

<b>ADDICTION RECOVERY SCALE</b>
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**INSTRUCTIONS:** *Using the 5 point scale below, please indicate how much you agree or disagree with the following statements.*

1	2	3	4	5
Strongly Disagree		Neutral		Strongly Agree

- \_\_\_\_\_ 1. I don't know what triggers me to go out and use drugs.
- \_\_\_\_\_ 2. I just can't get myself to go to an NA (AA or CA) meeting.
- \_\_\_\_\_ 3. I recognize the signs of craving for cocaine.
- \_\_\_\_\_ 4. I don't agree with the idea of a "higher power".
- \_\_\_\_\_ 5. When I tell myself "I can use just one time", I recognize this as my addictive thinking.
- \_\_\_\_\_ 6. It doesn't bother me to be around friends when they are getting high.
- \_\_\_\_\_ 7. When I experience drug craving, I am able to wait it out.
- \_\_\_\_\_ 8. I think starting a new romantic relationship can help one to stay clean.
- \_\_\_\_\_ 9. When I experience craving, I go to a 12-step meeting.
- \_\_\_\_\_ 10. I structure my daily routine to avoid having idle time.
- \_\_\_\_\_ 11. I am not willing to tell anyone about my drug problem because I am ashamed.
- \_\_\_\_\_ 12. I believe that participating in 12-step groups is helping me to recover.
- \_\_\_\_\_ 13. Drinking alcohol helps me to resist my desire for cocaine.
- \_\_\_\_\_ 14. I don't think I have to change many of my old behaviors to recover.
- \_\_\_\_\_ 15. I think it is important to spend time with drug-free friends.
- \_\_\_\_\_ 16. I think I can get sober on my own without anyone's help.
- \_\_\_\_\_ 17. I can enjoy myself without using drugs or alcohol.
- \_\_\_\_\_ 18. I believe that I can limit my drug use.
- \_\_\_\_\_ 19. I haven't gotten around to getting a sponsor.
- \_\_\_\_\_ 20. I believe that I am powerless over drugs.
- \_\_\_\_\_ 21. I rely on my higher power to help me stay clean.
- \_\_\_\_\_ 22. If I get a craving, I will most likely go out and use.
- \_\_\_\_\_ 23. Going to an NA (AA or CA) meeting every day helps me.
- \_\_\_\_\_ 24. My drug use has not hurt anybody but myself.
- \_\_\_\_\_ 25. I understand the idea of taking a personal inventory.

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Strongly Disagree		Neutral		Strongly Agree

- \_\_\_\_\_ 26. I am making amends to people whom I have injured through my addiction.
- \_\_\_\_\_ 27. When I start to think that I no longer need to work on my recovery, I know that that is the beginning of a relapse process.
- \_\_\_\_\_ 28. I am too busy to spend much time in recovery activities like treatment, and 12-step meetings.
- \_\_\_\_\_ 29. I view relapse as a process that may begin with the loss of a humble attitude toward addiction.
- \_\_\_\_\_ 30. I know that recovery from addiction is a lifelong process.
- \_\_\_\_\_ 31. My problem with drugs isn't really that bad.
- \_\_\_\_\_ 32. I stay away from people, places and things that trigger drug cravings.
- \_\_\_\_\_ 33. I don't think using marijuana occasionally contributes to one's addiction.
- \_\_\_\_\_ 34. I try to manage my stress because I know that too much stress will damage my recovery.
- \_\_\_\_\_ 35. I think that people at NA meetings tell a lot of "war stories" that could trigger an urge for drugs so I don't often go to meetings.
- \_\_\_\_\_ 36. I think that someday I'll be able to use cocaine on occasion and not get out of control again.
- \_\_\_\_\_ 37. Sometimes I "test" myself by going by a place where I have copped drugs.
- \_\_\_\_\_ 38. Breaking down my denial is an important part of my recovery.
- \_\_\_\_\_ 39. I spend a lot of time thinking about the good times I had using drugs.
- \_\_\_\_\_ 40. I know what my triggers to drug use are.