**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.

\_1. Strongly disagree

\_2. Disagree

\_3. Somewhat disagree

\_4. Somewhat agree

\_5. Agree

\_6. Strongly agree

2. In general I am happy with my life.

\_1. Strongly disagree

\_2. Disagree

\_3. Somewhat disagree

\_4. Somewhat agree

\_5. Agree

\_6. Strongly agree

3. I have enough energy to complete the tasks I set myself.

\_1. Strongly disagree

\_2. Disagree

\_3. Somewhat disagree

\_4. Somewhat agree

\_5. Agree

\_6. Strongly agree

4. I am proud of the community I live in and feel part of it.

\_1. Strongly disagree

\_2. Disagree

\_3. Somewhat disagree

\_4. Somewhat agree

\_5. Agree

\_6. Strongly agree

5. I get lots of support from friends.

\_1. Strongly disagree

\_2. Disagree

\_3. Somewhat disagree

\_4. Somewhat agree

\_5. Agree

\_6. Strongly agree

6. I regard my life as challenging and fulfilling without the need for using drugs or alcohol.

\_1. Strongly disagree

\_2. Disagree

\_3. Somewhat disagree

\_4. Somewhat agree

\_5. Agree

\_6. Strongly agree

7. My living space has helped to drive my recovery journey.

\_1. Strongly disagree

\_2. Disagree

\_3. Somewhat disagree

\_4. Somewhat agree

\_5. Agree

\_6. Strongly agree

8. I take full responsibility for my actions.

\_1. Strongly disagree

\_2. Disagree

\_3. Somewhat disagree

\_4. Somewhat agree

\_5. Agree

\_6. Strongly agree

9. I am happy dealing with a range of professional people.

\_1. Strongly disagree

\_2. Disagree

\_3. Somewhat disagree

\_4. Somewhat agree

\_5. Agree

\_6. Strongly agree

10. I am making good progress on my recovery journey.

\_1. Strongly disagree

\_2. Disagree

\_3. Somewhat disagree

\_4. Somewhat agree

\_5. Agree

\_6. Strongly agree

Notes

Scoring for the BARC-10: Total scores can range from a minimum of 10 to a maximum of 60. A ROC Curve Analysis showed the BARC-10 had predictive validity with sustained remission (i.e., 1 year or more) using a cut-off score of 47 in a sample whose average length of recovery time was 7 years

Reference:

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>

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