

SMART Recovery[®] Activities Scale (SRAS)

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SMART Recovery[®] is a free, self-help support group, which currently sponsors [face-to-face meetings](#) around the world and daily [online meetings](#). SMART Recovery[®] can be offered as an alternative or adjunct to 12-step groups, such as AA. The therapist can use the following checklist of SMART Recovery[®] activities and accompanying SMART Recovery[®] beliefs with clients. The therapist can ask clients to fill in the Checklist in order to:

1. Assess what SMART Recovery[®] activities clients have already engaged in and what SMART Recovery[®] beliefs they have embraced.
2. Assess the reasons why clients have or have not engaged in these activities (possible barriers, lack of motivation, confidence, or skills) and how these obstacles can be addressed.
3. Engage would-be participants to join SMART Recovery[®] and treatment, highlighting what new members may get out of some form of treatment

SMART Recovery[®] Behaviors

How many of the following behaviors do you presently practice? Please put a check mark next to each behavior that you now do, as a result of participating in SMART Recovery[®].

- 1. Attend SMART Recovery[®] meetings. I attend ____ times per week.
- 2. Understand the SMART Recovery[®] 4-Point ProgramSM: Enhancing and Maintaining Motivation, Coping with Urges, Problem Solving, and Lifestyle Balance.
- 3. Create a cost-benefit analysis (CBA). My costs (disadvantages) of using drugs/alcohol outweigh the benefits (advantages) of using.
- 4. Recognize triggers that lead to using, including social pressure, interpersonal conflict, external cues (people, places, situations), internal cues (hungry, thirsty, tired), and strong emotions.
- 5. Use urge-controlling techniques, such as riding-the-wave, delay, distract, and review my cost-benefit.
- 6. Recognize that my thoughts, emotions, and behaviors are related, and that the words I chose to use matter.
- 7. Recognize and try to reduce my self-destructive behaviors.
- 8. Work toward progress, not toward perfection. I can accept myself unconditionally
- 9. Seek enduring satisfactions in my life. Participate in vital and meaningful activities.
- 10. Look at my beliefs and see how these beliefs can contribute to my addictive behavior. *(For example, viewing people as doing things to me "on purpose")*
- 11. Reach out to people who support abstinence and who are willing to support my efforts to change. Build a solid support network.
- 12. Set healthy limits and boundaries for myself. Work toward a balanced, healthy lifestyle, with time for work, exercise, relaxation, and social activities.
- 13. Practice change planning as a way to attain mini, short-term, and long-term goals.
- 14. Take full responsibility for my recovery by taking charge of my life.
- 15. Share what I have learned in SMART Recovery[®] with others.



SMART RECOVERY[®] BELIEFS

Please put a check mark next to each belief or self-statement that you now hold, as a result of participating in SMART Recovery.

I NOW BELIEVE THAT:

Thinking Behaviors

- _____ 16. I am not powerless over my drinking/drugging.
- _____ 17. I recognize that relapse is part of recovery and that each lapse, should it occur, is a learning opportunity.
- _____ 18. I can pause to think before I act on my thoughts and emotions, thus leading to a better outcome
- _____ 19. I can recognize the difference between my thoughts, feelings, and behaviors and can change my beliefs that contributed to my drinking/using, for example, the “should”, “musts”, and “wants” in my life.

I NOW BELIEVE THAT:

Coping Behaviors

- _____ 20. I recognize that my feelings pass eventually; I can tolerate uncomfortable feelings, recognizing them as a normal part of everyday living.
- _____ 21. I can reach out to others and ask for help.
- _____ 22. I have SMART Recovery[®] tools (*such as coping statements and the ABC's*) to help manage my thoughts and emotions, and my reactions to them.

I NOW BELIEVE THAT:

Nurturing Hope

- _____ 23. I can acknowledge my mistakes and hold myself accountable, knowing that change is possible.
- _____ 24. I see myself of value to others, and I can share my experiences with them.
- _____ 25. I can identify signs of resilience in myself.
- _____ 26. I can live a healthier, more satisfying life.
- _____ 27. I can learn to stop thoughts of helplessness, hopelessness, and low self-worth.
- _____ 28. I can reach out and grab the potential that life has to offer, being fully aware and present.
- _____ 29. Other beliefs I learned include _____

