



RESTORATION READINESS ASSESSMENT™

A Restoration Psychology® Assessment Bridge from Regulation to Reframing

RESTORATION PSYCHOLOGY INSTITUTE™ STANDARD EDITION

Assessment Overview

PURPOSE

Helps you determine how prepared you currently are to intentionally engage in the next phase of your restoration journey. This assessment serves as a bridge from regulation to reframing by identifying your current readiness for intentional restoration.

INTENDED USE

Designed for education, coaching, leadership development, ministry, organizational use, and personal reflection. This assessment is educational and self-reflective and is not intended to diagnose, treat, or replace professional healthcare.

ADMINISTRATION

Estimated Time: Approximately 5 minutes
Directions: Consider your present level of awareness, willingness, capacity, and commitment to engage in the work of restoration. Select the response that best reflects where you are today.

READINESS RATING SCALE

0 = Not Yet Ready
1 = Slightly Ready
2 = Somewhat Ready
3 = Mostly Ready
4 = Fully Ready

BEFORE YOU BEGIN

The work of restoration is a journey rather than a single moment. Recognition helps us understand what we are carrying, while regulation helps us respond with greater awareness and intention. Before moving forward, it is important to consider whether you feel prepared to engage in the next phase of that journey.

This assessment is not designed to measure your worth or determine whether you are doing restoration correctly. Instead, it provides a snapshot of your current readiness to begin reframing your experiences, perspectives, and patterns. Read each statement carefully and respond honestly based on where you are today.

KEEP IN MIND

- There are no right or wrong answers.
- Respond based on your current season of life.
- Readiness can change over time.
- You do not need to feel completely "ready" to begin growing.
- Answer honestly to determine your current Restoration Readiness Level.

"Readiness is the bridge between understanding and transformation."

— Restoration Psychology Institute™



Regulation & Stability

My emotions usually settle enough for me to think clearly.	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
When I become upset, I am generally able to regain my balance.	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
I usually pause before reacting to difficult situations.	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
I can stay with uncomfortable thoughts or feelings without avoiding them.	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
I generally feel emotionally grounded, even when life feels difficult.	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
I can reflect on my experiences without becoming overwhelmed.	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
I can stay present while thinking about difficult experiences.	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4



Awareness & Clarity

I have a clear understanding of the challenges I am currently facing.	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
I recognize patterns in how I think, feel, and behave.	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
I understand how some of my past experiences influence me today.	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
I can identify the thoughts and emotions that affect me most.	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
I recognize how my experiences influence my relationships with others.	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
I have a clear understanding of the areas of my life that need attention.	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4



Willingness

I am willing to honestly examine my thoughts and experiences.	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
I am open to seeing my experiences from a different perspective.	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
I am willing to face difficult emotions if it helps me move forward.	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
I am willing to engage in the work needed for my restoration.	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4



Capacity

I have enough emotional energy to engage in my restoration.	☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4
I have enough time and emotional space to focus on my restoration.	☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4
I have enough mental focus to engage in my restoration.	☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4
I am able to consistently follow through on small restorative actions.	☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4



Commitment

I am committed to investing in my restoration.	☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4
I am prepared to make restoration a priority in my life.	☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4
I intend to take consistent steps toward my restoration.	☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4
I intend to continue my restoration even when progress feels slow.	☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4

Assessment Complete

YOU'VE COMPLETED THE RESTORATION READINESS ASSESSMENT™.

Your responses provide a snapshot of how prepared you currently are to intentionally engage in the restoration process. Readiness is not a fixed trait. It can grow over time as your circumstances, resources, and experiences change.

Continue to the next page to calculate your Restoration Readiness Score and discover your Restoration Readiness Level, including recommended next steps for your restoration journey.

Scoring Your Assessment

CALCULATE YOUR RESTORATION READINESS SCORE

Now that you have completed the Restoration Readiness Assessment™, you are ready to calculate your overall Restoration Readiness Score.

Add the scores from all 26 items to determine your total score. Then, compare your total to the Restoration Readiness Level chart below to identify your current level of readiness.

Your Restoration Readiness Level is designed to help you understand how prepared you currently are to intentionally engage in the restoration process and to provide guidance for your next steps along the restoration journey.

SCORING INSTRUCTIONS

1. Add the scores for all 26 items to calculate your total **Restoration Readiness Score**.
2. Locate your total score in the **Restoration Readiness Level** chart below.
3. On the next page, read about your **Restoration Readiness Level** to learn what your score means and discover recommended next steps for your restoration journey.

Total Score	Restoration Readiness Level
0–20	Not Yet Ready
21–41	Emerging Readiness
42–62	Growing Readiness
63–83	Strong Readiness
84–104	Restoration Ready

Your score reflects your current level of readiness. It is not a permanent label and may change as your circumstances, capacity, support, and engagement in restoration change.

YOUR RESTORATION READINESS LEVEL

Your Restoration Readiness Level provides a snapshot of your current preparedness to intentionally engage in the restoration process. Locate your Restoration Readiness Level in the table below to better understand your results and discover recommended next steps.

Readiness Level	What It Means	Recommended Next Step
Not Yet Ready	Your current circumstances may make it difficult to fully engage in restoration. Building greater stability and support is the most important next step.	Focus on strengthening regulation, support, and basic capacity before engaging in deeper restoration work.
Emerging Readiness	You are beginning to develop the foundation needed for restoration but may still encounter barriers that interfere with consistent engagement.	Continue building awareness, stability, and supportive routines.
Growing Readiness	You demonstrate many of the qualities needed to engage in restoration and are developing greater consistency and confidence.	Continue intentionally engaging in the restoration process while strengthening areas of growth.
Strong Readiness	You appear well prepared to actively engage in restoration and maintain consistent effort through challenges.	Continue applying restoration principles while remaining attentive to areas that may need ongoing support.
Restoration Ready	You demonstrate a strong foundation for intentionally engaging in restoration and sustaining meaningful growth.	Continue intentionally engaging in restoration while deepening reflection, sustaining healthy growth, and helping extend restoration to others.

Remember: Restoration is not about reaching a perfect destination. It is about taking intentional steps forward, one decision at a time. As you continue moving forward, use the RESTORE™ Practical Framework to put your readiness into action and explore the Restoration Guidebook™ for deeper guidance, reflection, and application.

Your readiness today is simply a starting point, not a limit. Every intentional step you take can strengthen your capacity for restoration.