

Don't Tell Me You Don't... PTH: Pass the Hat

This Fall 2008 issue of SMART Recovery® *News & Views* focuses on fundraising for this organization that means so much to us. Especially we will focus on “pass the hat”—the most often forgotten part of SMART Recovery® meetings.

This issue features stories from SMART Recovery® facilitators who are successful in passing the hat and sending our HQ the monthly ten dollars. In this issue we also learn about ways to involve our employers in making donations:

- payroll and credit card monthly deductions and many other ways to support
- and contribute to this organization that means so much to us, such as
- translating our literature into other languages
- managing facets of our large, important online presence
- and your BNE (beloved newsletter editor) again issues his Matching Challenge

But back to PTH: Pass the Hat. How do successful hat-passers do it? What do they say when they Pass the Hat?

This issue shows those who care about SMART Recovery®, but do not PTA—push their asses to PTH (Pass the Hat)—how to do the right thing.

And why do the right thing? There are so many reasons why SMART Recovery® needs money to continue to reach people in need—and to continue to keep our family united, strong, and growing.

- We have a bookstore of SMART Recovery® materials, and other publications.
- We publish the *News & Views* and *Facilitator's and Advisor's Letter*.
- We offer a thriving online environment for those who may not have local meetings and those who do.
- We provide distance facilitator training to help train new facilitators and to help expand the number of meetings available worldwide.
- We provide an annual volunteer gathering.

- We speak at events to help spread the good news.
- We offer these and other services via a small staff (the equivalent of two full-time employees), who serve our volunteers and the many people who seek hope and help via the SMART Recovery® program.

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The SMART Recovery® 4-Point ProgramSM

The SMART Recovery® (Self-Management And Recovery Training) program helps individuals gain independence from addictive behavior.

Our efforts are based on scientific knowledge and evolve as scientific knowledge evolves.

The program offers specific tools and techniques for each of the program points:

- Point #1:** Enhancing and maintaining motivation to abstain
- Point #2:** Coping with urges
- Point #3:** Managing thoughts, feelings and behavior (problem-solving)
- Point #4:** Balancing momentary and enduring satisfactions (lifestyle balance)

SMART Recovery® is a 501(c)(3), which means any unwanted dollars you have lying around the house don't have to just collect dust, but can go to a worthy, tax-deductible cause.

I routinely contribute to KBAQ and KJAZ, the classical and the jazz (and NPR) stations here in Phoenix. They have several fund drives a year, with steady publicity on the air, people calling in to pledge, and frequent availability of dollar-for-dollar matching challenges (see below). One of their most effective points is this kind of question: "Isn't the beautiful music you listen to so much of the day worth a dollar a day to you? Or two or three dollars a day?" The answer, of course, is yes, yes, yes! Similarly, with SMART Recovery®. Aren't its contributions to you and to large numbers of people who would otherwise be SOL (I'm not talking about SMART Recovery® Online!) worth a dollar or two a day?

Double your money, double your fun. Here's what I came up with: **A CHALLENGE!** Each meeting that sends in a ten spot for the first time—Shari and Jodi will know who you are—I will match it. If it's your first time, followed then by the *next month's* contribution, and even three in a row, I'll match them, up to a total of \$600 for new groups sending their monthly donation.

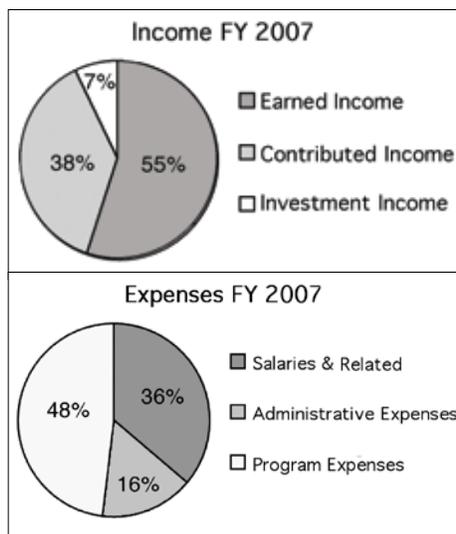
Take the Pledge

Fundraising. Raising money. Asking for a donation. These terms evoke images of bake sales, letters from various charities, and phone calls at dinnertime. But, they also call to mind the great feeling that comes from providing essential income to

sustain organizations that unselfishly serve others.

Without contributed income, SMART Recovery® would not be able to reach out to people who desire to gain independence from addictive behavior. Right now, over 35% of the budget comes from donations, both large and small. Without these funds, we could not

- provide essential training for our meeting facilitators
- offer important programs in corrections facilities
- maintain our extensive online outreach
- print the newsletter and books that inform the community about our recovery model



In order to grow and reach more people around the world who choose to begin their journey toward self-management & recovery, we need **your** help. Please consider making a gift or pledge to SMART Recovery®'s sustaining fund. By making a pledge for a monthly, quarterly, annual, or multi-year gift, we are able to plan more effectively because we will know where and when our income will be arriving.

Please return the enclosed gift card with your check or pledge to: SMART Recovery®, 7537 Mentor Avenue, Suite #306, Mentor, OH 44060, USA

Thank you for your consideration and support.



President's Letter

On Being a SEN Master

What did the Zen Master say to the hot dog vendor? "Make me one with everything."

This article is NOT about gaining enlightenment. Rather, its focus is to increase lifestyle balance, which is Point 4 of the SMART Recovery® 4-Point ProgramSM, and to improve physical and emotional health, which is part of all 4 Points. The term SEN Master, which I coined a few years ago, emphasizes the benefits of good Sleep, Exercise, and Nutrition. Other valuable health habits exist, of course, such as washing your hands regularly—so as not to spread germs—taking care of your teeth, limiting exposure to the sun, and let's not forget one of our favorites, refraining from substance abuse. There are other habits as well, which promote health indirectly. These include having a good social life and meaningful activities. The term SEN Master, however, suggests that good sleep, exercise, and nutrition are the core health habits.

Physician: (providing the results of a physical exam to the patient): "The very best things you could do for yourself would be to quit smoking, quit drinking, and lose weight."

Patient: "Doc, I don't deserve the best. What's the second best?"

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Good sleep, good exercise and good nutrition are the three “miracle cures,” but are not popular because they require significant effort and significant planning. SEN, like Zen, does not happen by accident. Let's consider each of these miracle cures.

Sleep: For most people 8-9 hours of sleep per night is ideal. Be forewarned, if you sleep this much, you won't fall asleep instantly anymore. Falling asleep as your head hits the pillow is a sign of sleep deprivation, not of how good a sleeper you are. Well-rested people can take 20 minutes to fall asleep. Once well rested, you may also experience a “waking time” in the middle of the night. The waking time is a term from the Middle Ages, when spending 12 hours or more in bed was common. If you didn't have electric lights or central heating, you'd probably spend more time in bed, too! During the waking time, you might think, daydream, communicate with your partner, etc. You can also become well rested by taking a nap daily (“polyphasic sleep”), as is done in Latin America. This is also an excellent option, if you actually take the nap! Be forewarned that if you are significantly sleep deprived you may need several months to become well rested, and the immediate reaction you may have to getting more sleep could be to feel even more tired.

