

# URAP Self-Report

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

Today's Date: \_\_\_/\_\_\_/\_\_\_

This report is strictly confidential and is designed to be a helpful tool for the Diversion Committee and for you in assessing your recovery progress. It also serves as a checklist for relapse potential and thus timely, preventive intervention. Mostly, it serves to insure consistent evaluation at each meeting, however, it is absolutely voluntary, please do not fill it out if you feel uncomfortable in doing so.

## SINCE MY LAST MEETING WITH THE DIVERSION COMMITTEE:

1. I have attended (#) \_\_\_\_\_ support groups.
2. I have attended \_\_\_\_\_ group therapy sessions.
3. I have attended \_\_\_\_\_ individual counseling sessions.
4. I have attended \_\_\_\_\_ family therapy sessions.
5. I have attended \_\_\_\_\_ couples counseling sessions.
6. I have been reading the following books: \_\_\_\_\_  
\_\_\_\_\_

7. Do you have someone you can call day or night for advice and support?  Yes  No

8. I have had a stable work situation since my last report.  Yes  No

If "no", why not? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

9. I have participated in the following exercise program:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

10. I have taken care to see I eat nourishing, regular meals.  Yes  No

11. I have taken care to see I get adequate sleep and rest.  Yes  No

12. I have participated in the following recreational activities: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

13. I have nourished my spiritual nature by: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

14. I have noticed changes in my attitudes towards the following: (e.g., anger, guilt, criticism, etc.)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

15. My relationship with my significant other is improving.  n/a  Yes  No

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16. My relationship with my children is improving.  n/a  Yes  No
17. On a scale of 1 to 10 (10 the best), all things considered, how do you feel today? \_\_\_\_\_
18. Have you picked up any new non-drug addictions?  Yes  No  
If yes, are you concerned they may negatively impact your recovery?  Yes  No  
What are they? \_\_\_\_\_
19. The following questions relate to aspects of your life that you may or may not wish to discuss with the Committee. Answer these questions for yourself because they can help you gain insight into your recovery. Bring them up with the Committee if you would like to discuss them in that setting:
- A. Are you taking any OTC medications that may have possible mood altering properties?  
 Yes  No
- B. Are there any “secrets” that you are keeping from significant people in your life?  Yes  No
- C. Any major financial problems?  Yes  No
- D. Any new legal entanglements?  Yes  No
- E. Any new training or educational programs for yourself?  Yes  No

COMMENTS: