

Name:

RAS-DS (Recovery Assessment Scale – Domains and Stages)

Instructions: Below is a list of statements that describe how people sometimes feel about themselves and their lives. Please read each one carefully and circle the number to the right that best describes you at the moment. Circle only one number for each statement and do not skip any items.

DOING THINGS I VALUE					
		UNTRUE	A bit TRUE	Mostly TRUE	Completely TRUE
1	It is important to have fun	1	2	3	4
2	It is important to have healthy habits	1	2	3	4
3	I do things that are meaningful to me	1	2	3	4
4	I continue to have new interests	1	2	3	4
5	I do things that are valuable and helpful to others	1	2	3	4
6	I do things that give me a feeling of great pleasure	1	2	3	4
LOOKING FORWARD					
		UNTRUE	A bit TRUE	Mostly TRUE	Completely TRUE
7	I can handle it if I get unwell again	1	2	3	4
8	I can help myself become better	1	2	3	4
9	I have the desire to succeed	1	2	3	4
10	I have goals in life that I want to reach	1	2	3	4
11	I believe that I can reach my current personal goals	1	2	3	4
12	I can handle what happens in my life	1	2	3	4
13	I like myself	1	2	3	4
14	I have a purpose in life	1	2	3	4
15	If people really knew me they would like me	1	2	3	4
16	If I keep trying, I will continue to get better	1	2	3	4
17	I have an idea of who I want to become	1	2	3	4
18	Something good will eventually happen	1	2	3	4
19	I am the person most responsible for my own improvement	1	2	3	4
20	I am hopeful about my own future	1	2	3	4
21	I know when to ask for help	1	2	3	4

Recovery Assessment Scale – Domains and Stages (RAS-DS – Research Version 3).

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LOOKING FORWARD (continued)					
		UNTRUE	A bit TRUE	Mostly TRUE	Completely TRUE
22	I ask for help, when I need it	1	2	3	4
23	I know what helps me get better	1	2	3	4
24	I can learn from my mistakes	1	2	3	4
MASTERING MY ILLNESS					
		UNTRUE	A bit TRUE	Mostly TRUE	Completely TRUE
25	I can identify the early warning signs of becoming unwell	1	2	3	4
26	I have my own plan for how to stay or become well	1	2	3	4
27	There are things that I can do that help me deal with unwanted symptoms	1	2	3	4
28	I know that there are mental health services that help me	1	2	3	4
29	Although my symptoms may get worse, I know I can handle it	1	2	3	4
30	My symptoms interfere less and less with my life	1	2	3	4
31	My symptoms seem to be a problem for shorter periods of time each time they occur	1	2	3	4
CONNECTING AND BELONGING					
		UNTRUE	A bit TRUE	Mostly TRUE	Completely TRUE
32	I have people that I can count on	1	2	3	4
33	Even when I don't believe in myself, other people do	1	2	3	4
34	It is important to have a variety of friends	1	2	3	4
35	I have friends who have also experienced mental illness	1	2	3	4
36	I have friends without mental illness	1	2	3	4
37	I have friends that can depend on me	1	2	3	4
38	I feel OK about my family situation	1	2	3	4

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