

Brief INSPIRE

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

This questionnaire asks how your worker supports your recovery.

Please answer all of the questions about

.....
(name of worker)

Circle the response that best fits how you feel your worker supports your recovery

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