



CeDAR: Center for Dependency, Addiction & Rehabilitation
Wellness Wheel of Recovery: 10 Dimensions of Recovery Capital – Self-Assessment

| Circle the number next to each item based on your current assessment of your strengths. Add up the total for each section. Optional: Connect the circles and turn pages sideways to visualize the highs and lows. | VERY LOW STRENGTH | LOW STRENGTH | MODERATE STRENGTH | GOOD STRENGTH | VERY GOOD STRENGTH |
|---|-------------------|--------------|-------------------|---------------|--------------------|
| PEER RECOVERY | | | | | |
| My support system includes peers who are active in their recovery | 1 | 2 | 3 | 4 | 5 |
| I attend meetings regularly and share at the meetings | 1 | 2 | 3 | 4 | 5 |
| I find ways to identify with my peers instead of focusing on differences | 1 | 2 | 3 | 4 | 5 |
| I keep commitments I make to others, like showing up or being on time | 1 | 2 | 3 | 4 | 5 |
| I keep in regular communication with my peers | 1 | 2 | 3 | 4 | 5 |
| SECTION TOTAL= | | | | | |
| SPONSOR/MENTOR | | | | | |
| I currently have a sponsor, mentor and/or wise friend(s) | 1 | 2 | 3 | 4 | 5 |
| I am in consistent communication with my sponsor, mentor, wise friend(s) | 1 | 2 | 3 | 4 | 5 |
| I follow through on suggested homework, readings and commitments | 1 | 2 | 3 | 4 | 5 |
| I am open and willing to doing things in a different way than I'm used to | 1 | 2 | 3 | 4 | 5 |
| I am open and communicate my thoughts and feelings honestly | 1 | 2 | 3 | 4 | 5 |
| SECTION TOTAL= | | | | | |
| EMOTIONAL | | | | | |
| I am learning to cope with the stresses in my life in a healthy way | 1 | 2 | 3 | 4 | 5 |
| I practice effective communication in my relationships | 1 | 2 | 3 | 4 | 5 |
| I set healthy and maintain boundaries in my relationships | 1 | 2 | 3 | 4 | 5 |
| I have meaningful connections in my life | 1 | 2 | 3 | 4 | 5 |
| I seek relationships that support my recovery | 1 | 2 | 3 | 4 | 5 |
| SECTION TOTAL= | | | | | |
| ENVIRONMENTAL | | | | | |
| Appropriate employers and co-workers are recovery-informed and supportive | 1 | 2 | 3 | 4 | 5 |
| My home environment is safe, supportive and recovery-informed | 1 | 2 | 3 | 4 | 5 |
| I stay away from places that are strongly associated with my addiction | 1 | 2 | 3 | 4 | 5 |
| I tend to the spaces I occupy: home, work, digital, vehicle | 1 | 2 | 3 | 4 | 5 |
| I have access to environments that bring me a sense of joy and health | 1 | 2 | 3 | 4 | 5 |
| SECTION TOTAL= | | | | | |
| FINANCIAL | | | | | |
| I have the necessary resources to be able to make future decisions | 1 | 2 | 3 | 4 | 5 |
| I have a plan for paying off my financial debts | 1 | 2 | 3 | 4 | 5 |
| I feel satisfied with my ability to budget my finances | 1 | 2 | 3 | 4 | 5 |
| I am aware about unnecessary or unhealthy spending habits | 1 | 2 | 3 | 4 | 5 |
| I balance between paying bills, saving and spending | 1 | 2 | 3 | 4 | 5 |
| SECTION TOTAL= | | | | | |



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| INTELLECTUAL | | | | | |
|--|---|---|---|---|---|
| I spend my time in a meaningful way doing things I enjoy & have interest in | 1 | 2 | 3 | 4 | 5 |
| I have healthy outlets for creativity and recreation | 1 | 2 | 3 | 4 | 5 |
| I set goals around my personal growth | 1 | 2 | 3 | 4 | 5 |
| I am open to learning new things & having new experiences | 1 | 2 | 3 | 4 | 5 |
| I am able to enjoy activities while not under the influence | 1 | 2 | 3 | 4 | 5 |
| SECTION TOTAL= | | | | | |
| OCCUPATIONAL | | | | | |
| I have access to opportunities and resources for career development | 1 | 2 | 3 | 4 | 5 |
| I currently have a job that gives me purpose and meaning | 1 | 2 | 3 | 4 | 5 |
| I receive support from those I have told about my recovery at work | 1 | 2 | 3 | 4 | 5 |
| I am able to practice a work-life balance | 1 | 2 | 3 | 4 | 5 |
| I give back to my recovery community through service & engagement | 1 | 2 | 3 | 4 | 5 |
| SECTION TOTAL= | | | | | |
| PHYSICAL | | | | | |
| I eat regularly and have a balanced diet, including drinking water | 1 | 2 | 3 | 4 | 5 |
| I have a fitness routine that works for me | 1 | 2 | 3 | 4 | 5 |
| I practice sleep hygiene in an effort to get restful & restorative sleep | 1 | 2 | 3 | 4 | 5 |
| I let my healthcare providers know I am in recovery | 1 | 2 | 3 | 4 | 5 |
| I am in tune with my body's needs | 1 | 2 | 3 | 4 | 5 |
| SECTION TOTAL= | | | | | |
| SOCIAL | | | | | |
| I am willing to make and maintain social connections | 1 | 2 | 3 | 4 | 5 |
| I have given space to those who are still in a culture of addiction | 1 | 2 | 3 | 4 | 5 |
| I feel connected to community and feel a sense of belonging | 1 | 2 | 3 | 4 | 5 |
| I make an effort to include my family and friends in the activities of my life | 1 | 2 | 3 | 4 | 5 |
| I have a healthy support system who accepts and supports me | 1 | 2 | 3 | 4 | 5 |
| SECTION TOTAL= | | | | | |
| SPIRITUAL | | | | | |
| Having a sense of purpose is important to my recovery journey | 1 | 2 | 3 | 4 | 5 |
| I find ways to connect through meditation, prayer, journaling, reading etc. | 1 | 2 | 3 | 4 | 5 |
| I am aware of my core values and seek to incorporate them in my recovery | 1 | 2 | 3 | 4 | 5 |
| I have people in my life who can guide me spiritually | 1 | 2 | 3 | 4 | 5 |
| I remain open to the growth and evolvment of my spirituality | 1 | 2 | 3 | 4 | 5 |
| SECTION TOTAL= | | | | | |

Some questions to ask yourself:

- Which dimension(s) scored the highest? How about the lowest?
- How can you leverage the highest scoring dimensions to help propel the lower scoring dimensions?
- Which dimensional areas can you work on right away?
- Who will you ask for help?