

Brief INSPIRE-O

People talk about recovery in different ways but one way to talk about it is 'living a satisfying and hopeful life'.

This questionnaire asks about your recovery.

Circle the response that best fits how you feel about your recovery

1 I feel supported by other people	Not at all	Not much	Somewhat	Quite a lot	Very much
2 I have hopes and dreams for the future	Not at all	Not much	Somewhat	Quite a lot	Very much
3 I feel good about myself	Not at all	Not much	Somewhat	Quite a lot	Very much
4 I do things that mean something to me	Not at all	Not much	Somewhat	Quite a lot	Very much
5 I feel in control of my life	Not at all	Not much	Somewhat	Quite a lot	Very much