



RECOVERY / RESILIENCE CAPITAL INDEX

● 36-Item RCI/RsCI
● 10-Item RCI/RsCI

For each statement, circle the number that is closest to how you CURRENTLY feel or best describes your CURRENT circumstances.

1 = Strongly Disagree 2 = Disagree 3 = Neutral 4 = Agree 5 = Strongly Agree

36	10		1	2	3	4	5
		PERSONAL CAPITAL GENERAL HEALTH					
		1. Today, my overall health is good.	1	2	3	4	5
		2. Most of the time, I'm bothered by an illness, bodily disorder, pain or fears about my health.	1	2	3	4	5
		3. I often wake up feeling fresh and rested.	1	2	3	4	5
		4. I have physical pain that often prevents me from doing what I need to do.	1	2	3	4	5
		PERSONAL CAPITAL MENTAL AND EMOTIONAL WELLBEING	1	2	3	4	5
		5. I am satisfied with my current emotions or feelings.	1	2	3	4	5
		6. My emotions often interfere with my work, personal life or ability to accomplish tasks.	1	2	3	4	5
		7. When my emotions/feelings become overwhelming, I have friends/family to turn to for emotional support.	1	2	3	4	5
		8. I am satisfied with my mental or psychological health.	1	2	3	4	5
		9. I have repeated, disturbing memories, thoughts or images of a stressful experience from the past.	1	2	3	4	5
		10. Today, I feel depressed.	1	2	3	4	5
		PERSONAL CAPITAL NUTRITION	1	2	3	4	5
		11. I am satisfied with my nutritional intake.	1	2	3	4	5
		12. My food intake is nutritionally balanced.	1	2	3	4	5
		13. I have access to healthy food.	1	2	3	4	5
		PERSONAL CAPITAL EMPLOYMENT	1	2	3	4	5
		14. I am satisfied with my current employment status.	1	2	3	4	5
		15. My workplace environment is supportive of my general and mental well-being.	1	2	3	4	5
		PERSONAL CAPITAL EDUCATION	1	2	3	4	5
		16. I am satisfied with my current level of education.	1	2	3	4	5
		17. I am stressed about not having sufficient education.	1	2	3	4	5
		PERSONAL CAPITAL FINANCIAL WELLBEING	1	2	3	4	5
		18. I am satisfied with my current financial situation.	1	2	3	4	5
		19. I am worried about not having enough money to provide for myself and/or my family.	1	2	3	4	5
		20. I am stressed about my debts or financial obligations.	1	2	3	4	5
		PERSONAL CAPITAL HOUSING & LIVING SITUATION	1	2	3	4	5
		21. My current housing or living situation is sufficient for myself and/or my family.	1	2	3	4	5
		22. I am stressed about my housing or living situation.	1	2	3	4	5
		PERSONAL CAPITAL TRANSPORTATION	1	2	3	4	5
		23. My personal transportation or access to public transportation is sufficient for me and/or my family.	1	2	3	4	5
		24. I am worried about being able to get to work, school, and appointments on time.	1	2	3	4	5
		PERSONAL CAPITAL CLOTHING	1	2	3	4	5
		25. My clothing meets my current needs.	1	2	3	4	5
		26. My clothes are appropriate for work, school and/or appointments.	1	2	3	4	5
		SOCIAL CAPITAL FAMILY SUPPORT	1	2	3	4	5
		27. My family tries to help me when I need it.	1	2	3	4	5
		28. I get the emotional help and support I need from my family.	1	2	3	4	5
		29. I can talk about my problems with my family.	1	2	3	4	5
		30. My family is willing to help me make decisions.	1	2	3	4	5
		31. My family relationships are negatively impacting my ability to make positive or healthy decisions.	1	2	3	4	5

	SOCIAL CAPITAL SIGNIFICANT OTHER	1	2	3	4	5
	32. There is a special person with whom I can share my joys and sorrows when needed.	1	2	3	4	5
	33. I have a special person who is a source of comfort to me.	1	2	3	4	5
	34. Not having a significant other in my life causes me stress.	1	2	3	4	5
	SOCIAL CAPITAL SOCIAL SUPPORT	1	2	3	4	5
	35. I am satisfied with my friends and/or social network.	1	2	3	4	5
	36. I can count on my friends and/or social network when things go wrong.	1	2	3	4	5
	37. I have friends and/or a social network with whom I can share my joys and sorrows	1	2	3	4	5
	SOCIAL CAPITAL SOCIAL MOBILITY	1	2	3	4	5
	38. I feel like my social and/or professional network is keeping me from fulfilling my potential.	1	2	3	4	5
	39. My social and/or professional network is good enough to meet my goals in life.	1	2	3	4	5
	40. I feel like my past and/or other issues are hindering my ability to be accepted by other social groups.	1	2	3	4	5
	SOCIAL CAPITAL HEALTHY LIFESTYLE	1	2	3	4	5
	41. My family and/or social environment support living a healthy lifestyle.	1	2	3	4	5
	42. I have access to activities or support groups in my community.	1	2	3	4	5
	43. My community promotes living a healthy lifestyle.	1	2	3	4	5
	44. I have established daily activities or rituals to support my overall well-being.	1	2	3	4	5
	SOCIAL CAPITAL ACCESS TO HEALTH CARE	1	2	3	4	5
	45. I could not see a doctor within the past 6 months because I could not afford the cost.	1	2	3	4	5
	46. I am satisfied with my ability to access medical care when needed.	1	2	3	4	5
	47. I have a primary care physician for general health issues.	1	2	3	4	5
	SOCIAL CAPITAL SAFETY	1	2	3	4	5
	48. I feel safe at home.	1	2	3	4	5
	49. I feel safe at work or school.	1	2	3	4	5
	50. I feel safe in my community.	1	2	3	4	5
	CULTURAL CAPITAL BELIEFS	1	2	3	4	5
	51. My beliefs are respected within my community.	1	2	3	4	5
	52. It is important to me that my well-being activities are consistent with my beliefs.	1	2	3	4	5
	53. I sense a growing connection to my beliefs.	1	2	3	4	5
	CULTURAL CAPITAL VALUES	1	2	3	4	5
	54. My wellness or recovery plan reflects my values.	1	2	3	4	5
	55. I feel like my principles or standards are challenged within my community.	1	2	3	4	5
	56. My personal values have become clearer and stronger.	1	2	3	4	5
	CULTURAL CAPITAL SPIRITUALITY	1	2	3	4	5
	57. I am satisfied with my spiritual life.	1	2	3	4	5
	58. My spirituality is connected to my daily activities.	1	2	3	4	5
	59. I get strength from a profound life or spiritual experience.	1	2	3	4	5
	60. I feel like my spirituality is challenged within my community.	1	2	3	4	5
	CULTURAL CAPITAL SENSE OF PURPOSE	1	2	3	4	5
	61. My life has purpose.	1	2	3	4	5
	62. I have reasonable goals and hopes for my future.	1	2	3	4	5
	CULTURAL CAPITAL CULTURAL RELEVANCY	1	2	3	4	5
	63. I have access to culturally appropriate wellness, health, or group support activities.	1	2	3	4	5
	64. There are cultural challenges in my community or communities where I live or work that negatively impact my well-being.	1	2	3	4	5
	65. I feel like I have meaningful, positive participation in my family or community.	1	2	3	4	5
	CULTURAL CAPITAL SENSE OF COMMUNITY	1	2	3	4	5
	66. There are people within my community that look to me for support.	1	2	3	4	5
	67. Service to others is an important part of my life.	1	2	3	4	5
	68. I feel a deeper connection to my community.	1	2	3	4	5