

## Self-Check Questionnaire SMART Recovery® Host Training

1. SMART Recovery is a \_\_\_\_\_ organization.
  - a. non-profit
  - b. for profit
  
2. Which item is NOT part of a SMART Recovery Discussion (hosted) meeting?
  - a. Welcome
  - b. Check-in
  - c. Pass the Hat
  - d. Homework
  
3. The language of the script, and structure of a hosted meeting, are primarily intended to enhance
  - a. compliance with the meeting guidelines
  - b. learning of the tools
  - c. a sense of safety and acceptance
  - d. loyalty to SMART Recovery
  
4. Which item is NOT a guideline for a host?
  - a. Do SMART Recovery
  - b. Teach the tools
  - c. Read the script
  - d. Enforce the guidelines
  
5. What is the most important item on this list to bring to a meeting?
  - a. the SMART Recovery Quick Start Facilitator's Manual
  - b. brochures about SMART Recovery
  - c. your smile
  - d. handouts
  
6. Which item is NOT a meeting guideline?
  - a. everyone is expected to participate
  - b. no monologues
  - c. the meeting is confidential
  - d. the meeting is free
  
7. Which item IS encouraged in hosted meetings?
  - a. debate on recovery issues
  - b. advice giving
  - c. expression of deeper thoughts and feelings
  - d. discussion about moderation vs. abstinence

8. At the conclusion of an exercise the host should ask “Did anything come up that you would like to discuss?” then
- go around the circle again
  - briefly stare at the floor in the middle of the room
  - call on individuals who raise their hands to speak
  - report his or her own observations if no one has any
9. Which of the following is NOT a purpose of the statement read during Pass the Hat? To encourage participants to:
- learn more about SMART Recovery
  - make a donation
  - accept the identity of alcoholic and/or addict
  - become a host or facilitator to enhance their own recovery
10. If someone is violating a guideline
- interrupt if necessary
  - allow the person to finish
  - speak to the participant after the meeting
  - ask the participant to speak with your mentor
11. You can obtain additional support for your role as a host by
- attending SMART Meeting Management
  - communicating with your mentor
  - reviewing the Host Training webpage regularly
  - all of the above
12. You are encouraged to develop your own around-the-circle exercises
- as soon as you are confident about doing so
  - after gaining experience with the first and second set of exercises
  - after discussing the issue with your mentor or SMART Meeting Management
  - after completing the Facilitator Training
13. If a problematic issue arises in a meeting, and you are unsure about how to address it, options include:
- change the topic of discussion
  - state that you will check with SMART Recovery
  - ask the group for suggestions or assistance
  - all of the above
14. Which item is NOT a PRIMARY method for advancing your hosting skills?
- complete the Facilitator training
  - review the host training materials regularly
  - read books on the Recommended Reading list
  - attend SMART Meeting Management
15. Who will benefit from your being a SMART Recovery host?
- yourself
  - your participants
  - your community
  - all of the above