RECOVERY INDEX

Recovery is an individualized, intentional, dynamic, and relational process involving sustained efforts to improve wellness.

DOWNLOAD A PDF OF THE RECOVERY INDEX HERE

FATIGUE NUMBNESS LONELINESS GUILT SHAME UNCERTAINTY DEPRESSION SADNESS POVERTY

ISOLATION DESPAIR DISAPPOINTMENT SCORN ANGER/RAGE FRUSTRATION FEAR

Use this worksheet to arrive at your Recovery Index

REMEMBER: These values are fluid and reflect the moment right now. It is okay to guess.

SCORE EACH SQUARE 0 = NON-EXISTENT 10 = FULLY SATISFIED

1. SELF-EVALUATION *GENTLE AND CURIOUS*

- » Are my needs being met?
- » Which needs have priority?
- » Who is responsible for meeting my needs?
- » What are my predicaments?
- » What do I want to avoid?
- » What if I stay the same?
- » How can I live differently?

2. GET SAFER *IMMEDIATE STEPS*

- » Reduce recklessness
- » Focus on controllables
- » Harm reduction
- » Pause when agitated
- » Avoid isolation
- » Seek guidance

3. SKILLED ADVOCATE *COMPASSIONATE PRAGMATISM*

- » Counselor
- » Coach
- » Mentor
- » Sponsor
- » Peer
- » Clergy

4. STABLE HOME *ROOMMATES AND ACQUAINTANCES MATTER*

- » Clean
- » Safe
- » Food
- » Rent/Utilities

5. HEALTHCARE *PHYSICAL, PSYCHOLOGICAL AND SPIRITUAL HEALTH*

- » Return to doctors & respond to findings
- » Primary physician, eyes, dentist, specialists, counselor
- » Regular checkups/testing
- » Prioritize sleep
- » Improve diet

6. GET BACK UP *THE HERO'S JOURNEY: A WELL-KNOWN PATH*

- » Exercise
- » Hobbies
- » Job
- » School
- » Volunteer
- » Join
- » Create
- » Accept your journey

7. MEANING, IDENTITY & PURPOSE *WHERE IS MEANING?*

- » Who am I?
- » "Uncover, Discover, Discard"
- » Service to others
- » Recreating a personal arc of trueness
- » Investigate perceptions
- » Name values
- » The language of Choice Theory
- » Worthy of love as I am

8. LEARN TO PLAY *NURTURE FLOW STATE ACTIVITIES*

- » Reintroduce nature
- » Get outdoors
- » Wonderment
- » Creativity with others
- » "Meeting my Quality World"
- » Prioritize offline experience

9. PLAN FORWARD *ANTICIPATE CHALLENGES / IMAGINE SUCCESS*

- » Create short-term and long-term goals with WDEP
- » Practice coping with urges, tolerating discomfort, regulating emotions
- » Release childhood
- » Recognize good happens too

TOTAL 1 – 9 ± **WILD CARD** = ÷110 = FIRST TWO NUMBERS AFTER DECIMAL POINT

CHOICE THEORY
HUMAN BEHAVIOR EXPLAINED

BASIC NEEDS
Love and Belonging. Significance. Safety. Freedom. Fun.

QUALITY WORLD
- Relationships
- Treasured Possessions
- Core Beliefs.

BEHAVIOR
Maneuvering and Signaling in the External World. *Four Parts*: Acting, Thinking, Feeling, Physiology.

CREATIVITY
Crafting effective responses to information from the external world.

WDEP
- **W**hat do I want?
- What am I **D**oing to get it?
- Is it working (**E**valuation)?
- Can I improve my **P**lan?

WILD CARD

NEUTRAL VALUE: **0**
CHOOSE A VALUE
-10 TO **+10**

- » Negative values represent **persistent** and **intrusive challenges** you are experiencing (trauma, grief/loss, legal, bio-medical, poverty, family, injury, environmental factors)
- » Positive values include **strengths** or **accomplishments** you are experiencing (successes, post traumatic growth, overcomings, etc.)

56 and above is recovery.

RECOVERY INDEX

Which dimension/s will you emphasize today?

