

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 5 Minutes

(The opening may be read by the Facilitator or another group member.)

2. Sharing Successes 5 Minutes

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

3. Agenda Setting 5 Minutes

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.)

4. Coping with Activating Events 45 Minutes

Focus on SMART's Four-Point Program:

1. Building Motivation
2. Coping with Urges
3. Problem Solving: **A**ctivating Event, **B**eliefs, **C**onsequences
4. Lifestyle Balance

5. Pass the Hat 5 Minutes

6. Homework 10 Minutes

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.)

7. Summarizing and Closing 5 Minutes

(This section can be done by the Facilitator or another member.)

8. Socializing 10 Minutes

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

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