

TAPERING READINESS INVENTORY

These questions might help you decide if the time is right for you to taper off methadone or buprenorphine.

The more questions you answer "yes" by circling "Y", the more likely you are ready.

Each "no" answer might represent an area to work on to increase the odds of a successful taper and continued recovery.

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| 1. Have you stopped using any illicit drugs, or misusing prescription drugs? | Y | N |
| 2. Have you gotten rid of all drug paraphernalia? | Y | N |
| 3. Are you staying away from people who use or deal drugs? | Y | N |
| 4. Do you have, and spend time with, friends who do not use drugs? | Y | N |
| 5. Are you living where there is not a lot of drug use,
and are you comfortable there? | Y | N |
| 6. Are you at volunteering, at school or employed? | Y | N |
| 7. Is your physical health good, without ongoing painful issues? | Y | N |
| 8. Have you participating in counseling that has been helpful? | Y | N |
| 9. Is your mental health good? | Y | N |
| 10. Do you think you can handle difficult situations without using drugs? | Y | N |
| 11. Do you have a plan to handle an acute painful situation? | Y | N |
| 12. Do you have friends or family who would be helpful to you during a taper? | Y | N |
| 13. Do you think you would ask for help if you were feeling bad during a taper? | Y | N |
| 14. Have you been on methadone or buprenorphine for a long time? | Y | N |
| 15. Do you think you are stabilized on your medication? | Y | N |
| 16. Do you want to come off methadone or buprenorphine? | Y | N |