



President's Letter

SMART Recovery® is a Member-Supported Organization

Last year I had the pleasure of representing SMART Recovery® at a number of professional conferences. I talked with providers about how important it is to offer SMART Recovery® to their clients, and listened to speakers expound on evidence-based treatment methods. One speaker this year caught my attention more than any other did. She did not speak of evidence-based practices, or promote a specific treatment modality, but spoke from personal experience. She spoke of growing up in deplorable conditions with parents who struggled with substance abuse and mental health problems. She attended school sporadically,

staying home to protect her baby sister from abuse. Repeatedly, the adults around her sexually assaulted and physically abused her.

By her mid teens, she married and had her own children. By her mid twenties, she had lost her children and was living on the streets, severely dependent on drugs and alcohol, and earning money through prostitution and drug sales. After numerous arrests, she was ordered into an addiction treatment program, but ran away from the program after her counselor assaulted her sexually. Over the next few years, she was in and out of correctional facilities and hospitals, appearing more and more hopeless with each admission.

Years had passed, and now I looked at a strong, independent woman in her late thirties. She told me how she finally achieved sobriety, completed her education, and regained custody of her children. Now she volunteers at least one day per week helping other women living on the streets, and struggling with substance use, violence, and

prostitution. She does this as someone who has walked in their shoes, letting them know that there is hope for their recovery. Of all the speakers at this conference, including me, she was the one who spoke to us not just from her head, but also from her heart.

I walked away from her talk energized to continue the work of SMART
(Continued on page 2)

Inside:

President's Letter	1
4-Point Program SM	1
SMART Progress	
The Central Office Has MOVED!	3
Come via Plane, Train, or Automobile!	3
More SMART Recovery® Meetings? Who Needs Them??	4
SMART Recovery® OnLine Fundraising Update	6
Mark Your Calendar for the Fall FUNdraiser!	7
The Road to Interesting Times	8
St. Gregory Retreat Center	8
International Development	
SMART Recovery® Australia - Update June 2009	10
SMART Recovery® Calgary Update	10
smartrecoveryontario.com	10
Book Review	
Addicted?	11
Coming Attraction	11
SMART Ideas	
Fresh Start Monday	12
On Habits	12
What If? A Different Motivational Perspective	13
People Power	
A Tribute to our Friend Bob Long	14
An Analogy	14
Got You Now	14
Do You Know How Special You Are?	15
Prison Outreach	15

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)

Recovery®— to remember in my heart whom I serve as a board member; that SMART Recovery® is about people, many of whom faced addictions, won the battle, and who help others with similar problems. This is when we are at our best. Self-empowerment and a spirit of mutual support are at the heart of what we do. All of our resources are dedicated to supporting that moment when one person with a problem enters a room, online or face-to-face, and meets a person who understands, who may have walked in those same shoes, and knows how to offer help. SMART Recovery® members are those who do the volunteer work, and if we are going to grow, SMART Recovery® members will need to mobilize themselves to take charge of our future.

Who Is a SMART Recovery® Member?

There is not an accepted definition, or even consensus on the use of the term. I think the term “member” is one people use for themselves if they use our methods to tackle their addictions and closely related problems, or to cope with the addictions and closely related problems of others, including those close to them.

Another defining feature of “member” is giving back by sharing time and financial resources to ensure SMART Recovery® remains available. This does not mean that professionals cannot also be SMART Recovery® members. We have purposely cultivated strong relationships with addiction professionals, and some of those professionals, including myself, host SMART Recovery® meetings. However, when facilitating a meeting we are not acting in our professional capacity or providing professional services. Our authority in

the group comes primarily from our experience of using the SMART Recovery® tools and methods.

Why Does It Matter?

SMART Recovery® is committed to providing worldwide science-based recovery support, both face-to-face and online, without concern for a member's ability to pay for this support. Of course, maintaining the organization costs money, including support for administrative staff, such as the SMART Recovery® Central Office, SMART Recovery® New York, U.K., Alberta, and Australia. These offices require the efforts of both paid and volunteer staff. On a local level, there is the cost of meeting space, materials, and facilitator time. It takes all of this and more to ensure that SMART Recovery® meetings are available.

Different locations have varying ways of funding these services, but all require a significant amount of volunteer resources, and will eventually depend on the support of SMART Recovery® members to manage and support the organization. Even locations with strong government funding, such as the United Kingdom, have limited resources available to establish meetings, and resources will eventually expire. Outside funding does not go on forever.

How Can Members Become Involved?

Represent members in your region:

Members in the United States now have an opportunity to represent their areas through volunteering as a regional member representative. These members will represent their regions in quarterly online meetings with the president. These meetings will focus on regional concerns, and how the Central Office and board of directors

can support your efforts to grow SMART Recovery®. As president, I will bring your concerns to the board and our Executive Director.

