

## **SMART Recovery® Discussion meeting exercises, 2**

5/25/15

This exercise is based on the SMART Recovery tool....

### **ABC for Emotional Upsets (Activating event, underlying Belief, and emotional or behavioral Consequence):**

- 1) What has been a "blessing in disguise" experience for you? What happened that you initially viewed as a disaster, but later you viewed as a blessing or opportunity? How did your thinking change exactly?
- 2) What belief would you most like to develop?

### **CBA (Cost-Benefit Analysis)**

- 1) What was the greatest benefit of your addictive behavior? What was the greatest cost? How are the benefit and the cost related?
- 2) What is the greatest benefit you are getting, or would get, without addictive behavior problems?

### **ABC for Urges (Activating event, underlying Belief, and emotional or behavioral Consequences):**

- 1) When you have an urge, what thought is most likely to get you to engage in it? What do you think of this thought now?
- 2) What is the last urge that you coped successfully with? How did you do it?

### **DISARM (Destructive Imagery and Self-talk Awareness and Refusal Method):**

If you were going to picture your addictive behavior as something or someone out to get you, how would you see it?

### **Brainstorming:**

What is the most helpful idea you ever heard or read about how to overcome a problematic addictive behavior?

### **USA (Unconditional Self-Acceptance):**

In your mind, without telling us what it is, tell yourself what you think your biggest flaw is. Then, tell us, out loud, what you think your life would be like if you did not have this flaw. Don't tell us the flaw itself; just tell us how your life would be different without it.

### **This exercise is based on the SMART Recovery 4<sup>th</sup> Point, about lifestyle balance:**

- 1) To lead a more balanced life, what do you need to do more?
- 2) If you don't get enough (sleep, exercise, good food), what could you do to get more?
- 3) How has your addictive behavior balanced out your life, and how could you balance it in new ways?