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**Outcome Rating Scale (ORS)**

|  |
| --- |
| Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Age (Yrs):\_\_\_\_ Sex: M / F  Session # \_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Who is filling out this form? Please check one: Self\_\_\_\_\_\_\_ Other\_\_\_\_\_\_\_  If other, what is your relationship to this person? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

|  |
| --- |
| Looking back over the last week, including today, help us understand how you have been feeling by rating how well you have been doing in the following areas of your life, where marks to the left represent low levels and marks to the right indicate high levels. *If you are filling out this form for another person*, *please fill out according to how you think he or she is doing.* |

**ATTENTION**: TO INSURE SCORING ACCURACY PRINT OUT THE MEASURE TO INSURE THE ITEM LINES ARE 10 CM IN LENGTH. ALTER THE FORM UNTIL THE LINES PRINT THE CORRECT LENGTH. THEN ERASE THIS MESSAGE.

**Individually**

(Personal well-being)

I----------------------------------------------------------------------I

**Interpersonally**

(Family, close relationships)

I----------------------------------------------------------------------I

**Socially**

(Work, school, friendships)

I----------------------------------------------------------------------I

**Overall**

(General sense of well-being)

I----------------------------------------------------------------------I

The Heart and Soul of Change Project

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www.heartandsoulofchange.com

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**The Relationship Rating Scale**

The following is excerpted from, *What’s Right With You*, which is strongly recommended for use in peer support or recovery services. The Relationship Rating Scale (RRS) provides a short hand way for an individual to provide feedback to a peer support or peer recovery partner on those dimensions shown by decades of research to be helpful. The four ten centimeter lines add to a total score of 40. The total score is simply the summation of the four marks on the four lines measured with a centimeter ruler to the nearest millimeter.

There is no specific cut off score between relationships that have “good” or “bad” change potential. The higher scores (above 30) reflect those relationships that have better change potential because they may naturally have the qualities deemed important by research about therapy. Relationships with lower scores can still be helpful. It may be that a simple conversation is all that is necessary to fine tune the relationship to reach its maximum change potential. Perhaps you need only make your expectations clear about what role you would prefer the person to take. Or, you may want this person regardless of

his or her score on the RRS, and feel that no conversation is warranted. Trust your instincts here. There are no absolutes here (or anywhere else). The RRS is simply a quick reference to help you in your decision process—to incorporate the research about change in therapy to build the best possible chance for growth.

**Relationship Rating Scale (RRS)**

|  |
| --- |
| Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Relationship \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

|  |
| --- |
| Please rate this relationship’s change potential by placing a mark on the line nearest to the description that best fits your experience. |

# Validation

I don’t’ feel understood, respected, and validated

I feel understood, respected, and validated

I-------------------------------------------------------------------------I

**Goals and Topics**

We did *not* work on or talk about what I wanted to work on and talk about

We worked on and talked about what I wanted to work on and talk about

I------------------------------------------------------------------------I

**Supportive/Encouraging Role**

I did not feel supported and encouraged in my change efforts; the role was not a good fit

I felt supported and encouraged in my change efforts; the role was a good fit

I-------------------------------------------------------------------------I

**Overall**

Overall, this relationship may not be the best one for my change efforts

Overall, this relationship is right for my change efforts

I------------------------------------------------------------------------I

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