U.S. facilitators currently listed with SMART Recovery® will receive an email inviting them to volunteer for regional reps. If more than one person wants to represent an area, we will let members choose through a vote in local meetings. I have invited other countries to establish a method of member representation to their board of directors, and await their response. In addition, Barry Grant has agreed to facilitate a quarterly meeting with correctional member representatives.

Start new meetings led by members: There are new meeting formats that are easier for new members to facilitate. These meetings only require that a member serve as a host, not as an expert in our methods. I know that current facilitators are probably already giving as much time as possible. I do not suggest that current facilitators lead more meetings, but that they inspire and coach the members at their current meetings to take responsibility for starting new meetings. In January, we set a goal to start 100 new meetings in 2009. To date we have received a commitment for approximately 20 new meetings. If SMART Recovery® is going to be a widely accepted option for recovery, it will need to be widely available. Which means: more meetings.

Fundraising: Encourage SMART Recovery® members to donate. The More Meetings Team is a member-initiated and member-led group focused on getting more meetings available within the United States. They will be

considering ways to raise funds to assist with new meeting start-ups for individuals who want to start a meeting, but who do not have the financial resources to do so. The team would then provide materials and support to the persons starting a new meeting. If you would like to donate to this account, simply advise the Central Office when sending a donation. Every dollar donated to the group goes directly to starting a new meeting, especially in areas where there is no current SMART Recovery® presence.

In addition, SMART Recovery® Online is preparing for its Independence Week and Fall Fundraiser (see the article in this issue.) This group of members raises money specifically for expenses related to online activities. And, a group donation increase of only \$10.00 per month per group would fully support the SMART Recovery® Central Office in 2010.

Join the Board of Directors: The board welcomes SMART Recovery® members to join in the governance process. New directors are nominated by August 2009. You can receive an application through the Central Office. The board is always looking for new, energized people who can help us manage growth along with fidelity to our methods. You do not need to be a professional to join. We benefit most from a diverse team of committed individuals. By joining the board, you commit to lead committees, attend all meetings, including the Fall face-to-face meeting, and give or get a one thousand U.S. dollar annual donation.

In conclusion, it is important to recognize our current success. SMART

Recovery® is growing. Every day it achieves more acceptance as a recovery method, with meetings starting in communities around the world. Members are starting volunteer teams in the United Kingdom specifically designed to support meeting growth; facilitators are increasing donations at meetings in places like San Diego; and professionals are starting meetings in emerging markets such as Iran. This progress is happening during a time of international financial uncertainty. But support by members and accountability by those who serve the membership, I am confident we will set a solid foundation coming out of 2009 as a strong member-supported organization. Thanks for all that you do for SMART Recovery®.

Tom Litwicki

Tom Litwicki
President SMART Recovery®



SMART Progress

The Central Office Has MOVED!

As we continue to cut costs as much as possible, in late April the Central Office moved to a new home. We didn't move far...just about a quarter mile "up the road" on the same street! Our new address follows. Phone and fax numbers remain the same.

SMART Recovery® Central Office
7304 Mentor Avenue, Suite F
Mentor, OH 44060, USA

We obtained a beautiful new space, approximately three quarters of the size we previously occupied, while reducing our monthly rent by more than 60%! We are even able to open the windows on our lovely second floor suite pictured here.



Come via Plane, Train, or Automobile!

Don't miss our Annual Gathering on October 16-18, 2009 in Chicago! All are invited... facilitators, volunteer advisors, board members, members of our face-to-face and our online communities. It's an incredibly rewarding experience. It's also an opportunity to share your ideas and experiences to help grow the organization!

If you've never had a chance to visit beautiful Chicago, plan to join in a Friday optional tour of Chicago, led by our local SMART Recovery® volunteers.

Friday evening is a meet & greet gathering, with dinner. We'll be "wowed" by local Chicago volunteer Jeff Fredriksen, who created the SMART Recovery® for Life DVD, and is a magician, by trade. A good time is guaranteed!

Saturday will begin with continental breakfast, and we will meet all day to review the strategic plan, participant survey, online activity update, and to review topics and questions shared by volunteers and members...and more! Lunch is included.

Published by the Alcohol & Drug Abuse Self-Help Network, Inc. D.B.A. SMART Recovery®

7304 Mentor Avenue, Suite F, Mentor, OH 44060 • Phone: 440/951-5357 • Fax: 440/951-5358 • E-mail: info@smartrecovery.org • www.smartrecovery.org

Sunday will be a half-day “Tool Time” program, where each of the tools will be reviewed and role-played, with the audience sharing the toughest situation they’ve had to address for each tool. The program will conclude at noon on Sunday.

Registration is \$79, and includes the Friday evening meet/greet dinner; Saturday breakfast, lunch and program; and Sunday breakfast and program. **Please note: some scholarship funds are available for individuals who need financial assistance to attend.**

Thanks much to our two current sponsors: Practical Recovery Services, and St. Gregory Retreat Center.

