



RESTORATION ECOSYSTEM AUDIT™

A Restoration Psychology® Audit Bridge from Reframing to Rebuilding

RESTORATION PSYCHOLOGY INSTITUTE™ STANDARD EDITION

Audit Overview

PURPOSE

Helps you identify the external conditions that currently support or hinder your restoration. This assessment evaluates the environment surrounding your restoration journey and highlights opportunities to strengthen the ecosystem that promotes lasting growth.

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 the people, environments, habits, resources, and circumstances that currently influence your restoration. Select the response that best reflects your experience at this time.

ECOSYSTEM SUPPORT RATING SCALE

0 = Not Supportive
1 = Slightly Supportive
2 = Somewhat Supportive
3 = Mostly Supportive
4 = Highly Supportive

BEFORE YOU BEGIN

Restoration does not happen in isolation. The people around us, the places we spend time, and the resources available to us all influence our ability to move toward restoration. Some aspects of our environment strengthen restoration, while others create barriers that make the journey more difficult.

As you complete this audit, consider the external conditions that currently surround your life. Respond honestly based on how supportive each area is during your current season of life.

KEEP IN MIND

- There are no right or wrong answers.
- Respond based on your current season of life.
- Rate how supportive each area currently is for your restoration.
- Some areas may not apply to you.
- Answer honestly to determine your current Restoration Ecosystem Level.

"Restoration grows best in environments that support it."

— Restoration Psychology Institute™



Relationships & Social Support

I have people in my life who genuinely care about my well-being.	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
I have at least one person I can turn to during difficult times.	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
The people closest to me encourage my personal growth.	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
I have relationships that contribute positively to my restoration.	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
I have people who listen to me without judgment.	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
I am connected to a supportive community.	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
I have relationships that help me move forward rather than hold me back.	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
The people in my life respect healthy boundaries.	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
I have trusted people who provide wise guidance when I need it.	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
The people around me create a sense of safety and belonging.	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4



Physical Environment

My home environment supports my restoration.	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
I have spaces where I feel safe and at peace.	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
My physical surroundings allow me to rest and recharge.	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
My environment provides opportunities for quiet reflection.	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
My work or school environment supports my restoration.	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
I have at least one place where I can step away from daily pressures.	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
The places I regularly spend time contribute positively to my restoration.	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4



Resources & Access

I have access to the resources I need to support my restoration.	☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4
I know where to find help when I need it.	☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4
I have access to community resources that support restoration.	☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4
I have access to reliable information that supports my restoration.	☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4
I have access to people who can connect me with helpful resources.	☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4
I have opportunities to participate in restorative programs and activities.	☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4
I have access to practical support during difficult seasons of life.	☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4

Audit Complete

YOU’VE COMPLETED THE RESTORATION ECOSYSTEM AUDIT™.

Your responses provide a snapshot of how supportive your current external conditions are for restoration. This snapshot may change as your relationships, environments, resources, and circumstances evolve.

Continue to the next page to calculate your Restoration Ecosystem Score and determine your Restoration Ecosystem Level.

Scoring Your Audit

CALCULATE YOUR RESTORATION ECOSYSTEM SCORE

Add the scores for all 24 items to calculate your total Restoration Ecosystem Score. Then locate your total score in the chart below to determine your Restoration Ecosystem Level.

SCORING INSTRUCTIONS

1. Add the scores for all 24 items.
2. Locate your total score in the chart below.
3. Turn to the next page to understand your **Restoration Ecosystem Level**.

Total Score	Restoration Ecosystem Level
0–19	Limited Ecosystem Support
20–38	Emerging Ecosystem Support
39–57	Developing Ecosystem Support
58–76	Strong Ecosystem Support
77–96	Highly Supportive Ecosystem

Your Restoration Ecosystem Level provides insight into the external conditions that currently support or hinder your restoration. Continue to the next page to explore your results.

YOUR RESTORATION ECOSYSTEM LEVEL

Your Restoration Ecosystem Score provides a snapshot of how supportive your current environment is for restoration. Locate your Restoration Ecosystem Level below to better understand your results and identify a meaningful next step.

Restoration Ecosystem Level	What It Means	Recommended Next Steps
Limited Ecosystem Support	Your environment provides limited support for restoration. Strengthening relationships, environments, and resources can improve your ecosystem.	Strengthen or establish one relationship, environment, or resource that supports your restoration.
Emerging Ecosystem Support	Your environment includes some supportive elements, but important gaps remain. Continued growth can strengthen your ecosystem.	Build one new source of support or improve an important part of your environment.
Developing Ecosystem Support	Your environment provides a solid foundation for restoration, with opportunities for continued growth.	Continue strengthening the people, places, and resources that consistently support your restoration.
Strong Ecosystem Support	Most areas of your ecosystem consistently support restoration.	Maintain your ecosystem and continue investing in supportive relationships and environments.
Highly Supportive Ecosystem	Your ecosystem provides strong and consistent support for restoration.	Sustain your ecosystem and use it to strengthen your own restoration while encouraging others.

BEGINNING YOUR RESTORATION JOURNEY

Remember: Restoration does not happen in isolation. The people, places, and resources around you shape your restoration journey. A supportive ecosystem is built one intentional change at a time.

As you continue moving forward, use the RESTORE™ Practical Framework to strengthen the people, places, and resources that support your restoration and explore the Restoration Guidebook™ for deeper guidance, reflection, and application.