

## Readiness to Recovery Checklist

Rate the following statements on the following 1 to 5 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 drinking or drug use.
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 drinking and/or drug use.
14. \_\_\_ I can name three bad things that might happen to me if I continued my drinking or drug use.
15. \_\_\_ I have some family and friends who will support me if I try to stop my drinking and/or drug use.
16. \_\_\_ I'm surrounded by family members and friends that would make it very hard for me to stop my drinking and/or drug use.
17. \_\_\_ I currently have a plan to stop my drinking and/or drug 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 \_\_\_\_.

A high composite score here means I need to reach out to family and friends to help me.

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.