With adequate sleep, you do not drag along all day and feel tempted to nod off when things are slow. With adequate sleep, you feel healthy, energized, and in a good mood. You do not need to seek out stimulants, such as caffeine, nicotine, or “enlivening” activities. Your normal life can be fully satisfying. You do not need to jolt yourself from being half-asleep into crazed alertness. Concern that you are losing precious hours by not staying awake longer will be replaced with joy in the hours you have.

If you are curious to learn more about sleep, and the epidemic of sleep deprivation affecting most of Western culture, I recommend *The Promise of Sleep* by William C. Dement, MD, the physician who founded the world's first sleep lab at Stanford. The main point of the book: almost all of us need more sleep.

Exercise: The three components of fitness are endurance (of the heart-lungs, or “cardio”), strength, and flexibility. The benefits of having a basic level of fitness are numerous: weight loss, more energy, improved mood (lower stress), and prevention of many health problems. Sleep also improves with exercise. The components of SEN can work together in a mutually reinforcing upward spiral of healthy living.

If you have not been exercising regularly, the simplest way to begin probably is walking. If you are under a physician's care (or should be), it would be foolish to begin any significant change in activity without medical advice. Beyond walking, the availability of gyms, personal trainers, exercise equipment, websites, classes, organizations, and self-help books is staggering.

I recommend keeping it simple. In my own case, a pair of running shoes (replaced every six months), a few light dumbbells, a pull-up bar, a wall to stretch against or next to, and a copy of *Heavyhands: the Ultimate Exercise System* by Leonard Schwartz, provide a framework for basic physical activity. This system is time efficient because I never need to leave the house except to run or walk. The initial and ongoing expenses are minimal. The best exercises, however, are the ones you will actually do!

Nutrition: Nutrition is the most complex and rapidly changing of the three components of SEN. Its cost-benefit analysis is straightforward: We are what we eat. Nevertheless, most of us do not observe

sensible dietary standards and get too many calories and not enough nutrients. We know our behavior is risky, but fail to make sustained change—which is a large topic considerably involving the first three of SMART Recovery's 4-Points ProgramSM. Let's assume you are leaning toward making healthful changes in your nutrition. Where do you turn for reasonable advice?

You could start by reading the Nutrition Facts label on most food packages. Observe, even record, what you are getting and not getting nutritionally throughout the day. Free basic nutrition information, from an organization that is not selling anything, is available from the Centers for Disease Control (www.cdc.gov). If you are willing to spend some time and money, get a college nutrition textbook, such as *Nutrition: Concepts and Controversies*, bySizer and Whitney. As well, you could consult a Registered Dietician (RD) for personalized advice. Be wary of “nutritionists” who have no credentials. The Registered Dietician is the accepted credential in this field. RDs know about food, food interactions, and food/drug interactions.

I recommend against following the breaking news in nutrition. Instead, focus on the basics: a stable and healthful weight, from drinking sufficient water and eating mostly whole and fresh foods, which contain adequate vitamins and minerals and a suitable balance of macronutrients (carbohydrates, protein, fat, and fiber). A simple guideline: your plate should be 2/3 full with vegetables and whole grains, and colorful. Once you are living the basics, you may wish to explore various dietary options. These include vegetarianism, calorie restriction, the paleo diet (no grains or dairy), organically grown foods, raw diets, supplements, etc. With a solid basic diet in place, you will be in a better position to

evaluate these options as to whether they make sense and are suitable for you.

Conclusion: When you decide to live with a sensible balance of momentary and enduring satisfactions, then you are moving toward being a SEN Master. SEN, which is a foundation of physical and emotional health, is its own reward. It also establishes the foundation for other enduring satisfactions. I encourage you to start or continue taking the time to get adequate sleep, to create and follow an exercise plan, and to shop for, prepare, and consume wholesome meals. Like other enduring satisfactions, the payoffs for these activities are unlikely to be immediate. Patience, discipline, keeping records, gathering information from multiple sources, reflecting on your progress and making mid-course corrections, and keeping the end in mind, all have their place in this task, just as they do in most of the important things in life. I wish you a more SENSible and satisfying life!

Tom Howarth

People Power



Passing the Hat

The Fine Art of Hat Passing

by Jeffery Fredriksen, Facilitator

I have a few tips to pass along about collecting at the end of the meeting. First, have a really good hat. I'm a magician, so I bring my top hat. NOT. More important, you have to remember to wear a hat. Since my head is shaved,¹ I need one to keep from burning in the summer and freezing in the winter. So it's easy for me. It's great if you have one of the SMART Recovery® baseball caps



Now, during the meeting you can do several things. Taking your hat off and scratching your head several times helps to convey the idea that at some point it will be off and placed at the center. It is helpful to mention the fact that you are there, each week, giving your time free. State that you do this because YOU know the value of SMART Recovery® and want to help, and what will they do will seal the deal?

Last, when that hat is placed in the center of the table, be sure to look, not stare, at each person for a length of time such as to make them uncomfortable and start to sweat and feel as if they need to reach for their wallet.

Of course, I'm kidding. I would never, nor have ever, used any of these tactics. But to be found in humor is always a bit of truth. I do wear a SMART Recovery® ball cap.

I talk about my commitment to SMART Recovery®, what's being done, and how many people are giving their time. In fact, I mention meeting many of the people at the Chicago SMART Recovery® convention and in particular the women in the Central Office who give

more of their time than they are paid for. I also talk about how I produced a DVD for SMART Recovery®, how much more we could produce, and how much more effectively we could get the word out with more funds to work with.

Finally, I encourage people about the fact that the organization

SMART Recovery® Program Tools & Techniques

The SMART Recovery® 4-Point ProgramSM employs a variety of tools and techniques to help individuals gain independence from addictive behavior.

These tools include:

- Change Plan Worksheet
- Cost/Benefit Analysis
- ABCs of REBT (Rational Emotive Behavior Therapy) for Urge Coping
- ABCs of REBT for Emotional Upsets
- DISARM (Destructive Images Self-talk Awareness and Refusal Method)
- Brainstorming
- Role-playing and Rehearsing

Participants are encouraged to learn how to use each tool and to practice the tools and techniques as they progress toward Point 4 of the program—achieving lifestyle balance and leading a fulfilling and healthy life.

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will grow with everyone's help. I never make anyone feel guilty who can't afford to donate. In fact, I place the hat in the middle and attend to putting my materials away, and then I thank people for their contributions when they've finished.

