www.WellbeingTrackers.com

Wellbeing is your natural state.

Recovery Capital Tracker

Name: _____ Date: _____

Tick the box that best describes how well have you done over the past week at connecting with the strengths, supports and resources that will help you on your recovery and wellbeing journey.

	Not so good	OK	Good	Great	Excellent	
How well did you do at identifying and connecting with your strengths?	0	1	2	3	4	
How well did you do at connecting with understanding and accepting people?	0	1	2	3	4	
How well did you do at connecting with and using resources?	0	1	2	3	4	

Total Score

Guidelines:

- Research shows us that the more strengths, resources and supports a person connects with to help them with their recovery from a difficult time in their life, such as a mental or addiction concern, the better they will do.
- Your strengths are the internal positive qualities you have that help you on your journey. So, spend some time identifying and developing them.
- Supports refer to the people that will help you with your recovery. Resources refers to everything else that will help you like, tools, books, clubs, organisations, websites etc. So, Invest some time into developing the recovery and wellbeing supports and resources that will work for you and you feel good about.
- The amount of strengths, supports and resources you have to help you be successful in your recovery is called you *recovery capital*. This Tracker can help you improve your recovery capital week-by-week.

For more helpful recovery tools and informational booklets visit our website.

www.WellbeingTrackers.com

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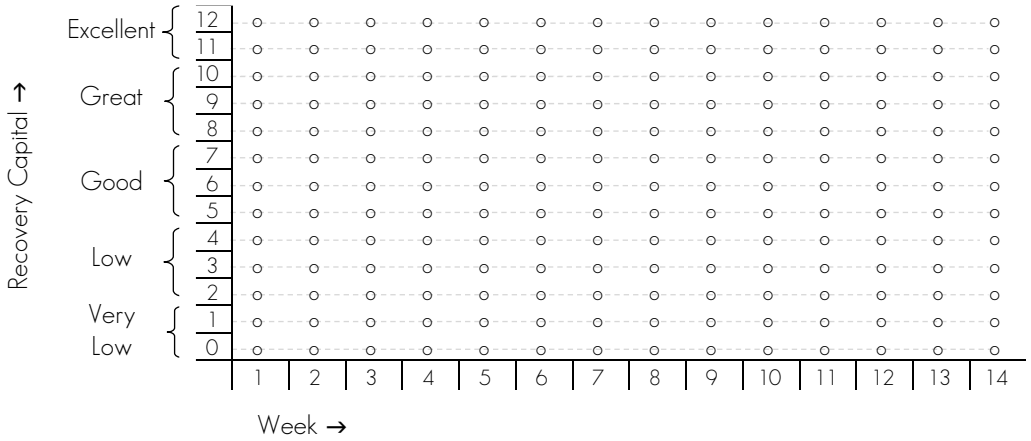
Recovery Capital Tracker

Name: _____

Start date: _____ (week one)



Feedback is a safe conversation about something important.

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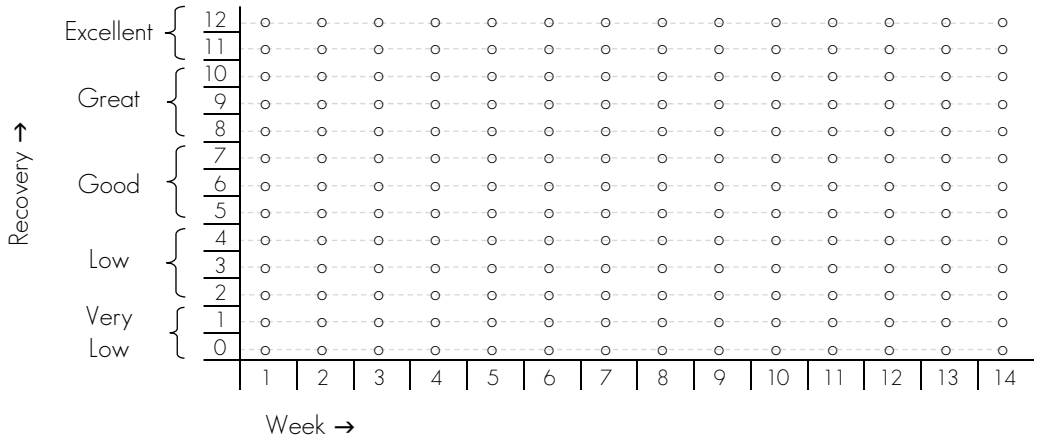
Recovery Capital Team Tracker

Team: _____

Start date: _____ (week one)



Consult as a team and think of a small, practical step you can take to improve your team score.

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Instructions

Step 1: Answer the questions on the Tracker.
Step 2: Add up your total score.
Step 3: Plot your total score on the chart.
Step 4: Reflect on your progress regularly and think of a small, practical step you can take to improve your score.

Consider discussing your Recovery Capital Tracker with supportive friends and family.

Consider using the Recovery Capital Tracker as a part of a Recovery Team.

While you are recovering it is important to focus on increasing the strengths, supports and resources you are connecting with. This is called building your recovery capital.

When you are feeling better consider progressing on to another Wellbeing or Recovery Tracker. There are many different ones to choose from and they are available from our website.

Tips

1. If you feel your score is in between two of the options then place a mark between them and score it as a half point. For example, if you feel the choice that best describes your experience is in between "Moderately" and "A lot" then put a mark between them and score it as "2.5".
2. If you feel more than one answer applies mark your score as their average.
3. Whatever way you use Recovery and Wellbeing Trackers, use it in a way that feels right to you – that's the key!

Instructions for Team Trackers

Step 1: Add up the team's total scores. Calculate the average by dividing this number by the number of members of the team.

Step 2: Plot the average on the chart and reflect on your progress as a recovery team. If the team feels it would be helpful you can also chart the highest and lowest scores as well as the average.

Step 3: Consult as a team and come up with ideas to improve the score on the chart by one point.

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IMPORTANT INFORMATION

Read this page before using the Recovery Capital Tracker.

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2. The Recovery Capital Tracker is not to be used for professional advice. You should not rely on the Recovery Capital Tracker as a substitute for, nor does it replace, professional advice, diagnosis, or treatment. If you have a mental health, addiction or physical health concern you should consult with the relevant professionals for support and guidance.
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7. The Recovery Tracker is not for the treatment of mental health, addiction or physical health problems. If you have a mental health, addiction or physical health problem consult with the appropriate professional. If you wish you may use Recovery Trackers and Wellbeing Trackers as an integrated part of treatment or as a complimentary support for treatment.
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