SMART Recovery Family & Friends Participant Handbook (2nd Edition)

What's New Guide

How to Use This Guide

- **For Participants:** If you're familiar with the previous edition, use this guide to locate familiar tools under their new names and explore new tools that can support your recovery journey.
- **For Facilitators:** This guide will help you introduce the **updated tools and approaches** in meetings, ensuring participants understand the latest refinements in SMART Recovery. Visit VolunteerHQ to download facilitator guides for each tool.

What's New?

This new edition of the SMART Recovery Family & Friends Participant Handbook brings thoughtful improvements to better support participants and facilitators. Here's what's new and improved:

- **Simplified Language** – More accessible, easy-to-understand explanations. Less acronyms, more direct language.
- **Updated Tools**– Several tools have been **renamed or improved**, and new tools have been added to help with boundaries, communication, and emotional well-being.
- **Recognizes Different Recovery Goals** While abstinence remains a core option, the new handbook fully acknowledges harm reduction as a valid recovery path.
- **Focused Emphasis on Self-Empowerment** – Participants are encouraged to explore recovery that works for them, with expanded goal-setting strategies.
- **More Science-Informed Practices** – SMART Recovery evolves with the latest research in addiction recovery and behavior change. In addition to including concepts from CRAFT, we have also added tools from the Invitation to Change approach, a holistic framework based on science and kindness.
- **A Fresh, Modern Layout** – The new edition is better structured for quick reference and learning.

Tool Name Changes

Several tools in the new handbook have been **renamed or refined**. Below is a list of tools with their **old and new names**, as well as their corresponding handbook pages.

New Tool Name	New Handbook Page	Old Tool Name	Old Handbook Page
Your Coping Behaviors	27	Are Your Coping and Helping Behaviors Working?	4
Check your readiness to change	32	Change Motivation Assessment	6
Make Plans for yourself	39	Planning Ahead for Self-Rewards	16
Practice Disputing common Unhelpful beliefs	58	Asking Disputing Questions	56
Plan a Positive Conversation (PIVA)	65	Positive Communication (previously PIUS)	62
Communicate a protective action	89	Planning a boundary request	111
Revisit your motivation	98	Maintaining Motivation	96
Who are you helping?	100	Enabling Questionnaire	102

New Tools in the Handbook

In addition to renaming existing tools, several **brand-new tools** have been introduced:

New Tool	Page
Building Understanding and Empathy	21
Journaling	26
Practice self-compassion	40
Meditation Practice	41
Progressive Muscle Relaxation	42
Visualize a Relaxing Space	43
Simply Listen	71
Practice positive reinforcement	82
Create Affirmations	83
Practice Communicating Boundaries	86
Explore ambivalence	96
Reflect on your loved one's ambivalence	97
Pause and allow	102
Brainstorm behavior alternatives	105
What it feels like to try something new	106

These new tools **emphasize self-empowerment**, develop deeper **compassion** for yourself and loved ones, and **strengthen communication**.

More to Discover…

1. **Managing Thoughts, Feelings, and Behaviors**
    a. Previous chapters “ABC of REBT” and “Beliefs and Disputations” are now found in one chapter that aligns more closely SMART Recovery Point 3.
2. **Positive Communication & Reflective Listening**
    a. Positive Communication is now expanded over 2 chapters that have its own focus on Reflective listening.
    b. Positive communication now includes a section on nonverbal communication **(page 60)**
    c. Motivational interviewing, including OARS, are now in this section as well **(pages 63-64)**
3. **Enhanced Coping Strategies Stress Management**
    a. More emphasis on **mindfulness practices. (pages 41-43)**
    b. Introducing **self-compassion** as a practice. **(Page 40)**
4. **Boundaries**
    a. Previously divided into 2 chapters (Healthy Boundaries Part I & Part II), all boundary related tools are located within one chapter.

We hope you find these updates meaningful and aligned with the evolving needs of our recovery community. Our goal is that the new SMART Family & Friends Participant Handbook continues to be a trusted, empowering resource as you navigate your unique recovery journey.