

Resiliency Intensive

Sustaining clinicians through the work

Napier Models · Intensive

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Resiliency Intensive for SUD Treatment Professionals

A comprehensive wellness assessment designed specifically for addiction treatment staff and leadership. This tool helps identify areas of strength and opportunities for enhanced self-care and professional resilience.

0 of 10 domains completed Auto-save enabled

How to Use This Assessment:

- Click on each domain to expand the assessment
- Rate each statement from 1 (strongly disagree) to 5 (strongly agree)
- Complete the reflection questions to deepen your insights
- Your responses auto-save every 5 seconds
- Export your completed assessment for personal reflection or supervision

Relationship to Self

Self-talk, compassion, and professional identity

___ / 5.0

As a treatment professional, your internal dialogue shapes how you show up for clients and colleagues. Exploring self-compassion and professional identity helps prevent burnout and maintain therapeutic presence.

Self-Assessment

I maintain healthy boundaries between my professional and personal identity

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Strongly Disagree · Strongly Agree

I practice self-compassion when facing challenging client situations

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Strongly Disagree · Strongly Agree

My self-talk supports rather than undermines my professional effectiveness

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Strongly Disagree · Strongly Agree

I recognize my worth beyond my job performance or client outcomes

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Strongly Disagree · Strongly Agree

I can acknowledge my limitations without harsh self-judgment

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Strongly Disagree · Strongly Agree

Reflection Questions

What do you typically say to yourself after a difficult session or challenging interaction with a client?*

Take a moment to reflect...

How has working in addiction treatment influenced your sense of self and identity?

Take a moment to reflect...

What self-care practices help you maintain a positive relationship with yourself?

Take a moment to reflect...

Physical Well-being

Health, energy, and somatic awareness

___ / 5.0

Treatment work is physically demanding. Long hours, emotional intensity, and crisis situations impact your body. Attending to physical health is essential for sustaining your career.

Self-Assessment

I have consistent energy throughout my workday

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Strongly Disagree · Strongly Agree

I notice and respond to physical signs of stress or burnout

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Strongly Disagree · Strongly Agree

I maintain regular physical activity despite work demands

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Strongly Disagree · Strongly Agree

I eat nourishing meals even during busy shifts

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Strongly Disagree · Strongly Agree

I get adequate sleep despite job-related stress

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Strongly Disagree · Strongly Agree

Reflection Questions

Where do you hold tension or stress in your body during or after work?*

Take a moment to reflect...

What physical symptoms signal that you need to slow down or seek support?

Take a moment to reflect...

How could you better honor your body's needs during your workday?

Take a moment to reflect...

Career Satisfaction

Purpose, growth, and professional development

___ / 5.0

Finding meaning in treatment work while managing its challenges requires ongoing reflection. Career satisfaction involves alignment between your values, skills, and daily work.

Self-Assessment

I feel my work aligns with my core values and purpose

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Strongly Disagree · Strongly Agree

I have opportunities for professional growth and learning

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Strongly Disagree · Strongly Agree

I feel valued and respected in my workplace

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Strongly Disagree · Strongly Agree

I can see a sustainable long-term path in this field

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Strongly Disagree · Strongly Agree

My work provides appropriate challenges without overwhelming me

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Strongly Disagree · Strongly Agree

Reflection Questions

What originally drew you to addiction treatment work, and how has that evolved?*

Take a moment to reflect...

What aspects of your work bring you the most fulfillment?

Take a moment to reflect...

What professional development would help you feel more confident and effective?

Take a moment to reflect...

Financial Resilience

Security, stress, and resource management

___ / 5.0

Financial stress can compound the emotional demands of treatment work. Building financial resilience supports your ability to stay in the field you're passionate about.

Self-Assessment

My income adequately compensates for the demands of my work

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Strongly Disagree · Strongly Agree

I have financial security that reduces work-related stress

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Strongly Disagree · Strongly Agree

I can afford the self-care activities that support my well-being

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Strongly Disagree · Strongly Agree

Financial concerns don't interfere with my clinical presence

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Strongly Disagree · Strongly Agree

I have resources for my own therapy or professional development

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Strongly Disagree · Strongly Agree

Reflection Questions

How does financial stress impact your work performance or job satisfaction?*

Take a moment to reflect...

What financial goals would help you feel more secure in this career?

Take a moment to reflect...

What resources or strategies could improve your financial resilience?

Take a moment to reflect...

Personal Relationships

Connection, support, and work-life balance

___ / 5.0

Treatment work can strain personal relationships. Maintaining healthy connections outside work is crucial for emotional resilience and preventing secondary trauma.

Self-Assessment

I maintain fulfilling relationships outside of work

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Strongly Disagree · Strongly Agree

My loved ones understand and support my career choice

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Strongly Disagree · Strongly Agree

I can leave work stress at work and be present at home

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Strongly Disagree · Strongly Agree

I have people I can talk to about work challenges

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Strongly Disagree · Strongly Agree

Work demands don't prevent me from nurturing relationships

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Strongly Disagree · Strongly Agree

Reflection Questions

How has your work in treatment affected your closest relationships?*

Take a moment to reflect...