As facilitators, the best we can do is bringing our enthusiasm, confidence, and knowledge of SMART Recovery® to every meeting. If people see we care, they will care.

¹ *Editor's Note: A scholar and a gentleman!*

Did You Know?

by Julie Myers, San Diego SMART Recovery® Facilitator

In San Diego, we've been working hard to improve our hat-passing skills in order to increase our donations to the Central Office. And, we've been successful! Here are a few things that you may or may not know about the office, and why we feel compelled to provide all the support that we possibly can:

Did you know the Central Office...

- Has the equivalent of only two full-time staff members
- Supports facilitators and inquirers all over the world
- Posts all meeting and updates on the website in a timely manner
- Prepares and distributes materials to inquirers, volunteers and members
- Plans and implements the Annual Conference
- Registers and supports all bi-monthly distance training programs to train facilitators
- Manages the volunteer support structure
- Publishes the *Facilitator's & Advisor's Letter*
- Prepares and distributes the *News & Views*

- Supports our incredible online system—website, message boards, chat rooms and online meetings
- Supports the membership
- Works with translators and SMART Recovery® UK and AU
- Distributes funds where they are needed most

Our actively seeking donations ensures that:

- The website and online activities are up and running 365 days a year
- Shari, Jodi and Linda receive their paycheck on time
- Materials and information are sent to inquirers in a timely manner
- Bookstore orders are shipped within two working days of receipt of the order...and same or next day is the norm
- The conference has useful and interesting speakers and that the accommodations are affordable and comfortable
- The Board of Directors, who live all over the globe, are constantly supported and apprised of organizational developments
- You'll be able to continue to enjoy the *News & Views* and the *Facilitator's & Advisor's Letter*
- The number of meetings available continue to expand based on the distance training
- People seeking our recovery approach are promptly helped and guided to important resources

Donations are critical to ensuring that members receive the support they need from the staff at the Central Office. Every gift—large or small—makes a difference in

getting you what you need. If you're a facilitator, don't forget the importance of hat-passing not only to allow your members to contribute to their own recovery, but to allow your group to provide the Central Office with \$10/month (or more)! If you're a member, please consider making a gift to the sustaining fund.

Pass the Hat

by Gary, Facilitator, SMART Recovery® NYC

At SMART Recovery® NYC meetings, the passing of the hat is written into our meeting script in the following way:

"I'm going to pass the hat for donations to meet our expenses. Funds go toward keeping SMART Recovery® alive and functioning, so please give what you can."

We stress that giving is not necessary to attend, but appreciated. All facilitators take it for granted that passing the hat is part of the duties of leading the meeting. I am not aware of anyone, no matter how uncomfortable, forgoing the task. If a group does not have a scripted moment, I definitely recommend it. By so doing, you free group leaders of the responsibility of finding the right words at the right time. Give them something to read!

Another tactic that helps us in NYC is asking meeting attendees to share the reading of the various components of the meeting:

- opening statement
- check-in statement
- pass the hat
- closing statement

We first started this practice to foster a sense of the group monitoring its itself. We wanted the group to watch the group's behavior rather than establish an environ-

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ment where the facilitator is leading the group. It has helped reduce the number of attendee versus the facilitator situations that arise when group members think of the facilitator as running the group. The tactic seems to have helped in general. Specific to this topic, no one is uncomfortable with the passing of the hat, because everyone reads the statement at some point.

Wearing my nonprofit manager hat, I know that people respond to direct requests, whether as volunteers or donors. Phrases like, “We need \$____ (fill in the blank) to cover the cost of the room and copies,” or “We’re preparing a mailing to therapists and treatment facilities in the area,” encourage those who can afford it to contribute more. In NYC, for instance, we donate to the Albert Ellis Institute in December in thanks for the use of the meeting rooms. During December meetings, facilitators mention that and encourage people to give a little extra if they can. Donations definitely increase.

“I’m going to pass the hat for donations to meet our expenses. Funds go toward keeping SMART Recovery® alive and functioning, so please give what you can.”

SMART Recovery® NYC recognizes the importance of supporting our Central Office as much as possible. For most of our attendees, www.smartrecovery.org is the first step before attending face-to-face meetings. In addition, many make use of the tools and resources on the website or attend on-line meetings as part of their Change Plan. When SMART Recovery® grows nationally and internationally, it helps build support for every local meeting by building the program’s visibility and credibility.

Raising Standards

by Farley Wheelwright (semi-retired Unitarian Minister with a doctorate in pastoral counseling)

Reprinted from the winter 1998 *News & Views*

“If you find it difficult to raise money in your capacity as a group leader in SMART Recovery® meetings, you are not alone. We all feel the fund-raising aspect of our job is a necessary evil. It is only the feeling that makes it evil.

“Passing the hat does more than help keep the SMART Recovery® administrative gears grinding. True, it costs money to distribute this newsletter, pay staff, publish helpful training materials, and tend to the many details that hold us all together. Without taking up a collection, these things could not happen. Even so, this is only one reason to raise money at group meetings.

“What else does passing the hat do? For starters, it raises the consciousness of our participants. We all know that many addicted people live with low self-esteem. If they know that their contributions help make it all happen, it will give them a good feeling of pulling their weight. For it does, you know.

“When we allow our group members to feel they are part of a larger movement, they will look upon their time together as far more than a self-help or a social hour. It is in fact more than a sharing of experiences. It is also a sharing of responsibilities. It gives participants awareness that we need them just as much as they need the group. Those who give just a little more than is comfortable will come away feeling they are vital to the process.

“As well as spending a couple of inspiring hours learning their ABCs and then giving back in return a token offering, those who give more than a dollar or two

will feel a sense of mission. Paying for the process is part of the process. This will not happen as long as group leaders are reluctant, embarrassed, or ashamed to ask for money. It’s more than money we ask for; we ask people to make themselves part of a social movement, which is growing despite great odds against it.

“When we as group leaders can overcome the idea that asking for money is demeaning, we will be much better group leaders. Also, consider this: Fifteen years ago you could get a cup of coffee for a quarter; thirty years ago it was a nickel. Same thing could be said for a glass of beer in the neighborhood saloon, if you dare bring that up! Today that cup of coffee is a dollar and a half or more. So also the beer!

“When someone puts a dollar into a cup, he or she is giving up less than a cup of coffee. This does not put a very high premium on your time and mine. This does not make the group meeting seem very important, especially as they must pay eight or nine dollars to see a movie and fifteen for a nice meal. I don’t need to be told that for some members a dollar is already a generous gift. They know it. Let them know you know it. However, don’t be afraid to let those who drive up in BMWs become aware that their dollar is not a fair share for the value they have received.

“At the beginning of this article I talked about raising money to defray our local, national, even international expenses. Let the group be aware of that. Do not be shy about letting them know some of the greater values beyond the almighty dollar, which they may think a reasonable amount. As well, don’t bring this to their attention one evening and never mention it again. Keep them aware that we all have a responsibility to keep the group going and growing.

“As a matter of principle, I never put a bowl on the table, pretend it’s not there, and let the group file by as they leave and plunk in their dollar bills. At the end of each meeting, I ask what each participant has gotten out of the meeting. Then I often suggest that five or ten dollars from those who can afford it is not an unreasonable contribution to their sobriety, as well as to the welfare of the movement. I have never known this to discourage those whose dollar is a thoughtful sacrifice.

“Does my system of taking money always work? No. But when it does, SMART Recovery® benefits as much as the people who give just a little more than they had planned when they walked in the door.”

Challenge Update

In the summer issue of the *News & Views*, editor Emmett Velten issued a “teaser” to keep an eye out for this fall issue, and he also issued a challenge...

After about a decade, your beloved editor finally tuned in to the fact that not too many SMART Recovery® meetings are providing their \$10 a month to the Central Office. So, I issue this challenge. Each meeting that sends in a ten spot for the first time—Shari and Jodi will know who you are—I will match it. If it’s your first time, followed then by the next month’s contribution, and even three in a row, I’ll match you, up to a total of \$600 for new groups sending their monthly donation.”

It seems that at least three facilitators who have risen to the challenge, including: Lloyd Vacovsky, Phoenix, AZ; Pete Silverstein, New Rochelle, NY; and Charles Cardoza, Taunton, MA. Thanks so much, Lloyd, Pete and Charlie, and we’ll look forward to adding to this list, and relieving Dr. Velten of some of his hard-earned cash!

Why I Contribute to SMART Recovery®

Why Do Individuals Donate to SMART Recovery®?

by Shari Allwood, Executive Director

Over the past few months, I have enjoyed speaking with a number of individuals who have contributed to SMART Recovery® in the past two to three years. While I would have genuinely enjoyed speaking with every contributor, that wasn’t possible! If you’ve contributed to SMART Recovery® and I did not get to talk with you in person, please accept the gratitude of the Board and staff—every donation helps and is greatly appreciated! Moreover, after reading this article, if you have reasons for donating that are not included below, do kindly share them with me via email: sallwood@smartrecovery.org.)

So, what were some of the reasons people gave me when we spoke? Here’s a summary:

- It’s a good organization! I like the philosophy and the program works for many.
- I donate because I experienced personal success via the program.
- I was brought up to give and I’m accustomed to giving—I’m returning some of what life and SMART Recovery® has given to me.
- I was so relieved to find SMART Recovery® and I find it a very sensible approach. I know that organizations don’t just exist—they need support. I don’t consider it a charitable contribution, but rather view it as supporting something that works.

- SMART Recovery® is instrumental in helping me to overcome 28 years of drinking. The online bonding and the tools are very beneficial. I donate to charities that are beneficial to me and to others, and I see much help being provided online.
- The support provided online has been so useful to me getting my life back—I want to give back to ensure SMART Recovery® will be around for others.
- I’m an atheist and I try to support secular humanist groups. Plus, I like Ellis’ approach to therapy/addictive behaviors—it’s a refreshing change. There’s a need for options to be available.
- SMART Recovery® has been a life-changing organization. It has helped with a multitude of things in my life. I’m a giver—I desire to give of my time and financially to whatever extent possible. I desire to “help build the war chest” to keep the organization vibrant.
- I love to volunteer and give. I’ve been involved in SMART Recovery® since retiring as a school psychologist. I want to spread the news about this great organization. Alternatives are needed. It’s nice to be able to integrate my professional, volunteer and philanthropic interests.
- I benefited from the program, and love the warmth of the online community. Giving enriches my life. Plus, I’m saving a lot by not drinking! I’ve found balance and want to share and ensure the program is around to help others in need. If it works...support it—pass it

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on! I've achieved a confidence—thanks to SMART Recovery®, I no longer fear going back to drinking.

- I want to help keep SMART Recovery® online available to people in need, particularly those without a face-to-face meeting. SMART Recovery® online worked for me, and I want it to be around for others.
- The organization meets a definite need in a unique way – it approaches a common problem in a different manner, which I support.
- I give because of the difference the program made in my life—It's a way to give back. I love to observe the difference I've witnessed the program make in others lives. I want to assure continuity of the program for others. I give “for the community”...the online participants, people in prison, etc.
- I work for a non-profit. I know it takes time, money and energy to keep an organization like SMART Recovery® going. I want to see it continue.
- SMART Recovery® has been a big help in the local community. When I first started groups, I was battled, told I was “jeopardizing people's sobriety”, etc. We eventually gained a place in the community. It's widely applicable for my clients, and fills an important niche. The training and literature SMART Recovery® provides offer a great vehicle to start groups. The principles and techniques work for many things – anxiety, relationships, etc. It's a great program.
- It's a wonderful program—It deserves all the help and boosting it can get.

My personal experience with the program has been fabulous. I know SMART Recovery® runs on a shoestring and I want to help.

- SMART Recovery®'s a good organization that needs to grow to be available to help others.
- The program worked for me, and I love that it encourages self-reliance and self-confidence. No need for a higher power—you can make the program what you want. I can now handle life. I like that it reaches so many people online, and I want to give time, energy and money as available.
- I give because of my personal history—I lost my medical license and was forced into a 4-month program. I got free when I found SMART Recovery® via an internet search. I'm a proud supporter of SMART Recovery®, which brought me fresh air and light at the end of the tunnel during my legal battles. There are obstacles to hinder the growth of SMART Recovery®, but I believe SMART Recovery® will persevere, and needs to be available to many.
- With all the time and treasure I've invested in SMART Recovery® through the years, I desire to ensure the impact of the organization isn't diminished and that the program will remain available to all.
- SMART Recovery®'s tools and philosophy were a big help to me personally—I'm a believer in CBT and the program. I recently retired from volunteer activities in order to train to become a teacher and to

work on achieving a balanced lifestyle. Without SMART Recovery®, wouldn't have likely gotten to this stage in life.

I found each of the reasons provided to be so inspiring, and I wish that the enthusiasm in each voice could be carried over in the typed words. To each and every one of you who donate, our sincere thanks!

And now, here are a few articles from donors in their own words...

Why I Donate to SMART Recovery®

by SMART Recovery® Online member horse-with-no-name

I choose to donate money to SMART Recovery® online because I depend on its existence to help me become happier and healthier. If it were not for its online library, online meetings, and message board services, I probably would have continued to struggle through using other types of recovery methods that were fundamentally opposed to how I think and view the world. The SMART Recovery® site and the folks involved in it have created a single hub where I can go to find exactly what I need at the moment—from how to deal with annoying people to how to talk to myself about myself, to disputing thoughts and behavior that make me unhappy and replacing them with more helpful ones.

I recognize maintaining an online message board service, a regular and dependable online meeting schedule, and sustaining an innovative alternative to 12-step recovery methods is not free. There are administrative costs, IT costs, and costs in time and talent to sustain a regimen of volunteers dedicated and skilled in SMART Recovery® techniques and tools. As a daily user of the message

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boards and meeting services, I feel a moral obligation to “pay it forward.” This includes donating what I can afford, when I can afford it.

I am now impatiently waiting for my USPS priority delivery mail of the SMART Recovery® starter packet so I can donate something other than money. I want to give back time and talent as an online meeting facilitator. If you don't have money (and I know what that's like because sometimes I don't either!), volunteering time is another effective means to continue the evolution.

SMART Recovery® Online provided me with the means to crawl out of some very despairing situations and showed me what I always knew to some extent but did not know how to access: THE POWER OF SELF CONTROL. Donating what I can in either time or money is a very small cost indeed compared to the benefits I have achieved, and anticipate achieving, as I develop further in my own recovery from addictive behavior.

Why Do I Donate to SMART Recovery®?

by Sam Lester, SMART Recovery® Online Facilitator

That's an easy question for me. When I first came to SMART Recovery®, I had no idea what to expect. I was so desperate I was open to anything. After a few weeks, I started to feel the effects of the community. There was so much “giving” going on. Even though many of them were suffering, they were willing to give back. I felt affected by that.

I joined up as a volunteer. After the first fundraiser, I decided to donate some money and in doing so, I enriched my life even more. After all, I was now saving a ton by not drinking. Because of my busy schedule, I set up a payment through the

head office via my credit card. Every month I get a receipt and at the end of the year a total donation statement for tax purposes. It has proven not only to be an easy way to donate, but also very secure.

To sum up all of the above I would have to say my number one reason for donating to SMART Recovery® is that for the first time in my life I am finding a balance. I am healing inside and outside and I want to share that. One way that will happen is if those of us who are already here and finding our way, give back to this wonderful community to ensure that it will be here, not only for us but for others who are hurting and also trying to find their way.

Warm Regards,

Sam Lester,
SMART Recovery® Online
Facilitator

Why I Donate to SMART Recovery®

by Michael S. Shear, PsyD, SMART Recovery® Volunteer Advisor

My main reasons for donating to SMART Recovery® include several things. For example, it is not to be saintly, not to appear benevolent, not to get a tax write-off, or even because Bob Dylan, Eric Clapton, or Neil Young would approve.

Rather, my main reason is enlightened self-interest (as would likely be approved by the late Albert Ellis). As such, I am motivated by the hope that I might add to the quality of my world. After all, it is where I (and the people I care most about and the rest of my fellow human beings) live.

It would seem irrational to do other than add to my world and put forth distinct effort to avoid detracting from it. SMART Recovery® seeks to add to the

quality of my (and our) world and limit the factors that diminish it.

How could I, at least in good conscience, not donate to SMART Recovery®?

Why I Donate to SMART Recovery®

by Diogo Machado

I donate to SMART Recovery® because it's important to step up and dedicate part of our lives to the causes we believe in. A small contribution can make a big difference.

Diogo Machado¹

¹ Editor's Note: Diogo is a gifted psychologist licensed in Brazil, and he is working his way toward a PhD in clinical psychology in the U.S. SMART Recovery® is fortunate to have his presence both in the States and in Brazil.

Why I Donate to SMART Recovery®

by Kalar, SMART Recovery® Online Facilitator and Online Meeting Liaison

One of the reasons I donate to SMART Recovery® is that I know just where my money is going. I know the important work being done by teaching this recovery method. So it makes sense to support the progress of SMART Recovery® Online.

In a selfish sense I donate monetarily because I appreciate the venue. Being able to facilitate meetings on-line means that I have no gas expense or drive time involved in the volunteer work I perform. I have the satisfaction of helping other people to learn the same things that helped me to *literally* change my life.

Self management requires action, and running the website and SMART Recovery® Online require money. When I

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put those two things together, the only rational thing to do beyond volunteering time is to donate money. I gain an immense amount of gratification out of doing both, and I encourage others to consider doing so, as well.

Corporate Foundation Giving Meets Volunteerism in San Francisco

by Preston Fordstrom, Facilitator, San Francisco, CA

According to The Foundation Center in New York City, American corporate foundations gave an astonishing \$4.4 billion dollars to charitable organizations in 2007, and over half of surveyed foundations projected an increase in giving for 2008. There are nearly 3,000 corporations in America with charitable foundations, and one of those is the company at which I work.

I am a scientist dedicated to studying metabolic disease at Amgen in San Francisco. I also am a long-time Volunteer Meeting Facilitator for SMART Recovery®, and founded the San Francisco Recovery School, which is a self-help program.

Over the years, The Amgen Foundation has been an important supporter of my community efforts. Through their Amgen Staff Volunteer Program (ASVP), the Amgen Foundation recently found a way to match their corporate philanthropy with my specific community interests. I will share a few details about this program and how it has helped SMART Recovery®, in hopes other people and corporations might follow suite.

What is a "Corporate Foundation"?

Corporate foundations are private entities whose grant-making funds mainly come from profit-making businesses. The compa-

ny-sponsored foundation maintains close ties with the donor company, but is legally separate. A quick survey of the top-giving American corporate foundations reveals a list of corporate heavyweights, such as Wal-Mart, Bank of America, GE, and Coca-Cola. Corporate foundations can offer donor companies tax benefits, but the primary benefits for the companies are public image and branding. Thus, corporate foundation giving benefits both the donor corporation and the recipient cause.

About The Amgen Foundation

The Amgen Foundation was formed in 1991 and through its many charitable programs it has given almost \$110 million. Its favored programs are diverse and include disaster relief, advancing science education, improving quality of life for patients and caregivers, and enhancing community life where Amgen employees live. The Amgen Staff Volunteer Program is just one example of the latter, but as an employee and a dedicated volunteer, I view it as the most exciting.

How does the ASVP work?

Every 15 hours volunteered by Amgen staff at an eligible nonprofit organization qualifies the organization for a \$500 Volunteer Service Grant from the Amgen Foundation. After the first 15 hours, each additional hour of service with the same organization can yield further grants at \$25 per hour, up to an annual maximum of \$2,000. This program not only encourages my volunteerism, but has the added benefit of providing cash to the organizations I care about. It matters to me that my employer is so supportive of my community efforts, and I view this program as a significant benefit to my employment there. Last year my volunteer activities with SMART

Recovery® were matched by a grant of \$1,775 from the Amgen Foundation.

Could your employers offer you the same type of benefit? Ask them! Your companies' donations and support of your volunteerism could benefit them just as much as they benefit you and the organizations for which you volunteer. As more and more companies launch charitable foundations, there is opportunity for you to help shape the programs they adopt. Tell key people at your company about your volunteer efforts and talk to them about ways they can help. I will gladly put them in touch with the key people at Amgen.