0 — **56 RECOVERY** — 100

YOUR NUMBER IS NOT A RANK – IT IS A LOCATION RELATIVE TO YOUR RECOVERY – YOU ARE IN OR OUT

PANIC ANXIETY PAIN ◀ *Recovery always occurs within a larger environment* ▶ TRAUMA WRONG-KNOWING

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When The Help is *You*

The likelihood of achieving and sustaining recovery is predictable and quantifiable. Emphasizing self-direction and personal stewardship, recovery literacy and improved behavioral choices, the Recovery Index recasts any predicament as a solvable puzzle, centering the individual as the determiner of their wellness priorities.

Aligning with both abstinence-based and harm reduction approaches, this tool produces a two-digit number similar in representation to a grade point average. This number signifies a ***location*** in wellness ***right now***, facilitating a fuller grasp of any predicament and the prioritization of goals. The Recovery Index:

- Broadens access to Early Intervention, Prevention, Harm Reduction, and Psychoeducation approaches regardless of any individual's socio-cultural, economic, educational, or geographic location.
- Propels personal agency, acknowledges wider systems and environments, engages contemplators, embraces peer-to-peer designs, is inclusive of family and significant others, enhances treatment engagement and aftercare planning, builds recovery literacy and motivation, and is telehealth-ready.

Definition of Recovery: "An individualized, intentional, dynamic, and relational process involving sustained efforts to improve wellness."[1]

Ten Categories Scored by the Recovery Index

1. **Self-Evaluation**: This-Moment Assessment. What are my unmet needs? Recovery Literacy. "What will I do?"
2. **Get Safer**: Immediate small steps. Reduce recklessness. Harm reduction. Focus on controllables.
3. **Skilled Advocate**: Therapist/Coach/Mentor/Sponsor/Clergy/Peer. Compassionate pragmatism.
4. **Stable Home**: Clean. Safe. Utilities. Food. Rent. Acquaintances matter.
5. **Healthcare**: Get doctors. Primary physician. Eyes. Dentist. Specialists. Respond to findings.
6. **Get Back Up**: Exercise. Hobbies. Job. School. Volunteer. Join.
7. **Meaning and Purpose**: Name values. Investigate perceptions. The language of Choice Theory.
8. **Learn to Play Offline**: Hobbies. Flow State. Wonderment. Joy. Creativity. "My Quality World."
9. **Plan Forward**: Anticipate challenges. Create short term and long-term goals with WDEP.
10. **Wild Card**: Trauma. Legal. Medical. Economic. Family. Other deficits. Also growth/coping.

Calculating Your Recovery Index[2]

- There are ***nine squares***. Each ***square*** is self-evaluated on a scale from one to ten.
  - Zero represents "non-existent." Ten represents "fully satisfied."
  - Values are always in-the-now (today). Record that value, from 0 to 10, in each square.
- There is ***one circle*** – the ***Wild Card*** – self-evaluated on a scale from -10 to +10.
  - Its neutral value is zero. Zero is a good score.
  - Assess persistent and intrusive challenges AND/OR strengths or strong positives you are currently experiencing to record a value of -10 to +10 in the circle.
- **Calculate Step by Step**
  - **Step 1:** Total the values of the nine squares. (*Example: 8+8+5+7+9+6+7+9+6 = 65)*
  - **Step 2:** Account for your plus or minus value in the Wild Card circle. *(Example: +3 = 68)*
  - **Step 3:** Divide the resulting number by 110. *(Example: 68 ÷ 110 = .618181)*
  - **Step 4:** Log the first two numbers after the decimal point as your recovery index. *(Example: 61)*
- Your current Recovery Index is not a rank: it is a location relative to your recovery now.
- ***56 is the minimum value for Recovery status.*** You are in or out. It is safer in the middle (61 to 71).

What's Your Number? Where will you focus your intention now?

[1] Recovery Science Research Collaborative, 2018.

[2] The Recovery Index is adapted from ***Choice Theory: A New Psychology of Personal Freedom*** by William Glasser, M.D.; ***Reality Therapy in the 21st Century*** by Robert E. Wubbolding, Ph.D; ***The Science of Safety*** by Kevin McCauley, M.D.; ***Integrated Harm Reduction Psychotherapy*** by Andrew Tatarsky; ***The Future of Recovery Supports*** by William White; and ***The Hero With A Thousand Faces*** by Joseph Campbell.