

RECOVERY CAPITAL REFLECTION WORKSHEET



RESPECT • REFLECT • REBUILD • RECOVER

Use your Recovery Capital Inventory results to reflect on the strengths, resources, relationships, and supports currently available to you. There are no right or wrong answers. The purpose of this worksheet is to help you understand your results and identify areas that may support your recovery goals.

1. Looking at Your Results

Personal Recovery Capital		/100
Social Recovery Capital		/100
Community Recovery Capital		/100
Cultural Recovery Capital		/100
Total Recovery Capital		/100

What domain has the highest score?

- ☐ Personal
- ☐ Social
- ☐ Community
- ☐ Cultural

What domain has the lowest score?

- ☐ Personal
- ☐ Social
- ☐ Community
- ☐ Cultural

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2. Recognizing Your Strengths

What strengths, resources, relationships, or supports stood out to you as you completed the inventory?

Which areas of recovery capital feel strongest for you right now, and why?

What existing strengths or supports could you build on?

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3. Identifying Gaps and Barriers

Were there any areas where you recognized a lack of resources, support, or stability?

What barriers or circumstances may be affecting your recovery capital?

Are there resources, relationships, or supports that you would like to have but do not currently have access to?

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4. Exploring Opportunities for Growth

Which area of recovery capital would you most like to strengthen?

- ☐ **Personal**
- ☐ **Social**
- ☐ **Community**
- ☐ **Cultural**

What could help strengthen this area?

Is there a resource, person, service, community, or activity that you would like to connect with?

What is one small step you could take toward strengthening your recovery capital?

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5. Connecting Recovery Capital to Your Goals

Based on what you learned from this inventory, what feels most important for you to focus on right now?

What meaningful recovery goal could this area of focus support?

What strengths or resources do you already have that can help you work toward this goal?

What additional support might help you move toward this goal?

What is one next step you are willing to take?

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6. Looking Forward

What would strengthening your recovery capital look like for you over the next few weeks or months?

What would you like to be different or stronger when you complete this exercise again in the future?

My Recovery Capital Priority

The area I want to focus on:

My first step will be:

The support or resource I may need to achieve this is:

How I will know I am making progress:
