



# SMART Recovery® FAST FACTS

Self-Management and Recovery Training

SMART Recovery is the world’s largest and fastest-growing network of mutual support groups using science and self-empowerment to help people overcome addiction to harmful substances or behaviors. Tens of thousands of people gather weekly at 2,500 meetings in 21 countries,\* and people anywhere in the world meet at another 28 meetings online (www.smartrecovery.org). Approximately 1,400 U.S. meetings are held in 49 states and the District of Columbia.

SMART stands for Self-Management and Recovery Training. It uses principles and practices from disciplines with proven effectiveness in treating addiction, such as Cognitive Behavioral Therapy and Motivational Interviewing. Many meetings meet special needs:

- Those in Veterans Administration medical centers support people needing help to overcome addictions and Post Traumatic Stress Disorder (PTSD).
- For more than two decades, SMART has helped inmates in prison address addictive and criminal behavior with its InsideOut program adapted for use in correctional facilities.
- SMART Family & Friends meetings help people with an addicted loved one care for themselves while encouraging their child, spouse or friend to seek treatment in a positive, loving and nonjudgmental manner. These meetings use the Community Reinforcement and Family Training (CRAFT) method, which has a 60 percent success rate of getting loved ones into treatment.

## SMART Recovery 4-Point Program® Based on Self-Empowerment

SMART empowers people to overcome addiction and assume responsibility for their own recovery using its 4-Point Program:

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

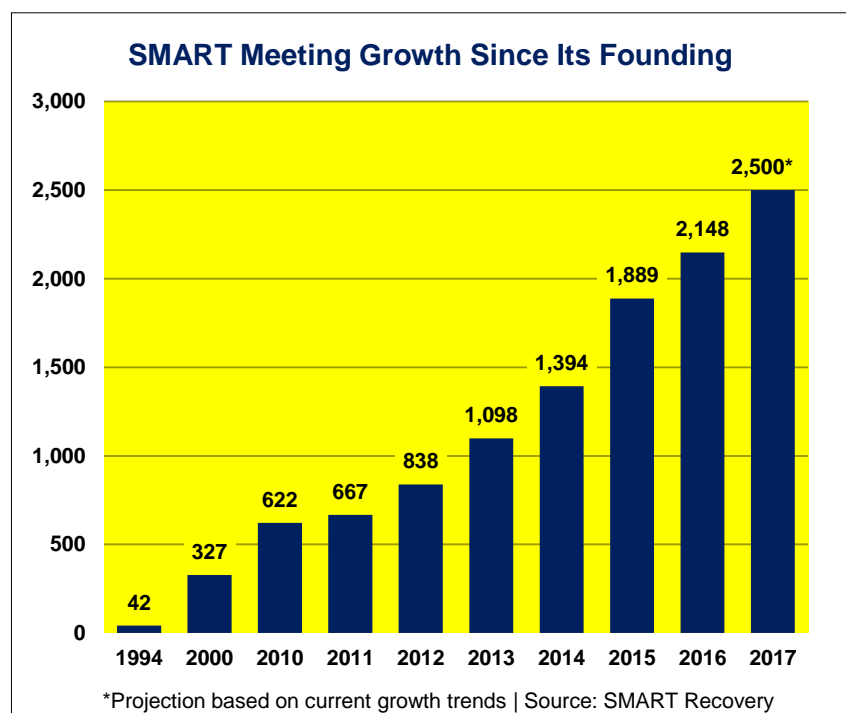
Using these points as a framework, people create a recovery program tailored to their own interests and needs. At meetings and on their own, they can draw from a wide assortment of tools and strategies used in evidence-based therapies to address each point.

SMART is designed to help people abstain completely from addictive behavior. It discourages the use of labels, such as “alcoholic” or “addict,” which can stigmatize and undermine recovery efforts.