What boundaries help you protect your personal relationships from work stress?

Take a moment to reflect...

Who provides the most meaningful support for your professional journey?

Take a moment to reflect...

Professional Community

Collegiality, support, and workplace culture

___ / 5.0

Your work community profoundly impacts job satisfaction and resilience. Healthy team dynamics and peer support are protective factors against burnout.

Self-Assessment

I feel supported by my colleagues and supervisors

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Strongly Disagree · Strongly Agree

Our workplace culture promotes staff wellness

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Strongly Disagree · Strongly Agree

I can be authentic and vulnerable with my team

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Strongly Disagree · Strongly Agree

We have effective systems for processing difficult cases

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Strongly Disagree · Strongly Agree

Our team handles conflict constructively

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Strongly Disagree · Strongly Agree

Reflection Questions

Describe the current culture of your workplace. How does it impact your well-being?*

Take a moment to reflect...

What changes in team dynamics would most support your professional resilience?

Take a moment to reflect...

How do you contribute to creating psychological safety for your colleagues?

Take a moment to reflect...

Time & Boundaries

Work-life balance and sustainable pacing

___ / 5.0

Managing time and boundaries in treatment work is challenging. Crisis situations, documentation demands, and emotional processing all compete for your limited time.

Self-Assessment

I maintain clear boundaries between work and personal time

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Strongly Disagree · Strongly Agree

I have adequate time for documentation and administrative tasks

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Strongly Disagree · Strongly Agree

I can say no to additional responsibilities when needed

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Strongly Disagree · Strongly Agree

I take my scheduled breaks and time off

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Strongly Disagree · Strongly Agree

My workload feels manageable most days

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Strongly Disagree · Strongly Agree

Reflection Questions

What time management challenges are most stressful in your current role?*

Take a moment to reflect...

How do you protect your personal time from work intrusions?

Take a moment to reflect...

What would need to change for your workload to feel more sustainable?

Take a moment to reflect...

Home Environment

Sanctuary, restoration, and personal space

___ / 5.0

Your home environment plays a crucial role in recovery from the emotional intensity of treatment work. Creating a restorative space supports professional longevity.

Self-Assessment

My home feels like a sanctuary from work stress

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Strongly Disagree · Strongly Agree

I have a comfortable space for rest and restoration

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Strongly Disagree · Strongly Agree

My living environment supports my self-care practices

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Strongly Disagree · Strongly Agree

I can fully disconnect from work when I'm home

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Strongly Disagree · Strongly Agree

My home reflects my personal interests beyond work

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Strongly Disagree · Strongly Agree

Reflection Questions

What aspects of your home environment best support your recovery from work stress?*

Take a moment to reflect...

What changes to your living space would better support your well-being?

Take a moment to reflect...

How do you create separation between your work and home life?

Take a moment to reflect...

Learning & Growth

Curiosity, development, and preventing stagnation

___ / 5.0

Continuous learning prevents stagnation and renews passion for treatment work. Professional development and personal interests both contribute to resilience.

Self-Assessment

I regularly engage in professional development activities

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Strongly Disagree · Strongly Agree

I maintain curiosity about new treatment approaches

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Strongly Disagree · Strongly Agree

I pursue interests and hobbies outside of work

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Strongly Disagree · Strongly Agree

I feel intellectually stimulated by my work

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Strongly Disagree · Strongly Agree

I share my knowledge and mentor others

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Strongly Disagree · Strongly Agree

Reflection Questions

What areas of professional development excite you most right now?*

Take a moment to reflect...

How do you maintain intellectual curiosity in your work?

Take a moment to reflect...

What non-work interests help you maintain perspective and balance?

Take a moment to reflect...

Meaning & Spirituality

Purpose, connection, and existential resilience

___ / 5.0

Working with addiction touches on profound questions of meaning, suffering, and transformation. Your own spiritual or philosophical framework provides essential support.

Self-Assessment

I have a clear sense of purpose in my work

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Strongly Disagree · Strongly Agree

My work aligns with my deeper values and beliefs

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Strongly Disagree · Strongly Agree

I have practices that nurture my spiritual well-being

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Strongly Disagree · Strongly Agree

I find meaning even in difficult or tragic situations

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Strongly Disagree · Strongly Agree

I maintain hope despite witnessing suffering

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Strongly Disagree · Strongly Agree

Reflection Questions

What gives you the deepest sense of meaning in your treatment work?*

Take a moment to reflect...

How do you maintain hope when facing client setbacks or losses?

Take a moment to reflect...

What spiritual or philosophical practices support your resilience?

Take a moment to reflect...

Your Assessment Data

Export for supervision or personal reflection

www.TheRecoveryFiles.com

Part of the "Helpers Helping Helpers" Program

Supporting Treatment Professionals in Sustainable Practice