

Wisconsin Recovery Thermometer

This tool was developed with input from persons in mental health and substance use recovery living in Wisconsin. It can be used by persons seeking mental health or co-occurring mental health and substance use recovery or who are on their recovery journey. Like a thermometer is used to tell us our body temperature, this recovery measure can tell us where we're at with our own recovery. Progress in recovery goes up and down. Please do not get discouraged. You are not alone. A satisfying level of recovery well-being is possible for everyone.

How to Take Your Reading and Use This Tool

1. Looking back over the recent past including today, consider how you have been feeling or how things are going in areas of your life listed in the left-hand column. Some people prefer that the questions be read to them. Just ask a trusted relative, friend, or program staff member.
2. Place a mark on or circle one of the 10 numbers on the scale in the middle column that best represents how you are feeling or doing. Numbers to the left represent very low levels and numbers to the right represent very high levels.
3. Consider using this tool once or twice a month as a way to gain perspective on your recovery—what's working and what isn't working; what areas of your life need your attention. Consider talking with your family, trusted friend, a member of the clergy, or a program staff member about what you may need to help you move closer to your recovery goals.

Life Areas	Scale	#
1. Feeling physically healthy	LOW 1 2 3 4 5 6 7 8 9 10 HIGH	
2. Taking care of myself and managing my day-to-day life	LOW 1 2 3 4 5 6 7 8 9 10 HIGH	
3. Having a safe, comfortable place to live that is supportive of my recovery	LOW 1 2 3 4 5 6 7 8 9 10 HIGH	
4. Having meaningful relationships	LOW 1 2 3 4 5 6 7 8 9 10 HIGH	
5. Being honest with myself	LOW 1 2 3 4 5 6 7 8 9 10 HIGH	
6. Getting the services and supports I need	LOW 1 2 3 4 5 6 7 8 9 10 HIGH	
7. Feeling emotionally well	LOW 1 2 3 4 5 6 7 8 9 10 HIGH	
8. Doing things to help myself in my recovery	LOW 1 2 3 4 5 6 7 8 9 10 HIGH	
9. Having control over important decisions in my life	LOW 1 2 3 4 5 6 7 8 9 10 HIGH	
10. Having a job, school, volunteering, taking care of my family or other activities that give meaning and purpose to my life	LOW 1 2 3 4 5 6 7 8 9 10 HIGH	
11. Feeling hopeful about my future	LOW 1 2 3 4 5 6 7 8 9 10 HIGH	
12. Knowing when I need to seek help and when I can handle things myself	LOW 1 2 3 4 5 6 7 8 9 10 HIGH	
13. Feeling that my life has value and worth	LOW 1 2 3 4 5 6 7 8 9 10 HIGH	
14. Coming back and keep trying when there are setbacks	LOW 1 2 3 4 5 6 7 8 9 10 HIGH	
15. Making choices that are healthy for me	LOW 1 2 3 4 5 6 7 8 9 10 HIGH	
Reading Summary (total reading between 0 and 150)		

