

Wisconsin Recovery Pulse

This tool was developed with input from persons in alcohol or drug use recovery living in Wisconsin. Like checking your pulse is used to tell us our heart rate, 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. 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 and what areas of your life need your attention. Consider talking with your family, trusted friend, member of the clergy, sponsor, or program staff member about what you may need to help you move closer to your recovery goals.

Life Areas	Scale	#
1. Having a place to live that is supportive of my recovery	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 enough money to live on, pay my bills, and meet my basic needs	LOW 1 2 3 4 5 6 7 8 9 10 HIGH	
4. 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	
5. Being someone other people can count on	LOW 1 2 3 4 5 6 7 8 9 10 HIGH	
6. Taking a positive attitude toward myself	LOW 1 2 3 4 5 6 7 8 9 10 HIGH	
7. Free from depression, anxiety, or strong anger	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. Being honest with myself	LOW 1 2 3 4 5 6 7 8 9 10 HIGH	
10. Forgiving, accepting, and respecting myself	LOW 1 2 3 4 5 6 7 8 9 10 HIGH	
11. Avoiding people, places, situations or things that trigger my use of alcohol or drugs	LOW 1 2 3 4 5 6 7 8 9 10 HIGH	
12. Handling negative feelings and reacting to life's ups and downs without using alcohol or drugs	LOW 1 2 3 4 5 6 7 8 9 10 HIGH	
13. Free from being troubled or bothered by strong urges to use alcohol or drugs	LOW 1 2 3 4 5 6 7 8 9 10 HIGH	
14. Enjoying life without using alcohol or drugs	LOW 1 2 3 4 5 6 7 8 9 10 HIGH	
15. Feeling that my life has value and worth	LOW 1 2 3 4 5 6 7 8 9 10 HIGH	
Reading Summary (total reading between 0 and 150)		

Recovery Tracking Table and Chart

Date	Reading Summary	Areas That are High or Have Improved	Areas That Need Attention; Plan