

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

Completely True

2: It is important to have healthy habits

Mostly True

3: I do things that are meaningful to me

Completely True

4: I continue to have new interests

A Bit True

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

7: I can handle it if I get unwell again

Completely True

8: I can help myself become better

Completely True

9: I have the desire to succeed

Completely 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

A Bit True

12: I can handle what happens in my life

Untrue

13: I like myself

Mostly True

14: I have a purpose in life

Completely True

15: If people really knew me they would like me

Completely 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

Mostly 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

Mostly True

22: I ask for help, when I need it

Completely 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

Completely 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

Mostly True

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

Mostly True

30: My symptoms interfere less and less with my life

Completely True

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

Completely True

Connecting And Belonging

32: I have people that I can count on

Mostly True

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

Completely True

34: It is important to have a variety of friends

Mostly True

35: I have friends who have also experienced mental illness

A Bit True

36: I have friends without mental illness

Mostly True

37: I have friends that can depend on me

A Bit True

38: I feel OK about my family situation

Mostly True

Total 1

15

Total 2

62

Total 3

25

Total 4

20

Percent 1

63

Percent 2

86

Percent 3

89

Percent 4

71

Total Score

122

Total Percentage

77