



Meeting Guidelines

1. **Take Responsibility for Your Actions:** Everyone here is responsible for their own behavior. If your actions disrupt the group, it will be gently pointed out, and if the disruption continues, we may ask you to step out for everyone's benefit.
2. **Keep It Confidential:** Confidentiality is key. You're welcome to share about SMART and the tools you find helpful if you choose to, but don't reveal who attended or what was said in the meeting. If you see participants in public, respect their privacy and don't identify them as part of SMART.
3. **Connecting Outside the Group:** Forming friendships and supporting connections at SMART is helpful to many but be mindful of how much personal information you share with others. Socializing is a personal choice, and we won't share anyone's contact information for privacy reasons.
4. **Share the Space Respectfully:** Participate as much or as little as you feel comfortable, ensuring everyone has a chance to share. Use "I" statements, avoid interruptions, criticism, or giving unsolicited advice. Focus on creating a supportive, non-judgmental environment where everyone can discuss their experiences openly.
5. **Respect Each Other:** Let's make sure our words help build a welcoming, respectful environment. Language matters, so be mindful of how what you say may affect others seeking support. Threats, intimidation, violent behavior, and weapons have no place here.
6. **About Labels:** Evidence suggests that avoiding stigmatizing labels like "addict" or "alcoholic" helps focus on behaviors rather than identity, reinforcing that change is possible. We recommend using empowering language for yourself while respecting how others choose to describe themselves.



7. Focus on Your Own Path: Whatever your personal goal—whether it’s to reduce or resolve addictive behaviors or something else—we’re glad you’re here. You’re welcome no matter where you’re at on this journey.

8. Own Your Progress: SMART Recovery is about supporting your independence. There’s no sponsorship or buddy system, instead, we encourage you to apply what you learn here and follow through on your commitments to yourself.

9. Keep It SMART-Centered: Our discussions center on SMART’s 4-Point Program, developed and reviewed by experts. We’re here to support independence from harmful behaviors and don’t compare ourselves to or criticize other programs or approaches.

10. Help in Crisis Situations: If you think someone may be in a life-threatening situation, encourage them to call the 988 Crisis Line and bring any concerns to the facilitators privately after the meeting.

11. Reflect on Relapses: Relapses or returning to old behaviors are part of many people’s journeys. There’s no shame here. Instead, we’ll encourage you to explore what happened, identify triggers, and use the experience as a learning opportunity for you and the rest of the group.

12. Each Meeting is Unique: SMART meetings vary in tone and style, even week to week. If this one doesn’t feel right, try a few others—many suggest attending five meetings before deciding if SMART is for you.

13. Support SMART if You’re Able: SMART is a non-profit organization, and our volunteer-run meetings are free to attend. While donations are never required, they help sustain this meeting, our mission, and programs. If you’d like to contribute, we’ll pass the hat at the end of the meeting. You can also support SMART by sharing flyers at coffee shops, doctor’s offices, or other community spaces. We’re grateful for any support you can provide.