

Stage of Recovery Questionnaire

Client Name: _____ EHR ID# _____
 Staff Name: _____ Program: _____ Date: ___/___/___

Read the following questions and circle the response which most accurately describes your current status. Your responses can be rated from "0" to "5" to indicate how frequently you are doing something or how much you agree with the specific question.

Stage 1

During the past 30 days	None/ Never Some Frequently					
	0	1	2	3	4	5
1. My drinking (alcohol) has been: <u>If you drank, please describe:</u>	0	1	2	3	4	5
2. My use of any non-prescription drugs has been <u>If you have used, please describe:</u>	0	1	2	3	4	5
3. I have had trouble misusing prescription drugs (Using more than prescribed; more often than prescribe; or taking meds that weren't prescribed for me: <u>If you have had trouble, please describe:</u>	0	1	2	3	4	5

Stage 2

During the past 30 days	Agree Disagree					
	0	1	2	3	4	5
4. I have been avoiding people who drink or use drugs	0	1	2	3	4	5
5. I have been able to hang out with people and socialize (have fun) without drinking or using drugs	0	1	2	3	4	5
6. I have been living in a place that is alcohol and drug free	0	1	2	3	4	5
7. I regularly use recovery meetings* to support my recovery (*a structured activity with people that has a "recovery" focus)	0	1	2	3	4	5
8. I think of drinking or using but find I can manage those thoughts without drinking or using	0	1	2	3	4	5
9. I still need help but I know many of my using triggers and can avoid or deal with them	0	1	2	3	4	5
10. When I'm in a high-risk mood (angry, depress, bored), I ask for help to get by	0	1	2	3	4	5
11. I regularly do things to take care of my health (for example: I see my doctor and dentist; eat healthy foods; exercise; sleep 6-8 hours a night)	0	1	2	3	4	5

Stage 3

During the past 30 days	AgreeDisagree					
12. I have used at least 2 forms of sober support. . . Describe:	0	1	2	3	4	5
13. I recognize my triggers easily and use coping skills to manage them without using	0	1	2	3	4	5
14. I continue to have problems and make mistakes, but I accept and solve them instead of drinking/using.	0	1	2	3	4	5
15. I'm getting along better with my family and friends	0	1	2	3	4	5
16. I am able to enjoy life and relationships without drinking or using drugs	0	1	2	3	4	5
17. I am becoming more realistic and patient with myself	0	1	2	3	4	5

Stage 4

During the past 30 days	AgreeDisagree					
18. I am experiencing freedom from craving (thoughts and urges)	0	1	2	3	4	5
19. I am having stronger relationships with others in recovery and people in my community	0	1	2	3	4	5
20. I contribute my time and do work in my recovery group and/or in the community where I live	0	1	2	3	4	5
21. I understand and accept where I have been but feel I have positive direction in my life today	0	1	2	3	4	5
22. I have the tools to find inner peace and serenity when I need to: Name 2 of your tools:	0	1	2	3	4	5
23. I take responsibility for what I think, how I feel, and my actions (behavior)	0	1	2	3	4	5
24. I am able to ask for help and get support in many areas of my life—work, home, family, health, and recovery	0	1	2	3	4	5
25. On the whole, I am satisfied with myself	0	1	2	3	4	5

Please give this completed questionnaire to your counselor

STAGE OF RECOVERY SCORING

STAGE 1 (Q1-Q3): Discovery (Active Use)

Total (sum of answers to questions 1-3)= _____

Stage 1 Relapse/Continued Use Risk Rating

<u>Risk Level</u>	<u>Low Risk</u>	<u>Moderate Risk</u>	<u>High Risk</u>
Q1-Q3 Total	0-3	4-5	>5
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

STAGE 2 (Q4-Q11): Transitional Stage/Early Recovery

Total (sum of answers to questions 4 - 11)= _____

Stage 1 Stability Stable <input type="checkbox"/> Not Stable <input type="checkbox"/>	Notes:
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Stage 2 Relapse/Continued Use Risk Rating

<u>Risk Level</u>	<u>Low Risk</u>	<u>Moderate Risk</u>	<u>High Risk</u>
Q4-Q11 Total	0-10	11-21	>21
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

STAGE 3 (Q12-Q17): Early to Mid-Recovery

Total (sum of answers to questions 12 - 17)= _____

Stages 1 and 2 Stability Stable <input type="checkbox"/> Not Stable <input type="checkbox"/>	Notes:
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Stage 3 Relapse Rating

<u>Risk Level</u>	<u>Low Risk</u>	<u>Moderate Risk</u>	<u>High Risk</u>
Q12-Q17 Total	0-8	9-14	>14
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

STAGE 1 (Q18-Q25): Ongoing Recovery

Total (sum of answers to questions 18 - 25)= _____

Stages 1-3 Stability Stable <input type="checkbox"/> Not Stable <input type="checkbox"/>	Notes:
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Stage 1 Relapse Rating

<u>Risk Level</u>	<u>Low Risk</u>	<u>Moderate Risk</u>	<u>High Risk</u>
Q18-Q25 Total	0-12	13-24	>24
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>