

Recovery Capital

Robert Granfield and William Cloud Introduced and elaborated on the concept of “Recovery capital” in a series of articles and a 1999 book, coming clean: Overcoming Addiction without Treatment. They define recovery capital as the volume of internal and external assets that can be brought to bear to initiate and sustain recovery from alcohol and other drug problems.

There are four types of Recovery capital:

Social Capital

Physical Capital

Human Capital

Cultural Capital

Social Capital: The resources available to you as a result of relationships. This includes family, friends and groups you may be part of. Social Capital comes both from the support you receive from people but also the commitments and obligations you have to them.

Physical Capital: Tangible assets such as somewhere to live, property and money. This might include possessions that enable you to pursue positive interests such as a laptop, musical instruments or running shoes.

Human Capital: The skills you possess, good health, hopes and character traits. These are internal resources that will enable you to prosper in your recovery.

Cultural Capital: Values, beliefs and attitudes that fit in with those held by society. Pro social values that promote positive behaviours.