long-term recovery from alcohol and/or drug problems. _____
11. I have promised myself and others many times that I would cut down or stop my using. . _____
12. I have tried to stop my drinking or drug use many times. _____
13. I can name three things in my life that would improve if I stopped my AOD use..... _____
14. I can name three bad things that might happen to me if I continued my AOD use..... _____
15. I have some family and friends who will support me if I try to stop my AOD use..... _____
16. I'm surrounded by family members and friends that would make it very hard for me to stop my drinking or other drug use..... _____
17. I currently have a plan to stop my AOD use, but I haven't acted on the plan yet..... _____
18. I live in a community with lots of treatment resources that could help me. _____
19. I lived in a community with a variety of recovery support groups..... _____
20. I live in a community with many recovery support meetings per week..... _____

Scoring Instructions.

The pre-awareness stage of change is indicated by ratings of 1 or 2 on Questions 1, 13 and 14 and by multiple ratings of 3 on other questions.

The best total composite score for these questions is 3; my score is _____.

A high composite score means that I may need to spend more time evaluating my relationship with alcohol and drugs and the effects they have had on myself and others.

The awareness, pre-action stage of change is indicated by scores of 1 & 2 on Questions 2, 3, 4, 5, 6, 7, 8, 9, 13 and 14

The best total composite score for these questions is 10; my score is _____.

A high composite score means that it is time I made some serious decisions about changing the role of alcohol and drugs in my life.

The action stage of change is indicated by ratings of 1 or 2 on Questions 11, 12, and 17.

The best total composite score for these questions is 3; my score is _____.

A high composite score here indicates that you need to go from planning and promising to doing.

Family, social and community support for recovery initiation is indicated by ratings of 1 or 2 on questions 10, 15, 18, 19 & 20 and a rating of 4 or 5 on Question 16.

The best total score for Questions 10, 15, 18, 19 & 20 is 5; my score is _____.

The best total score for Question 16 is 5; my score is _____.

A high score on question 16 means that I may need to break contact with those family members and friends who will undermine my recovery efforts.