

# Recovery and Relapse Prevention Inventory Diagnostic (RAPID)

The RAPID score indicates how well you are doing in recovery and if you are at risk of relapse. The questions are based on the “five rules of recovery.” These questions apply to the last month or the time since your last counseling session.	Always or Yes = 4	More than half the time = 3	Less than half the time = 1	Never or No = 0
<b>1. Recovery involves creating a new life where it is easier to not use.</b>				
How often do you avoid high-risk situations, such as HALT (hungry, angry, lonely, tired) and high-risk people and places?				
How often do you “play the tape through” when you have cravings?				
How often do you do something to distract yourself when you have cravings?				
How often do you challenge your negative thinking and look for healthier ways of thinking?				
How often are you able to set healthy boundaries and say “no” to unreasonable requests?				
How often are you able to resolve uncomfortable feelings instead of bottling them up?				
Have you gotten rid of <u>all</u> the people and things that you used with?		yes or no		
Do you have at least 3 strategies for dealing with social settings where drinking or using is involved?		yes or no		
<b>2. Ask for help and develop a recovery circle of close family, friends, health professionals, and recovery groups.</b>				
How many times in the last month, have you gone to a self-help recovery group at least twice a week?				
How many days a week do you communicate with a recovery sponsor?				
How many days a week do you do step work?				
How often do you reach out and ask for help when you have cravings?				
When a situation arises that can affect your recovery, how often do you ask for advice <u>before</u> you take action?				
Have you made any new recovery friends?		yes or no		
<b>3. Be completely honest with yourself and everyone in your recovery circle.</b>				
How much of the time do you feel you are capable of handling any challenge to your recovery?				
How often are you completely honest with everyone in your recovery circle?				
During the last month, were you ever so honest, when you were sharing, that you felt a little uncomfortable?		yes or no		

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<b>4. Practice self-care.</b>				
How often do you practice healthy eating and sleeping habits?				
How many days a week do you practice some form of mind-body relaxation?				
How often do you celebrate your small victories?				
How many days a week do you have some fun in a clean and sober environment?				
How many days a week do you write a gratitude list about your recovery, your life, and the people in it?				
How much of the time do you feel that you are a good person and feel that you like yourself?				
<b>5. Don't try to negotiate your recovery.</b>				
How much of the time do you fully accept that you can't always control your substance use?				
How much of the time are you free of "using fantasies" and "using dreams?"				
Total				

## Your Score (0 – 100)

- < 50. If you have a low score that does not mean you will relapse, but you are at higher risk for relapse, and you should think about changing your recovery strategy.
- 50 – 75. If you have a medium score, that is normal in the early stages of recovery. Don't be hard on yourself. Recovery is a series of improvements. It is about progress not perfection.
- > 75. If you have a high score, congratulations. Continue to be mindful of recovery, because addiction is cunning and it can sneak up on you if you're not careful.

## Reference

Melemis, S. M., Relapse Prevention and the Five Rules of Recovery. *Yale J Biol Med*, 2015. **88**(3): p. 325-32. PMC4553654.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4553654/>.