## Trained Facilitators Lead Highly Interactive Meetings

SMART meetings are led by hosts or by facilitators who must complete a rigorous 30-hour training course. The meetings are highly interactive, enabling all participants to share their successes and challenges and receive guidance and support from others. Meetings are action-oriented, positive and focus on the present and future.

Founded in 1994 as a 501(c)(3) non-profit organization, SMART works as a partnership between professionals and peers, (people who’ve had addictions or family members with addictions).



\*Australia, Canada, China (including Hong Kong), Denmark, India, Iran, Ireland, Kenya, Korea, Malaysia, Mexico, Nigeria, Panama, Russia, South Africa, Spain, Sweden, United Kingdom (including Grand Cayman), United States, Uzbekistan and Vietnam.

# Examples of SMART Tools and Strategies

**Cost Benefit Analysis** – This exercise motivates people to stop an addictive behavior by weighing the short-term benefits of, for example, abusing pain pills (feeling good, relaxed and happy for a short time) against the long-term harmful costs (ruined relationships, lost jobs, wasted money, ill health). The purpose is to help people decide for themselves why they must quit, which is the most effective way for them to stop engaging in addictive behavior completely. Most people do not respond well to coercion.

[www.smartrecovery.org/resources/library/Tools\\_and\\_Homework/Facilitators\\_Handout/CBA.pdf](http://www.smartrecovery.org/resources/library/Tools_and_Homework/Facilitators_Handout/CBA.pdf)

[www.smartrecovery.org/resources/library/Tools\\_and\\_Homework/Quick\\_Reference/CBA\\_Worksheet.pdf](http://www.smartrecovery.org/resources/library/Tools_and_Homework/Quick_Reference/CBA_Worksheet.pdf)

## A Cost-Benefit Analysis for Alcohol Addiction

Addictive Drinking			Addictive Drinking		
Advantages (benefits and rewards)			Disadvantages (costs and risks)		
Relieve anxiety	Easier to socialize	Overcome boredom	Lose job	Costs a lot of \$\$\$	Health problems–cirrhosis, cancer
Celebrate success	Fun with friends		Lose respect of friends, family	DUI/Lose Driver's License	Hangovers/blackouts

Quitting/Abstaining			Quitting/Abstaining		
Advantages (benefits and rewards)			Disadvantages (costs and risks)		
Clear thinking, good health	Save a lot of \$\$\$	High self esteem	Boredom	Have to make new friends	Trouble sleeping
Job success/ advancement	Good marriage & family life	No hangovers, feel good in a.m.	Harder to socialize	Harder to cope with stress	

The next step is to label each item either “short-term (ST)” or “long-term (LT),” and people discover that all the advantages of drinking are short term and the disadvantages long term. In addition, the benefits of not drinking are long-term and the disadvantages can be overcome with some effort but will not last that long.

**Urge Log** – In the early stages of recovering from an addiction, people benefit by identifying all the events, sights, smells and settings that trigger urges and cravings to use. Keeping a daily log of these triggers helps people avoid using and learn that urges are temporary and grow less intense the longer they abstain.

### Urge Log

Date	Time	Rate 1-10	Length	What triggered my urge?	Where/who was I with	How I coped, feelings about coping	Alternative Activities

**ABC** – The basis for this exercise is learning how our beliefs govern our experiences, including what we feel and how we act. We may think our actions and feelings are caused by outside forces or events we cannot control. These outside factors – call them Activating or Adverse events, the A – play a role, but it is what we Believe – the B – that decides what we experience. When our beliefs are irrational, extreme or exaggerated, the resulting actions and feelings – the Consequences or C – can be harmful. The ABC exercise reveals rational and realistic beliefs that help us relieve anxiety and refrain from harmful and unhealthy behavior.

[www.smartrecovery.org/resources/library/Tools\\_and\\_Homework/Quick\\_Reference/abc\\_crashcourse.htm](http://www.smartrecovery.org/resources/library/Tools_and_Homework/Quick_Reference/abc_crashcourse.htm)