

## Recovery Assessment Scale - Domains and Stages

### RAS-DS

#### Recovery Assessment Scale - Domains and Stages

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.

13/05/2016

For most people we suggest you leave this as it is with the date so that later on, you can tell when you did it. If you choose to change the name, we suggest that you also keep the date there.

#### Doing Things I Value

Question

Untrue

A Bit True

Mostly True

Completely True

Comment

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

Untrue

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

Untrue

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

Untrue

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

Untrue

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

Untrue

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

Untrue

#### Looking Forward

Question

Untrue

A Bit True

Mostly True

Completely True

Comment

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

Untrue

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

Untrue

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

Untrue

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

Untrue

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

Untrue

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

Untrue

**13: I like myself**

Untrue

Question

Untrue

A Bit True

Mostly True

Completely True

Comment

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

Untrue

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

Untrue

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

Untrue

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

Untrue

**18: Something good will eventually happen**

Untrue

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

Untrue

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

Untrue

Question

Untrue

A Bit True

Mostly True

Completely True

Comment

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

Untrue

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

Untrue

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

Untrue

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

Untrue

## Mastering My Illness

Question

Untrue

A Bit True

Mostly True

Completely True

Comment

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

Untrue

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

Untrue

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

Untrue

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

Untrue

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

Untrue

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

Untrue

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

Untrue

## Connecting And Belonging

Question

Untrue

A Bit True

Mostly True

Completely True

Comment

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

Untrue

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

Untrue

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

Untrue

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

Untrue

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

Untrue

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

Untrue

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

Untrue

**Total 1**

6

**Total 2**

18

**Total 3**

7

**Total 4**

7

**Percent 1**

25

**Percent 2**

25

**Percent 3**

25

**Percent 4**

25

**Total Score**

38

**Total Percentage**

25