

Discover the Power of Choice!



# SMART Recovery<sup>®</sup>

Welcome to SMART Recovery<sup>®</sup>, the leading self-empowering addiction recovery support group! Our participants learn recovery tools based on the latest scientific research and participate in a world-wide community with free, self-empowering, science-based mutual help groups and online services. What exactly does all of this mean to you?

## CAN SMART RECOVERY HELP ME?

**SMART Recovery** can be used to address any addictive behavior. No matter what your addiction, the Program's tools and techniques will help you overcome the behavior. You'll find a warm and welcoming community in both our face-to-face meetings and online activities.

### WHEN CAN I START?

You can get started right now. Visit our website, [www.smartrecovery.org](http://www.smartrecovery.org) to access introductory information like slide shows and videos, meeting locations near you, online meetings and chat sessions, a discussion message board, and much more. SMART Recovery puts the tools in your hands from the very beginning. Furthermore, all of these tools are free.

### HOW WILL SMART RECOVERY ADDRESS MY NEEDS?

SMART Recovery utilizes a collection of scientifically-proven tools and techniques from Cognitive Behavioral Therapy, Rational Emotive Behavior Therapy (REBT), as well as some motivational enhancement techniques.

## HOW DOES SMART RECOVERY WORK?

### SMART Recovery is a 4-Point Program<sup>SM</sup>:

1. **Building And Maintaining Motivation**
2. **Coping With Urges**
3. **Managing Thoughts, Feelings and Behaviors**
4. **Living a Balanced Life**

Each of the Program points provides tools you can use to enhance motivation, cope with urges, solve problems, and guide yourself to a healthy and balanced life.

### SPECIFICS, PLEASE?

Here is a list of SMART Recovery tools that will help you in your recovery journey:

**COST/BENEFIT ANALYSIS:** Otherwise known as the CBA, this tool is especially useful for increasing your motivation to abstain from your addictive behavior.

**CHANGE PLAN WORKSHEET:** This is a chart in which you list your goals, how you will attain your goals, the ways in which you will overcome obstacles and challenges, etc. The very process of completing a Change Plan Worksheet will clarify both your goals and what stands in the way of your attaining them.

**The ABC's of REBT:** This tool from Rational Emotive Behavior Therapy, founded by Dr. Albert Ellis, pinpoints events that trigger irrational beliefs, which in turn lead to poor consequences. This process can be seen very clearly in addictive behavior. "A" is any activating event. An activating event is one that we upset ourselves over due to our "B" of strong beliefs and thoughts, which in turn create "C," or consequences. The alphabet ends with "Z." REBT's alphabet ends with "E." "D" means disputing our irrational beliefs and thoughts until they no longer trigger the consequences we're tired of facing. We then create the "E": effective new beliefs.

**DISARM (Destructive Images Self-talk Awareness and Refusal Method):** This is a tool that exposes the self-talk and images which tell us to pursue our addiction via lies, excuses, and rationalizations.

**BRAINSTORMING:** This technique is most often used in online and face-to-face meetings. A participant introduces a question or problem. Other participants then offer suggestions without any judgment involved.

**ROLE-PLAYING/REHEARSING:** Here's a way to practice and prepare for situations you perceive as being threatening. An example may involve rehearsing for an upcoming wedding so that you have a game plan in mind to stop yourself from drinking/using.



VISIT SMART RECOVERY  
ONLINE AT:

[www.smartrecovery.org](http://www.smartrecovery.org)

## HOW CAN I HELP SMART RECOVERY?

Explore volunteer options at:  
<http://www.smartrecovery.org/volunteer>

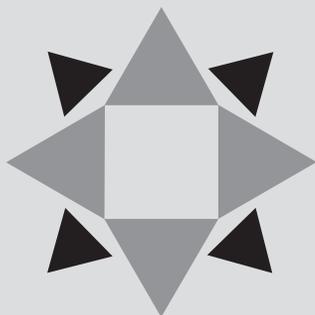
Purchase SMART materials or make a donation at:

US Bookshop  
<https://shop.smartrecovery.org>

Canada Bookshop  
<https://www.smartrecoverycanada.org/>

SMART Recovery gratefully accepts donations at its bookshop and via this link:  
<https://www.smartrecovery.org/donation/>

Recommended Reading List  
<https://www.smartrecovery.org/suggested-reading-list/>



## HOW DO SMART RECOVERY MEETINGS WORK?



Face-to-Face meetings typically last 60 to 90 minutes and are designed to be highly interactive. Participants are encouraged to share their personal experiences and discuss the tools that help them personally, offering ideas and support to fellow participants. SMART Recovery meetings follow an outline, which includes: a welcome to attendees

and an opening statement; a check-in, which involves personal updates on progress; agenda setting for the meeting; Working Time that focuses on the 4-Point Program discussed above; hat passing (SMART Recovery is a nonprofit organization that depends on donations); check-out, including a meeting review and discussing personal plans for the week; and finally any announcements, questions and answers, signing of any meeting verification forms, and socializing.

Online Meetings last 90 minutes. Some meetings are tool or topic specific, but most are general meetings that follow the face-to-face meeting agenda. For an online meeting schedule, please visit [www.smartrecovery.org/meetings/olschedule.htm](http://www.smartrecovery.org/meetings/olschedule.htm).

## WHAT MAKES SMART RECOVERY DIFFERENT FROM OTHER GROUPS?

SMART Recovery advocates for choice in recovery, so that those seeking recovery know the variety of recovery options available and can choose amongst them. SMART Recovery encourages a holistic approach, with the goal being to achieve a healthy and balanced lifestyle. Therefore, SMART Recovery does not require lifelong attendance. The goal of SMART Recovery is not for you to become a permanent participant but rather for you to “graduate” when you feel healthy and ready to live a clean/sober life. Upon graduation, we encourage our participants to volunteer as facilitators or in another capacity to help “pay forward” the gains they achieved.

SMART Recovery takes a scientific approach towards addictive behavior and thoughts. A person’s personal faith or lack thereof is irrelevant to the SMART Recovery program tools, which allows everyone equal access to everything that SMART Recovery offers.

## WHAT IF I STILL HAVE QUESTIONS?

Please refer to the SMART Recovery website at [www.smartrecovery.org](http://www.smartrecovery.org), then browse through and use the information and resources offered. If you’d like to contact us, here’s our information:



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**Telephone:** (440) 951-5357

**Email:** [information@smartrecovery.org](mailto:information@smartrecovery.org)

**Thank you for your interest in SMART Recovery.  
We sincerely wish you the best in your victory over addictive behavior!**