

RECOVERY QUIZ

The following is a test for monitoring your recovery process.

DIRECTIONS:

Each line represents a continuum between the state indicated on the left side (+5) and that on the right (-5). Rate yourself as to where you think you are on each line. If you are in the early stages of recovery, it will not be unusual to have mostly negative scores. Early on, it's necessary to focus on simply not drinking or using. To avoid self-deception, discuss your self-assessment with your sponsor and other peers in recovery. See how they perceive you. Assess yourself monthly. Work on making each score more positive. Remember -- we seek progress, not perfection.

Recovery Bound (+5)

Relapse Bound (-5)

Honest, realistic about self & problems	+2	
Socializes with others	-4	Minimizing, maximizing, distorting
Listens, accepts input from others	+4	Isolated, avoids others
Asks for help, accepts help from others	+1	Not listening, knows it all
Positive attitudes	+1	Will not ask for help
Focusing on personal recovery	-2	Negative attitudes
Trusting, sharing with others	+1	Too many concerns outside recovery
Harmonious relationships	+1	Suspicious, distrustful
Turns will over to Higher Power	0	Conflict with others
Stable lifestyle	+3	Depends on personal willpower
Takes full responsibility for own behavior	-1	Unstable lifestyle
Appears warm, friendly, caring about others	+1	Blaming, resentful, feels "victimized"
Attends plenty of 7/12-step group meetings	+5	Appears hostile
Has close working relationship with sponsor	+1	Not attending 7/12-step group
Reasonable expectations of self and others	?	Has no sponsor
Shares thoughts and feelings openly	-4	Demanding of self and others
Considerate, displays humility	-2	Not open about thoughts & feelings
Has an attitude of gratitude for blessings of life	-2	Arrogant, self-centered
Acts mature	+3	Pities self, focuses on what's missing
Actively working the 7/12-steps of recovery	+2	Acts immature
Fully accepts need for abstinence	+5	Not working the 7/12-steps of recovery
Understands/accepts disease concept of addiction	+4	Does not accept need for abstinence
Open and sharing about recovery process	-2	Rejects disease concept of addiction
Openly shares about personal disease experience	0	Hides, unwilling to discuss recovery
Appears peaceful, comfortable with self	-2	Hides/denies disease to others
Takes personal responsibility for solutions	?	Appears angry, agitated
Acts cheerful, outgoing	-2	Looks for "magic" solutions to problems
Actively helpful & supportive of others	+1	Acts depressed, withdrawn
Discusses spiritual aspects of recovery	-2	Unwilling to be helpful, supportive
		No evidence of spiritual growth

+ (12)