Preston Fordstrom is a Volunteer Meeting Facilitator in San Francisco. You can contact him with questions and comments by emailing preston@sfrecovery.school.com or visiting www.sfrecovery.school.com.

Ways To Donate To Smart Recovery®

10 Ways to Donate to SMART Recovery®

SMART Recovery® is a nonprofit organization. We have a volunteer Board of Directors, a core staff, and volunteers. Volunteers serve as volunteer advisors, face-to-face facilitators, online administrators, online liaisons, online facilitators, online message board volunteers, online chat volunteers, and newsletter and letter editor. SMART Recovery® has operating costs associated with the core staff, website, distance training, yearly volunteer training, and special projects. We need your support to ensure that SMART Recovery® continues to help others break

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out of maladaptive behavior patterns. can help SMART Recovery® help you and others.

SMART Recovery® is a 501(c)(3) not-for-profit organization. We currently rely on the following revenue sources: personal donations, group donations (face-to-face meetings pass the hat, and they are requested to share \$10/month with the Central Office if/when there is an excess of funds), sale of publications, and we've had occasional success with obtaining grant funds for specific projects.

The international organization has a Central Office staffed with a full-time Executive Director and two part-time staff members. We also have SMART Recovery® UK, which is staffed by Fraser Ross (full-time), and SMART Recovery® AU staffed by two full-time coordinators, and a new part-time administrative assistant. The international offices are responsible to obtain their own funding to continue operations and deliver the program throughout their countries.

The international organization includes a volunteer board of directors, a volunteer international advisory council, and a large and growing number of face-to-face and online volunteers. And, of course, the most vital part of our organization, the many, many individual members we serve via both F2F meetings and on SOL!

SMART Recovery® Online is a part of the ever-growing SMART Recovery® organization. It provides an important avenue to deliver the program and services via the Message Board, online meetings, and chat. Primarily, volunteers run it, but also in the picture are two part-time assistants, Jonathan von Breton, Director of SOL, and Richard, Technical Support. (Neither is

overpaid, and each gives far more time to SOL than the paychecks reflect. Much of their work, like all the other F2F and SOL volunteers, is a labor of love.)

Prior to 2005, the SMART Recovery® organization covered all SOL expenses. In '05/'06, the SOL volunteers began the annual SOL Birthday Party/ FUNdraiser event, designed to help support the online activities, including webhosting fees, program fees (parachat, message board, etc.) Those have been a BIG help to cover SOL expenses. (In addition, they are lot of FUN!) In 2006, we began tracking donations to SOL separate from the overall SMART Recovery® organization. If you go to the bookstore donations page, you'll see that you have an option of selecting "general" or "SOL" donation. That's designed to allow for those who specifically use SOL services to earmark their funds to SOL. If you desire to donate specifically to SOL, please be sure to check the SOL box.

Donate via the Online Bookstore

One area of the SMART Recovery® website is an online bookstore. Within the bookstore is a dedicated area for donations. You may donate any amount you wish. Payment Options include Visa, MasterCard, Discover, American Express, PayPal, and check/money order. Please note that the bookstore is a secure site. Any donations or other transactions are protected from outside hackers.

Donate by Telephone

SMART Recovery® would be very happy to take your donation via telephone.

During Office Hours

Please call the Central Office on 440/951-5357, or toll free on 866/951-5357. The office hours are 9:00 am to 2:00 pm EST. During these hours, our office staff

will be very happy to take down your personal details and payment information, and will process the donation directly.

Outside of Office Hours

Outside of office hours, you may leave donation information on the voicemail, as this is a secure voicemail. Please speak slowly and clearly spelling any unfamiliar words. It's helpful to repeat the information as well. Please leave your:

- First and Last Name
- Address
- Telephone number (including area code)
- Donation amount
- Donation designation, if any (is this amount to be applied only to SMART Recovery® Online? Or to a specific project?)
- Name on your credit card
- Credit card number
- Expiration date
- Three-digit security code on the back of the credit card

Donate by Mail

Please send a check/money order in US dollars to:

SMART Recovery®
7537 Mentor Ave. Suite 306
Mentor, OH 44060 USA

Please include your mailing address.

Monthly Donations

You can arrange to have a set amount charged to your credit card each month. Please contact the Central Office to set this up.

Some employers will allow you to designate a set amount from your payroll check which they will forward to the charitable organization of your choice.

At the end of the year, you will receive a receipt for income tax purposes.

Add SMART Recovery® as a Life Insurance Beneficiary

You can designate SMART Recovery® as a partial or full beneficiary to a life insurance policy. Most policies allow for multiple beneficiaries with a percentage of your choosing allocated to each of them. So SMART Recovery® could receive 1 to 100 percent of any policy you have. The method of adding SMART Recovery® as a beneficiary may vary between insurers, but will often involve filling out a form, signing it, and returning it to the carrier.

Add SMART Recovery® to Your Will or Living Trust

It is possible for you to give a donation to SMART Recovery® in your will without displacing your loved ones' welfare. For example, your spouse/significant other and/or children can be the primary beneficiaries of your estate, but you can leave a specific amount to SMART Recovery® as well. For example: "I give \$1000 as an outright gift to SMART Recovery®, 7537 Mentor Avenue, Suite 306, Mentor, OH 44060. I give the residue of my estate to my spouse, Jane Doe." The amount you give is entirely up to you. The main point to note is that it is possible to designate or donate a specific amount to SMART Recovery®, while ensuring that the bulk of your estate goes to your other designated beneficiaries.

Additionally, SMART Recovery® could be an alternative beneficiary: "If John Doe shall predecease me, I give his share of my estate to SMART Recovery®, 7537 Mentor Avenue, Suite 306, Mentor, OH 44060."

The language used above is for illustrative purposes only. Do not try and make changes to a will yourself. The requirements for the language of a will can vary from state to state and from country to country. Whenever you are considering drafting or making changes to a will, you should seek the advice of an attorney in order to discuss various options. We would be grateful if those options included SMART Recovery®.

Donating Through Amazon.com

Amazon.com has a special system in place: if you use an amazon.com link straight from the SMART Recovery® website, you will arrive at a normal amazon.com webpage and can make your purchases as you wish. The difference is that, if you connect to amazon.com from SMART Recovery®, a percentage of anything you buy is donated to SMART Recovery®. This does not cost you any

additional money, time, or effort. If you are in Canada, the United Kingdom, or Australia, you can still use this link and help SMART Recovery®!

Here is the link, or portal, to the SMART Recovery-helping amazon.com: <http://www.amazon.com/exec/obidos/subst/home/home.html/103-3041215-3097453>.

We would appreciate if you would make visiting amazon.com through this portal part of your amazon.com routine!

SMART Recovery® is also registered with iGive, which connects buyers with companies who are willing to donate a

portion of THEIR proceeds to the cause of your choice.

