

*Discover the  
Power of Choice!*



**SMART Recovery**<sup>®</sup>  
Self-Management and Recovery Training

**Welcome to SMART Recovery**<sup>®</sup>, the leading self-empowering addiction recovery support group! Our participants learn recovery tools based on the latest scientific research and participate in a world-wide community with free, self-empowering, science-based mutual help groups and online services. What exactly does all of this mean to you?

## CAN SMART RECOVERY HELP ME?

**SMART Recovery** can be used to address any addictive behavior. No matter what your addiction, the Program's tools and techniques will help you overcome the behavior. You'll find a warm and welcoming community in both our face-to-face meetings and online activities.

### WHEN CAN I START?

You can get started right now. Visit our website, [www.smartrecovery.org](http://www.smartrecovery.org) to access introductory information like slide shows and videos, meeting locations near you, online meetings and chat sessions, a discussion message board, and much more. SMART Recovery puts the tools in your hands from the very beginning.

Furthermore, **all of these tools are free.**

### HOW WILL SMART RECOVERY ADDRESS MY NEEDS?

SMART Recovery uses tools based on scientifically-proven methods for addiction recovery such as Cognitive Behavior Therapy and motivational interviewing.

## HOW DOES SMART RECOVERY WORK?

The SMART Recovery 4-Point Program<sup>®</sup>

**POINT 1 Building and Maintaining Motivation**

**POINT 2 Coping with Urges**

**POINT 3 Managing Thoughts, Feelings and Behaviors**

**POINT 4 Living a Balanced Life**

The SMART Recovery Program includes tools for accomplishing each of these points.

### SPECIFICS PLEASE?

**Here are some of SMART Recovery tools that can help you in your recovery journey:**

**CHANGE PLAN WORKSHEET:** This is a chart in which you list your goals, how you will attain them, the ways in which you will overcome obstacles and challenges, etc. The very process of completing a Change Plan Worksheet will clarify both your goals and the roadblocks to attaining them.

**COST/BENEFIT ANALYSIS:** Often called "CBA," this tool is especially useful for increasing your motivation to abstain from your addictive behavior.

**The ABC's of REBT:** This tool from Rational Emotive Behavior Therapy, pioneered by Dr. Albert Ellis, helps identify our irrational beliefs, which in turn lead to poor consequences. The ABC process helps us dispute our irrational beliefs and thoughts until they no longer trigger the consequences we're tired of facing. We then create effective new beliefs to produce more positive outcomes.

**DISARM** (Destructive Imagery and Self-talk Awareness and Refusal Method): This tool exposes the thoughts and images which urge us to pursue our addiction as inaccuracies, excuses and rationalizations.

**BRAINSTORMING:** This technique is often used in face-to-face and online meetings. A participant introduces a question or problem. Other participants then offer ideas and/or suggestions without any judgment involved.

**ROLE-PLAYING/REHEARSING:** This tool is used mostly in groups. An example would be rehearsing how to avoid addictive behavior at a wedding or other high-risk upcoming event with group members playing various roles.



VISIT SMART RECOVERY ONLINE AT:  
[www.smartrecovery.org](http://www.smartrecovery.org)

## WHAT MAKES SMART RECOVERY DIFFERENT?

SMART Recovery advocates for choice in recovery, so that those seeking recovery know the variety of recovery options available and can choose among them.

SMART Recovery encourages a holistic approach, with the goal being to achieve a healthy and balanced lifestyle. Therefore, SMART Recovery does not require lifelong attendance. The goal of SMART Recovery is not for you to become a permanent participant but rather for you to “graduate” when you feel healthy and ready to live a clean/sober life.

Upon graduation, we encourage our participants to volunteer as facilitators or in another capacity to help “pay forward” the gains they achieved.



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## LOCAL MEETING INFORMATION

## HOW DO SMART RECOVERY MEETINGS WORK?



Face-to-face meetings typically last 60 to 90 minutes and are designed to be highly interactive. Participants are encouraged to share their personal experiences and discuss the tools that help them personally, offering ideas and support to fellow participants.

SMART Recovery meetings follow an outline, which includes: a welcome to attendees and an opening statement; a check-in, which involves personal updates on progress; agenda setting for the meeting; Working Time that focuses on the 4-Point Program discussed above; hat passing (SMART Recovery is a nonprofit organization that depends on donations); check-out, including a meeting review and discussing personal plans for the week; and finally any announcements, questions and answers, signing of any meeting verification forms and socializing.

Online meetings last 90 minutes. Some meetings are tool or topic specific, but most are general meetings that follow the face-to-face meeting agenda. For an online meeting schedule, please visit:  
<http://www.smartrecovery.org/meetings/olschedule.htm>

## HOW CAN I HELP SMART RECOVERY?

Once you're acquainted with the SMART Recovery philosophy, you may want to consider beginning a meeting in your town, if one doesn't already exist. Please visit:

<http://www.smartrecovery.org/facldtrain/JointheFacilitatorTeam.htm>

SMART Recovery also accepts donations. If you would like to make a donation, please visit: <http://www.smartrecovery.org/donate/>

Finally, SMART Recovery offers a multitude of materials for sale at our online store. You can further educate yourself and help SMART Recovery through such purchases. You can browse our selection at:  
<http://smartrecovery.org/SMARTStore/>

## WHAT CAN I DO NEXT?

(1) Check out the SMART Recovery website at [www.smartrecovery.org](http://www.smartrecovery.org) (and use the information and resources offered).

(2) Attend a face-to-face or online meeting. Online attendance can be completely anonymous.

Thank you for your interest in the SMART Recovery program.  
We sincerely wish you the best in your victory over your addictive behavior!