

Recovery Assessment Scale 24 -item (RAS-R)

INSTRUCTIONS: Below is a list of statements that describe how people sometimes feel about themselves and their lives. Please read each one carefully and indicate the number (1-5) that best describes the extent to which you agree or disagree with the statement. Provide only one number for each statement and do not skip any items.

Item	Response options: 1 = strongly disagree; 2 = disagree; 3 = not sure; 4 = agree; 5 = strongly agree
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1. I have a desire to succeed
2. I have my own plan for how to stay or become well
3. I have goals in life that I want to reach
4. I believe that I can meet my current personal goals
5. I have a purpose in life
6. Even when I don't care about myself, other people do
7. Fear doesn't stop me from living the way I want to
8. I can handle what happens in my life
9. I like myself
10. If people really knew me, they would like me
11. I have an idea of who I want to become
12. Something good will eventually happen
13. I'm hopeful about my future
14. I continue to have new interests
15. Coping with my mental illness is no longer the main focus of my life
16. My symptoms interfere less and less with my life
17. My symptoms seem to be a problem for shorter periods of time each time they occur
18. I know when to ask for help
19. I am willing to ask for help
20. I ask for help when I need it
21. I can handle stress
22. I have people I can count on
23. Even when I don't believe in myself, other people do
24. It is important to have a variety of friends