If you click this link, you can sign up for free: www.igive.com/SMART.

If you buy anything through iGive within 45 days of signing up, they will ship \$5 to SMART Recovery® along with a percentage of the proceeds. Any purchases after that are on a percentage basis and vary from store to store.

The only catch is that you need to go to the storefront through their portal, which you get when you download the little program.

Even Ebay shoppers can pay for purchases through iGive. The list of stores is large. You can see the merchant list from their home page, here: <http://www.igive.com/>. Give to SMART Recovery® without spending an extra penny.

iGive has 680+ stores in their mall!



GoodSearch is a search engine that donates for searches, but it also has a shopping portal. You simply type in "SMART Recovery" into the box as your selected cause to verify it (it should come back as SMART Recovery®, Mentor OH), and the click on the store you want.

There's no software and no user agreement with GoodSearch shopping. www.goodsearch.com.

Donations Are US-Tax-Deductible

- SMART Recovery® is a 501(c)(3) non-profit organization.

This means that we can accept contributions and offer donors a tax

deduction for their gifts. Your contributions are fully tax-deductible to the amount allowed by law.

• **How can I take a deduction for my donation?**

To claim a deduction, you will need to fill out a 1040 Form, which is available through the IRS website, and itemize your deductions on Schedule A. If you fill out the short form or take standard deductions, you cannot claim your contributions.

• **Do I need a receipt for donations I make?**

The IRS doesn't require receipts for cash donations under \$250, but you should keep donation information on file. Cash contributions of \$250 and over require an acknowledgement that must be sent to the IRS with your tax returns.

• **Do I need any acknowledgement for donations under \$250?**

Though the IRS does not require receipts for donations under \$250, it is a good idea to keep this information on file. Be sure to keep the canceled check, credit card statement, or email receipt from the organization to which you donate. Note the donation amount, the date of the contribution, and the name of the charity.

• **For donations over \$250, what information does the receipt need?**

The receipt needs to record the donation amount, the date the donation was made, and SMART Recovery's name, as well as a written acknowledgement from SMART Recovery® of any property or services that you may have received in return for your dona-

tion and an estimate of their value. The IRS should acknowledge an email receipt as an acceptable record of donation, but you may prefer to consult your tax advisor.

Buy SMART Recovery® Publications and Products!

One of the ways the Central Office earns money is via sales of our publications, CDRoms, hats...and now a new SMART Recovery® mug! Enjoy your morning coffee while reminding yourself and others about SMART Recovery®!



For a full list of publications, products, and prices, visit the bookstore on our website: www.smartrecovery.org, or visit [this link: http://smartrecovery.org/SMARTStore/](http://smartrecovery.org/SMARTStore/).

How's this for a mug shot you can be proud of?

Join in the SMART Recovery® Online 10th Anniversary and Auction!

For those of you who obtained your copy of the *News & Views* online via the SMART Recovery® website prior to October 4th, 2008, please plan to join us for the fun outlined below. For those who receive a copy of this issue via mail, SMART Recovery® Online's (SOL) 10th anniversary celebration will have already occurred. But, do keep in mind that this annual event is another way to participate in supporting SMART Recovery®!

This year's event featured a lineup of exceptional speakers included Elaine

Appel (BOD) - How did you find SMART Recovery®, and what do you find most helpful about it?; Josette Freeman - SMART Recovery® Australia; Michael Edelstein - *Three Minute Therapy: Change Your Thinking, Change Your Life*; Anne Fletcher - author of *Sober for Good*; Tom Marra, author of *The Dialectical Behavior Therapy Workbook for Overcoming Depression & Anxiety*; Tom Horvath, President SMART Recovery®; Emmett Velten/Jonathan von Breton - tools with the pros; Henry Steinberger (BOD) *Mindfulness as a Path to Acceptance (of self, others and the world)*, followed by a FUNdraising telethon/auction.

Each year, members and volunteers provide a multitude of beautiful items for the auction...many of them hand-crafted. A partial (very partial) list follows, along with photos of a few of this year's items:

Twelve homemade gift cards; Basket of Hawaii; Tool Jewels (This is actually five auction items as there are five sets of bracelets and matching earrings to



match different SMART Recovery® Tools); Katie's Poetry 2008; Australian Care Package (includes Aboriginal items, Natural/health products, Chocolate and Calendars); Gift Basket of Texas; various beautiful photos taken by SOL members; An authentic NFL football, used in the making of the movie "The Replacements", autographed by Gene Hackman, Keanu Reeves, John Madden, & Pat Summerall; A lovely plate to display or use; Birmingham City English Soccer Team Shirt; a variety of recovery-oriented books autographed by the authors, including an autographed copy of the book *The Unfair Advantage* by Tom Miller, PhD; a beautiful string of black pearls...and MORE!



International Development

SMART Recovery® Australia Update September 2008

Greetings from Australia! A lot has been happening on this side of the world. SMART Recovery® groups are growing and we are now going nationwide. We have had much success in the state of Victoria. This was the first state to show some interest in SMART Recovery®, so Josette and Jim trained 15 people at Turning Point in Melbourne. Turning Point is one of the largest Alcohol and Drug Services in the state of Victoria, and they were excited to take on the program.

Turning Point will help support SMART Recovery® by offering onsite SMART Recovery® training, which will help develop facilitators. This is great news as it helps Jim and Josette train new facilitators who are far from our Sydney office. Josette and Jim have received a lot of interest in Victoria and we can expect to see many new SMART Recovery® groups in the coming months.

In addition, in our quest to go nationwide we have had a strong interest from the Salvation Army in both Hobart and Launceston, Tasmania. There are 15 Salvation Armies in Tasmania, and in September Josette and Jim spent two days training them. Already Tasmania is running four SMART Recovery® groups, and these numbers are growing quite quickly.

Josette and Jim attended the Addictions Summit in Melbourne. SMART Recovery® Australia had their brochures in all the "welcome" bags at the conference, at which over 400 people represented 200 organizations throughout Australia. This created more exposure for SMART Recovery® Australia, and it allowed Jim and Josette to network and meet many people from different States and Territories. As SMART Recovery® will be moving into the other States during the next few months, Josette and Jim are active in attending conferences to establish professional relationships and links for future planning.

Josette and Jim have been spending a lot of time training and educating people and organisations on SMART Recovery®. Because they are away a lot, they have recently employed Karen Gold as a part-time administrative assistant. Karen has been assisting with the communication to all our SMART Recovery® facilitators, whose number has recently grown impressively.

SMART Recovery® Australia remains dedicated to finding additional funding so we can continue our hard work over the next several years. We are constantly researching funding opportunities and eligible grants.

This year both Josette and Jim will be attending the USA conference in New York City. This is exciting news for us as we are both looking forward to meeting other SMART Recovery® facilitators from around the globe.

