

## Self-Check Questionnaire Answers

- 1 a. nonprofit
2. d. homework. Assigning homework is not within the role of a host or facilitator. Assigning homework would be a form of giving advice (and we don't give advice).
3. d. loyalty to SMART Recovery. We hope that participants will develop a sense of loyalty to SMART Recovery, but beyond offering meetings and tools for recovery that many people find meaningful, we do not take specific steps to enhance loyalty.
4. b. teach the tools. Even facilitators are encouraged not to teach the tools, but to facilitate meetings in which the discussion allows for tools to be learned. The Host is not a teacher. The Host is a discussion manager.
5. c. your smile. The other items would indeed be helpful, but they will be most helpful if you are friendly.
6. a. everyone is expected to participate. On the contrary, one of the guidelines is "no one is required to participate."
7. c. discussion of deeper thoughts and feelings. The other items are NOT part of a well-run SMART meeting
8. b. briefly stare at the floor in the middle of the room
9. c. accept the identity of alcoholic and/or addict. We neither encourage nor discourage these terms. Most participants prefer to use other language (such as "I have a challenge with....").
10. a. interrupt if necessary. Particularly in the case of someone who talks too much, interrupting may be necessary. In any event, as soon as you realize a guideline is being broken, do something about it!
11. d. all of the above
12. c. after discussing the issue with your mentor or SMART Meeting Management
13. b. state that you will check with SMART Recovery
14. c. read books on the Recommended Reading list
15. d. all of the above

THANK YOU!