

Brief Assessment of Recovery Capital (BARC-10)

(Vilsaint et. al, 2017)

Questions are on an 6-point scale. 1=Strongly Disagree, 2=Disagree, 3=Somewhat Disagree, 4=Somewhat Agree, 5=Agree, 6=Strongly Agree

Instructions: On a scale of 1 (*Strongly disagree*) to 6 (*Strongly agree*), please indicate your level of agreement with the following statements.

1. There are more important things to me in life than using substances.
2. In general I am happy with my life.
3. I have enough energy to complete the tasks I set myself.
4. I am proud of the community I live in and feel part of it.
5. I get lots of support from friends.
6. I regard my life as challenging and fulfilling without the need for using drugs or alcohol.
7. My living space has helped to drive my recovery journey.
8. I take full responsibility for my actions.
9. I am happy dealing with a range of professional people.
10. I am making good progress on my recovery journey.

Citation:

Vilsaint, Corrie L, Kelly, John F, Bergman, Brandon G, Groshkova, Teodora, Best, David, & White, William. (2017). Development and validation of a Brief Assessment of Recovery Capital (BARC-10) for alcohol and drug use disorder. *Drug and Alcohol Dependence*, 177, 71–76. <https://doi.org/10.1016/j.drugalcdep.2017.03.022>