Recovery Capital Map - Practice worksheet

Map current supports and access gaps, including transport, housing, treatment, and chosen community.

Adults; supported use as appropriate | 15 minutes

Fictional example: Jordan has a supportive friend but unreliable transport to appointments.

Use an ordinary or fictional example, with a clinician when appropriate. Recovery draws on personal, social, material, and community resources.

Practice task

Map current supports and access gaps, including transport, housing, treatment, and chosen community.

1. My chosen or fictional situation, and what I know about it:

2. My response to the practice task above:

3. Which missing resource could make the next step more workable?

4. An optional next step, support, adaptation, or reason to stop:

Scope and adaptation

Adapt to individualized assessment and the person's chosen recovery goals. Worksheets do not manage intoxication, overdose, or withdrawal. Abrupt cessation of alcohol or benzodiazepines can be dangerous: seek medical guidance rather than using a worksheet to stop or taper. Follow existing emergency and overdose-prevention plans; medication choices belong with qualified prescribers.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background: Substance Use Disorders. Full source links and scope: library.morethantherapy.org/recovery/resources/SUR-A03-2