

SMART Recovery® Discussion meeting exercises, 1

If needed, slowly repeat the entire explanation. You might also ask someone who understands the exercise to give an example.

- 1) This exercise is based on the SMART Recovery tool “Change Plan Worksheet.” What could you do *tomorrow* to advance your recovery or your life? What could you do *today* to increase the chances of following through tomorrow?
- 2) This exercise is based on the SMART Recovery tool “ABC.” What helpful belief do you notice developing in yourself? How could you develop that belief even more?
- 3) This exercise is based on the SMART Recovery tool “Roleplay.” You are about to say *one sentence*. You need to tell someone something. Don’t tell us who it is, or the story behind the sentence. Just tell us the *one sentence*, with expression.
- 4) This exercise is based on the SMART Recovery tool “Hierarchy of Values.” Which value of yours seems especially important to you right now? Why?

If there is still time left in your Discussion period, return to the first exercise. Change the timeframes involved.

This exercise is based on the SMART Recovery tool “Change Plan Worksheet.” What could you do (*this week, this weekend, this month, this year, over the next 5 years*) to advance your recovery or your life? What could you do (*today, tomorrow, this week, this weekend, this year*) to increase the chances of following through then?

If there is still time left in your Discussion period, return to the second exercise.

This exercise is based on the SMART Recovery tool “ABC.” What additional helpful belief do you notice developing in yourself (perhaps as influenced by this meeting)? How could you develop that belief even more?