

Recovery Capital Recovery Wheel

Score yourself against each area in your life where 0 (in the centre) is the lowest, and 10 (the edge of each circle) is the highest on how satisfied you are with that area right now.

There is a blank circle for you to write your own priority or goal in your life.



Drug & Alcohol Recovery Training

If you are interested in finding out more about the DART Self-Coaching Course, including plans for future training dates, please email info@aberdeeninrecovery.org and keep an eye on our website and social media pages for up to date information.



Alcohol & Drugs Action
Reducing Harm. Enabling Recovery.