SMART Recovery® Handbook Now Available in Portuguese

In addition to the English, German and Spanish translations of the SMART Recovery® Handbook, we are pleased to announce the Handbook is now also available in Portuguese! This results from the

extraordinary efforts of Diogo Machado, a licensed psychologist in Brazil, who provided many hours of volunteer service in



translating the Handbook. Diogo works with Emmett Velten in Phoenix, Arizona, in the Assisted Recovery Programs of America (ARCA), which uses REBT and other cognitive behavior therapies (aka: SMART Recovery® Therapy), as well as anti-craving medications, in treating people with alcohol problems. Thanks also to Tez, a SMART Recovery® Online volunteer, who kindly formatted the files after they were translated! And...stay tuned...we have a Professor and her students in China who have offered to translate the Handbook into Chinese!

SMART Ideas



Two Formulas

by Hank Robb, PhD, ABPP

I will outline two “formulas” that might prove useful not only in sticking with the choice to forego addictive behavior, but also for living life fully. (1) The Formula for Human Liberation, and (2) The Formula for Serenity in Action.

1. *The Formula for Human Liberation.* By making myself do something unpleasant, or refraining from doing something pleasant in order to do something else I deem more important, I will never have to be a slave to circumstances, whether outside or inside of me.

As far as I can tell, the whole point of high school was to make contact with this reality. In high school, you get homework, which you do not want to do. However, to make better grades or actually to learn something (anybody who has spent time around schools knows these are not the same thing), you make yourself do the unpleasant homework and you refrain from doing things that would be a lot more fun. Why? Just to annoy yourself? No! You do so in order to do something else more important to you.

There are two types of things you “make more important.” The first I would call a goal, something that can be accomplished. Graduating high school might be a goal. Getting married might be a goal. Quitting your favorite fattening food

might be a goal. These are things you can accomplish.

But what about, “being the best educated person I can be,” “being the best mate I can be,” or “living my life as fully as possible”? When would you ever “accomplish” these? No matter how much you do them, you can get up the next day and keep moving in that direction. It’s the difference between using a compass to find magnetic North and using it to go West. Magnetic North is a place at which you can arrive. West is a direction toward which you can continue to move no matter how long you’ve been going in that direction. Such things as being the best educated person I can be, being the best mate I can be and living my life as full as possible, we can call “Leading Principles.” No matter how far we go, they are always available to continue leading us. The fact that we never get there allows us to follow them our entire lives if we choose to do so.

2. *The Formula for Serenity in Action.* I give my permission for life to be as I find it; I accept it unconditionally, even though I may not approve of what I find. I seek wisdom in recognizing what would be good to change, willingness to act, willingness to follow through, and gratitude for the opportunity to try to live my life as best I can.

Most people have heard the prayer credited to Reinhold Niebuhr, “Grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.” I find a problem here. You probably can change the furniture arrangement where you live. But could you do so if you did not accept that right now the furniture is where it is? If you kept insisting, “No, it’s not there; no, it’s not there,” I don’t see how you could ever change the arrangement.

Thus, this formula starts with accepting the world as it is, was, or may be. In English, the word “acceptance” often comes across as passive. So instead, I suggest phrasing along the lines of, “giving permission, though not necessarily giving approval.” Each of us approves of what he or she approves. However, if we fail to give our permission for the world to be as it is, was, or may be, then we, not the world, will suffer. That means that giving your permission is a self-helping move.

What about, “the wisdom to know the difference”? Wisdom is important because you cannot change some things, and it’s good to figure out what those are. As well, even if you can change something, it may not be wise to do so. Deciding what to change involves your individual cost/benefit analysis.

When it comes to “willingness,” there are two kinds. The first we might say is “willingness with your feet,” and the second is “willingness with your heart.” Think about individuals who are flight phobic. Some of them are not “willing with their feet” – they won’t get on airplanes. Some, however, are willing to get on the airplane, but fly with “white knuckles.” They won’t “open their knuckles” to the experience.

If you make a white-knuckled fist, you will notice that all you require for an open hand with regular knuckles is to stop holding your hand closed. “Let loose,” and your hand will open all by itself. So it is when it comes to “willingness with your heart.” Just stop “holding your heart closed,” and it will open. But to what?

The Buddhists say, “All life is sorrowful.” That is roughly the First Noble Truth. The Second Noble Truth explains why: “because we don’t always get what we want.” Well, the Rolling Stones famously said, “You don’t always get what

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you want,” and if the Buddhists and the Rolling Stones can agree on something, it’s good cross validation! They aren’t agreeing on much!¹

The thing about human beings is they can imagine possible futures and act to bring those possible futures into actual existence. We can also set standards for our behavior and try to meet those standards. The cows, pigs, dogs and cats aren’t doing that. This means that we have more sorrow than any other beings on the planet because our plans don’t always work out and we don’t always perform in line with the standards we set. Yet, I suggest, these abilities are something for which to be grateful. While all other beings on the planet are, indeed, living their lives as best they can, only we can be said to be TRYING to live our lives as best we can.

Use these two formulas in combination and, regardless of circumstances inside or outside your skin, you will always be able to live as a free human being rather than a slave to circumstance by following the Leading Principles you have chosen for yourself. And, you will be able to choose

your actions willingly, rather than grudgingly, and with gratitude for the opportunity to try and live your life as best you can.

¹ *Editor’s Note: In a more didactic vein The Rolling Stones continued beyond the Second Noble Truth by saying that if you try sometime—meaning, if you open your heart and your mind acceptingly to the fact of not getting what you want—you just might find you get what you need.*

I Empower Myself with SMART Recovery®

by Arnie Palma, RSS, Tucson, AZ

With SMART Recovery®, I accept my power and trust myself. I am at peace with my responsibilities.

With SMART Recovery®, I am in charge of my life. I choose my destiny in every moment.

With SMART Recovery®, my mind is a powerful tool at my disposal at any time I want. My mind creates my experience of reality, so I learn to make my mind my friend.

With SMART Recovery®, I am consciously acting upon my thoughts and producing the desired outcomes. I am aware of my feelings and choose my actions with detachment.

With SMART Recovery®, my inner strength comes to my consciousness, helping me conquer negative patterns. I release from my mind fears and destructive patterns of thought that do not support my health and well-being.

With SMART Recovery®, my ability is greater than any challenge I could face. I have the courage to be honest with myself and see what the obstacle is trying to teach me about myself.

With SMART Recovery®, I transform myself by the power of my beliefs. I empower myself to succeed.

Editor’s Note: I have a recovered client who says he always orders an Arnold Palmer. I’d somehow thought it had something to do with the famous golfer! It wasn’t an Arnold Palmer at all – it was an Arnie Palma!

Featured Quote of this Issue

“I’m going to pass the hat for donations to meet our expenses. Funds go toward keeping SMART Recovery® alive and functioning, so please give what you can.”

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