

Appendix A. XXX Assessment of Recovery Scale

This scale contains a list of statements about your attitudes and beliefs about your health and wellness. There are no right or wrong answers; we just want to know what you think about these things. Read each statement and then decide how much you agree with it, from **Not at All** to **Very Much**. Then circle the number that best reflects how much you agree with each statement using the following scale:

Not at All
1

A Little Bit
2

Somewhat
3

Quite a Bit
4

Very Much
5

How much do you agree with the statement?

Not at All A Little Bit Somewhat Quite a Bit Very Much

1. I can influence important issues in my life.	1	2	3	4	5
2. I have abilities that can help me reach my goals	1	2	3	4	5
3. I believe that getting better is possible.	1	2	3	4	5
4. When I have a relapse, I am sure that I can get back on track.	1	2	3	4	5
5. I have skills that help me to be successful.	1	2	3	4	5
6. My strengths are more important than my weaknesses.	1	2	3	4	5
7. Overcoming challenges helps me to learn and grow.	1	2	3	4	5
8. I can have a fulfilling and satisfying life.	1	2	3	4	5
9. It is up to me to set my own goals.	1	2	3	4	5
10. I believe I make good choices in my life.	1	2	3	4	5

