

## **THE RECOVERY READINESS INDEX FIRST DRAFT (2-18-2026)**

There are multiple catalysts for recovery initiation. Each item below in the Recovery Readiness Index (RRI) has been referenced in the addictions literature or drawn from the author's personal/clinical experience as a potential motivating factor for recovery initiation. This first draft is being made available for review and comment prior to formal studies that can develop psychometrics for this new assessment tool. No benchmarks predicting recovery readiness using scores from this instrument are possible until such studies are completed. In the interim, the instrument may be used as a self-assessment inventory or a guide for recovery readiness discussions facilitated by addiction counselors, recovery coaches, and other helping professionals.

**Key questions to be explored: Is there a quantitative tipping point (number of agree responses) that predicts successful recovery initiation and stabilization? Are there particular items or combinations of items most predictive of such success? If so, what service and support interventions might strengthen such dimensions for all those needing or seeking recovery? How do such factors differ across diverse populations (e.g., primary drug, youth, elderly, women, BIPOC, LGBTQ+, etc.), across levels of problem severity/complexity/chronicity and recovery capital, and across diverse cultural contexts?**

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### **The Recovery Readiness Index**

**Rate each item to the degree it reflects your present beliefs, feelings, or experience using the following scale: 1) agree 2) disagree, or 3) not sure**

1. \_\_\_ My alcohol and/or other drug use is not as pleasurable for me as it once was. (Depreciation of Drug Reward)
2. \_\_\_ The intensity of my physical cravings for drugs are more than they used to be. (Craving Amplification)
3. \_\_\_ I no longer have control over myself or my drug use decisions. (Loss of Control)

**SCALE: 1) agree 2) disagree, or 3) not sure**

4. \_\_\_ I feel my identity (who I am and hope to be) has been spoiled in my own eyes and in the eyes of others (Spoiled Identity; Despair).
5. \_\_\_ The consequences of my drug use are too great; if I keep going this way, I will lose everything. (Pain Quotient)
6. \_\_\_ I have so much to lose if my drug use does not change. (Risk Awareness)
7. \_\_\_ I have wondered what my life would be like if I did not use drugs. (Recovery Rumination/Visualization)
8. \_\_\_ I am trying to educate myself about recovery through reading, videos, or talking with people in recovery. (Recovery Education)
9. \_\_\_ I have tried periods of not using to see what that would be like or to escape pressure that I was under. (Sobriety Sampling)
10. \_\_\_ I feel guilt/shame/self-disgust/fear related to things I have done and failed to do because of my drug use. (Traumatic Discontent)
11. \_\_\_ I feel totally alone, like I have burned all my relationship bridges. (Collapse of Enabling System)
12. \_\_\_ I have had a profound experience (vision, revelation, epiphany, awakening) that has changed how I view myself, my drug use, and the world. (Transformational Change; Spirituality)
13. \_\_\_ I feel like I am at a turning point or critical crossroad in my life (Turning Point)
14. \_\_\_ I have family members, friends, or acquaintances who no longer use drugs (Recovery Social Support)
15. \_\_\_ I don't want to live this way anymore; I am getting too old for this way of life (Maturing Out; Retirement Aspirations)
16. \_\_\_ There are people in recovery who I know and admire (Recovery Belief)
17. \_\_\_ A person in recovery has personally encouraged me. (Wounded Healer / Recovery Carrier Exposure)
18. \_\_\_ I think recovery might be possible for me. (Recovery Optimism)
19. \_\_\_ I understand the reasons for my addiction and what I need to do to recover. (Sensemaking / Story Reconstruction)

**Scale: 1) agree 2) disagree, or 3) not sure**

20. \_\_\_ There are important things I still want to do with my life (Meaning and Purpose).
21. \_\_\_ I think my experience could be of help to others. (Helper Principle)
22. \_\_\_ I have access to sources of help to recover. (Helping Resources)
23. \_\_\_ I have been weighing the pros and cons of continued drug use. (Pro Con Analysis)
24. \_\_\_ I have found a community of recovering people who have welcomed me and with whom I identify. (Recovery Community)
25. \_\_\_ I feel pressure related to my family or parenting responsibilities to cease my drug use. (Family Responsibility)
26. \_\_\_ My family has sought help related to my drug use and its effects on them. (Family Recovery).
27. \_\_\_ I am under pressure from my family, employer, or the courts to cease my drug use. (External Pressure)
28. \_\_\_ I have experienced a recent (past year) health/life-threatening problem resulting from my drug use. (Health Threat)
29. \_\_\_ I am worried that the damage drugs have done or could do to my body/mind may be permanent. (Health Fear)
30. \_\_\_ I feel like an imposter that no one really knows and that I could be exposed at any moment. (Imposterhood)
31. \_\_\_ Some days I feel like I am going insane. (Fear of Insanity)
32. \_\_\_ I have recently relocated to get a fresh start. (Geographical Change; Culture of Addiction Disengagement)
33. \_\_\_ I am in a new relationship that is supportive of my recovery. (Partner Support)
34. \_\_\_ I have new interests in drug-free activities. (Drug-free Pleasure)
35. \_\_\_ I am involved in volunteer service activities (helping others) in my community. (Community Service)

**Scale: 1) agree 2) disagree, or 3) not sure**

36. \_\_\_ I will do whatever it takes as long as it takes to be free. (Persistence; Recovery Commitment)
37. \_\_\_ I am taking concrete steps to detach myself from the “people, places, and things” associated with my drug use. (Cutting Ties)
38. \_\_\_ I plan on proving a lot of people wrong by getting free of drugs and making something of myself. (Personal Defiance)
39. \_\_\_ Drugs have been used as a weapon of exploitation and subjugation of my culture and community. (Cultural Consciousness)
40. \_\_\_ I think of my desire for recovery could be thought of as an act of resistance/rebellion and an act of personal/cultural revitalization. (Cultural Activism)
41. \_\_\_ I am seeking professional treatment for my alcohol and/or other drug problems. (Help-seeking)
42. \_\_\_ I will be subjected to drug testing for the foreseeable future. (Drug Test)
43. \_\_\_ I am now taking prescribed medication to support my recovery (Medication Support)
44. \_\_\_ I have someone (sponsor, counselor, recovery coach, good friend) I can regularly talk to about my recovery. (Recovery Guide)
45. \_\_\_ My circumstances have improved / I am hopeful about my future. (Hope)
46. \_\_\_ I am convinced that I can do this (recover). (Recovery Confidence)
47. \_\_\_ I am aware of diverse pathways and styles of recovery initiation and maintenance (Recovery Pathways)
48. \_\_\_ I have non-drug activities in which I am intensely involved. (Alternative Passion/Pursuit)
49. \_\_\_ I possess mementos that remind me of my past addiction and my commitment to recovery. (Recovery Mementos)
50. \_\_\_ My present living arrangements are secure and supportive of recovery. (Living Arrangements)