

## Recovery Assessment Scale - Domains and Stages

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On the following pages, there is a list of statements that describe how people sometimes feel about themselves and their lives. Please read each one carefully and click the circle that best describes you at the moment. Check only one for each statement and do not skip any items.

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Doing Things I Value

**1: It is important to have fun**

Mostly True

**2: It is important to have healthy habits**

Completely True

**3: I do things that are meaningful to me**

Completely True

**4: I continue to have new interests**

Completely True

**5: I do things that are valuable and helpful to others**

Mostly True

**6: I do things that give me a feeling of great pleasure**

Completely True

Looking Forward

**7: I can handle it if I get unwell again**

Mostly True

**8: I can help myself become better**

Completely True

**9: I have the desire to succeed**

Mostly True

**10: I have goals in life that I want to reach**

Completely True

**11: I believe that I can reach my current personal goals**

Mostly True

**12: I can handle what happens in my life**

Untrue

**13: I like myself**

Untrue

**14: I have a purpose in life**

Completely True

**15: If people really knew me they would like me**

Mostly True

**16: If I keep trying, I will continue to get better**

A Bit True

**17: I have an idea of who I want to become**

Completely True

**18: Something good will eventually happen**

A Bit True

**19: I am the person most responsible for my own improvement**

Completely True

**20: I am hopeful about my own future**

Completely True

**21: I know when to ask for help**

Completely True

**22: I ask for help, when I need it**

Mostly True

**23: I know what helps me get better**

Completely True

**24: I can learn from my mistakes**

Completely True

Mastering My Illness

**25: I can identify the early warning signs of becoming unwell**

Mostly True

**26: I have my own plan for how to stay or become well**

Completely True

**27: There are things that I can do that help me deal with unwanted symptoms**

Mostly True

**28: I know that there are mental health services that help me**

Completely True

**29: Although my symptoms may get worse, I know I can handle it**

Completely True

**30: My symptoms interfere less and less with my life**

Mostly True

**31: My symptoms seem to be a problem for shorter periods of time each time they occur**

Mostly True

Connecting And Belonging

**32: I have people that I can count on**

Completely True

**33: Even when I don't believe in myself, other people do**

A Bit True

**34: It is important to have a variety of friends**

Mostly True

**35: I have friends who have also experienced mental illness**

Completely True

**36: I have friends without mental illness**

Completely True

**37: I have friends that can depend on me**

Mostly True

**38: I feel OK about my family situation**

Completely True

**Total 1**

22

**Total 2**

57

**Total 3**

24

**Total 4**

24

**Percent 1**

92

**Percent 2**

79

**Percent 3**

86

**Percent 4**

86

**Total Score**

127

**Total Percentage**

86