The SMART Recovery® Meeting Outline

Pre-Meeting:  Some groups may choose to run a half-hour pre-meeting to introduce the program to newcomers, answer questions, etc.

1.  Opening Statement and Welcome  
   (The opening may be read by the Facilitator or another group member.)
   5 Minutes

2.  Sharing Successes
   Ask:  Will someone share something that they have done or learned from SMART Recovery®?  (Someone can be asked to do this in advance.)
   5 Minutes

3.  Agenda Setting
   Ask:  Has anyone had a particularly bad week and needs extra time?  Yes/No  
   (Be careful to check everyone before getting involved with one person.)
   5 Minutes

4.  Coping with Activating Events
   Focus on SMART's Four-Point Program:
   1.  Building Motivation
   2.  Coping with Urges
   3.  Problem Solving:  Activating Event, Beliefs, Consequences
   4.  Lifestyle Balance
   45 Minutes

5.  Pass the Hat
   5 Minutes

6.  Homework
   Ask:  What could you do this week that would help?  (Homework can be selected by a person or suggested by someone else in the group.)
   10 Minutes

7.  Summarizing and Closing
   (This section can be done by the Facilitator or another member.)
   5 Minutes

8.  Socializing
   Announcements; exchange of phone numbers; sell publication; questions and answers; sign court cards; general socializing.
   10 Minutes

Note:  For a 60-minute meeting, each section of the meeting is proportionally shorter.