Recovery Assessment Scale - 24 (RAS-24)

Please complete the survey below.

Thank you!

Please select the response that best describes with how much you agree or disagree with the statement.

I have a desire to succeed.

○ Strongly disagree
○ Disagree
○ Not sure
○ Agree
○ Strongly agree

Please select the response that best describes with how much you agree or disagree with the statement.

I have my own plan for how to stay or become well.

○ Strongly disagree
○ Disagree
○ Not sure
○ Agree
○ Strongly agree

Please select the response that best describes with how much you agree or disagree with the statement.

I have goals in life that I want to reach.

○ Strongly disagree
○ Disagree
○ Not sure
○ Agree
○ Strongly agree

Please select the response that best describes with how much you agree or disagree with the statement.

I believe I can meet my current personal goals.

○ Strongly disagree
○ Disagree
○ Not sure
○ Agree
○ Strongly agree

Please select the response that best describes with how much you agree or disagree with the statement.

I have a purpose in life.

○ Strongly disagree
○ Disagree
○ Not sure
○ Agree
○ Strongly agree

Please select the response that best describes with how much you agree or disagree with the statement.

Even when I don't care about myself, other people do.

○ Strongly disagree
○ Disagree
○ Not sure
○ Agree
○ Strongly agree

Please select the response that best describes with how much you agree or disagree with the statement.

Fear doesn't stop me from living the way I want to.

○ Strongly disagree
○ Disagree
○ Not sure
○ Agree
○ Strongly agree

Please select the response that best describes with how much you agree or disagree with the statement.

I can handle what happens in my life.

○ Strongly disagree
○ Disagree
○ Not sure
○ Agree
○ Strongly agree

Please select the response that best describes with how much you agree or disagree with the statement.

I like myself.

○ Strongly disagree
○ Disagree
○ Not sure
○ Agree
○ Strongly agree

Please select the response that best describes with how much you agree or disagree with the statement.

If people really knew me, they would like me.

◯ Strongly disagree
◯ Disagree
◯ Not sure
◯ Agree
◯ Strongly agree

Please select the response that best describes with how much you agree or disagree with the statement.

I have an idea of who I want to become.

◯ Strongly disagree
◯ Disagree
◯ Not sure
◯ Agree
◯ Strongly agree

Please select the response that best describes with how much you agree or disagree with the statement.

Something good will eventually happen.

◯ Strongly disagree
◯ Disagree
◯ Not sure
◯ Agree
◯ Strongly agree

Please select the response that best describes with how much you agree or disagree with the statement.

I'm hopeful about my future.

◯ Strongly disagree
◯ Disagree
◯ Not sure
◯ Agree
◯ Strongly agree

Please select the response that best describes with how much you agree or disagree with the statement.

I continue to have new interests.

◯ Strongly disagree
◯ Disagree
◯ Not sure
◯ Agree
◯ Strongly agree

Please select the response that best describes with how much you agree or disagree with the statement.

Coping with my mental illness is no longer the main focus of my life.

○ Strongly disagree
○ Disagree
○ Not sure
○ Agree
○ Strongly agree

Please select the response that best describes with how much you agree or disagree with the statement.

My symptoms interfere less and less with my life.

○ Strongly disagree
○ Disagree
○ Not sure
○ Agree
○ Strongly agree

Please select the response that best describes with how much you agree or disagree with the statement.

My symptoms seem to be a problem for shorter periods of time each time they occur.

○ Strongly disagree
○ Disagree
○ Not sure
○ Agree
○ Strongly agree

Please select the response that best describes with how much you agree or disagree with the statement.

I know when to ask for help.

○ Strongly disagree
○ Disagree
○ Not sure
○ Agree
○ Strongly agree

Please select the response that best describes with how much you agree or disagree with the statement.

I am willing to ask for help.

○ Strongly disagree
○ Disagree
○ Not sure
○ Agree
○ Strongly agree

Please select the response that best describes with how much you agree or disagree with the statement.

I ask for help when I need it.

○ Strongly disagree
○ Disagree
○ Not sure
○ Agree
○ Strongly agree

Please select the response that best describes with how much you agree or disagree with the statement.

I can handle stress.

○ Strongly disagree
○ Disagree
○ Not sure
○ Agree
○ Strongly agree

Please select the response that best describes with how much you agree or disagree with the statement.

I have people I can count on.

○ Strongly disagree
○ Disagree
○ Not sure
○ Agree
○ Strongly agree

Please select the response that best describes with how much you agree or disagree with the statement.

Even when I don't believe in myself, other people do.

○ Strongly disagree
○ Disagree
○ Not sure
○ Agree
○ Strongly agree

Please select the response that best describes with how much you agree or disagree with the statement.

It is important to have a variety of friends.

○ Strongly disagree
○ Disagree
○ Not sure
○ Agree
○ Strongly agree