

# Solution-Focused Recovery Scale for Abuse Survivors

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Name \_\_\_\_\_ Date: \_\_\_\_\_

Circle the number that applies to you today: 0 = Not at all, 1 = Just a little, 2 = Occasionally, 3 = Some of the time; a fair amount of the time; 4 = Frequently or most of the time.

- 0  1  2  3  4 A. I am able to think/talk about the abuse or the sexual abuse when it is appropriate.
- 0  1  2  3  4 B. I am able to think/talk about things other than the abuse or sexual abuse.
- 0  1  2  3  4 C. I sleep adequately; I don't feel unusually sleepy in the daytime.
- 0  1  2  3  4 D. I feel part of a supportive family.
- 0  1  2  3  4 E. I stand up for my self (I am reasonably assertive).
- 0  1  2  3  4 F. I maintain physical appearance (weight, hair, nails etc.)
- 0  1  2  3  4 G. I go to work; I am on time, I am reasonably productive.
- 0  1  2  3  4 H. I am satisfied with my work.
- 0  1  2  3  4 I. I engage in social activities outside the home.
- 0  1  2  3  4 J. I have a healthy appetite.
- 0  1  2  3  4 K. I care for child, loved ones, pets. (I can take care of others.)
- 0  1  2  3  4 L. I adapt to new situations.
- 0  1  2  3  4 M. I initiate contact with friends, loved ones.
- 0  1  2  3  4 N. I show a sense of humor.
- 0  1  2  3  4 O. I am interested in future goals.
- 0  1  2  3  4 P. I pursue leisure activities.
- 0  1  2  3  4 Q. I exercise regularly.
- 0  1  2  3  4 R. I take sensible protective measures inside and outside house.
- 0  1  2  3  4 S. I choose supportive relationships over non-supportive ones.
- 0  1  2  3  4 T. I am able to relax without drugs or alcohol.
- 0  1  2  3  4 U. I seem to tolerate constructive criticism well.
- 0  1  2  3  4 V. I seem to accept praise well. I thank the person giving the praise.
- 0  1  2  3  4 W. I enjoy a healthy sexual relationship. I can give and accept intimacy.
- 0  1  2  3  4 X. I have long term friendships.
- 0  1  2  3  4 Y. I am satisfied with relationship with spouse or partner.
- 0  1  2  3  4 Z. My partner or spouse would say that relationship is healthy and satisfying.

OTHER SIGNS OF RECOVERY (Please list any which are important to you):

- 0  1  2  3  4 AA. My dreams are usually tolerable and not very upsetting.
- 0  1  2  3  4 BB. My attention span is fairly good and I can concentrate well.
- 0  1  2  3  4 CC. I experience a wide range of emotions, both pleasant and unpleasant.
- 0  1  2  3  4 DD. People would say I am more calm than jumpy

List any others below:

|                         |                         |                         |                         |                         |       |
|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------|
| <input type="radio"/> 0 | <input type="radio"/> 1 | <input type="radio"/> 2 | <input type="radio"/> 3 | <input type="radio"/> 4 | _____ |
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| <input type="radio"/> 0 | <input type="radio"/> 1 | <input type="radio"/> 2 | <input type="radio"/> 3 | <input type="radio"/> 4 | _____ |

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