Additional information and registration is available online via our website: www.smartrecovery.org.

We look forward to your participation!

More SMART Recovery® Meetings? Who Needs Them??

by the More Meetings Team

We do. Every day, the Central Office receives phone calls and emails from people who want a SMART Recovery® meeting in their hometown. To help make more meetings available, volunteer meeting facilitators formed a team. The team’s mission is

- to identify the different approaches to establishing SMART Recovery® meetings;
- publicize these approaches;
- motivate our community to use the ideas to establish more meetings.

The team plans to set a goal of X new meetings in X amount of time—we are working on determining the specific goal and timeframe!

If you would like a meeting in your area, visit www.smartrecovery.org, and “Click

here to see how a meeting can be brought to your town.”

So far, we are pleased to share a variety of workable approaches to increase the availability of meetings. Here’s how some of our SMART Recovery® groups have attained success at growth...

San Diego, California

Part of how we increase and maintain the availability of SMART Recovery® meetings is thru creating a sense of community among attendees, facilitators, and administration. Some components of this seem to be that we

- solicit feedback and input from all;
 - communicate frequently;
 - have relatively open access to facilitators, regional coordinator, and volunteer advisor;
 - arrange for each facilitator to post information about each meeting to all other facilitators, and the regional coordinator or advisor responds to each posting;
 - provide a quarterly facilitator meeting, at which we offer resources, support, and training;
 - provide resources, such as books, posters, and the Facilitator Training Kit, all of which we keep handy for purchase;
 - have a home base, such as Tom Horvath’s office here in San Diego;
 - provide perks, such as yearly dinners, parties, etc., for facilitators. When available, we offer freebies, such as tickets, *News & Views*, community training.
- As well, we recruit more facilitators by
- joining a local volunteer organization that will refer facilitators;

- facilitators recruiting facilitators;
 - creating a sense that anyone can facilitate (we disconnect the meeting from the facilitator’s name);
 - calling on those in the meeting to co-facilitate or help by such actions as passing the hat, reading the opening statement, and writing on the board;
 - establishing minimum requirements to facilitate; giving attendees an information sheet about how to be a facilitator;
 - creating a list of simple steps and directing interested people to the regional coordinator for more information;
 - having those interested find a facilitator to act as a mentor;
 - encouraging distance training;
 - having a goal of more facilitators than meetings, which helps to reduce crises brought on by burnout or last minute cancellations;
 - working to have two or three times more facilitators than meetings;
 - encouraging co-facilitation, rotating facilitators, and designating substitutes.
- We Advertise
- Everyone keeps his or her eyes and ears open for free meeting space, promotion possibilities;
 - We keep meeting schedules readily available;
 - We provide a schedule on voicemail, website, and email, and we keep the schedule updated, especially with Central Office;
 - We mail or email schedules to relevant parties, e.g., courts, and treatment centers;

- We have someone available to answer questions from people in the community;
- We created a pamphlet describing SMART Recovery® and local services;
- We have public relations outreach to such people as Suboxone reps, Toastmasters, the military, and other self-help groups.

SMART Recovery® Australia

SMART Recovery® Australia has had great success in starting new meetings by creating partnerships with various organizations, traveling to various conferences and expositions to share SMART Recovery®, and maintaining regular contact with organizations that can help enhance the growth of meetings throughout Australia. For example, we

- have monthly meetings with the Department of Corrective Services;
- conduct trainings in live-in programs, outpatient programs, homeless shelters, the Salvation Army, youth programs, the Drug & Alcohol Multicultural Education

Centre, Ted Noff’s Foundation (Youth Foundation);

- provided in-service to ADIS (Alcohol and Drug Information Service) and the NSW Quit Smoking line;
- attended to present/exhibit at: Alcohol, Tobacco & other Drugs Council of Tasmania; Melbourne Summit; the Australasian Professional Society on Alcohol and other Drugs (APSAD) Conference; Therapeutic Communities Association; and met with Responsible Gambling Fund to introduce SMART Recovery®;
- have ongoing facilitator support meetings;
- are developing specific SMART Recovery® groups for the indigenous population.

Portland, Oregon

by Hank Robb

The main source this year in growth in number of meetings has been that many more students at Pacific University wanted

to run meetings. I meet with students there for an hour a week and they are allowed two hours of “counseling time credit” each time they facilitate or co-facilitate a ninety minute meeting. More non-students also want to run meetings, but what I have cited above is the main source.

NOTE: Hank previously published an article in the Summer 2007 *News & Views* regarding new meeting success. We encourage you to read the article, which is available on the SMART Recovery® website. The article, which begins on page 7, is titled, “How Some Pacific University Graduate Students Came to Be Facilitating SMART Recovery® Meetings—Could It Happen Elsewhere?”

Calgary, Alberta, Canada

by Curtis Boudreau

In Calgary, we encourage participants to review existing belief systems to find a connection with a program that meets their needs. We do not debate 12-Step particulars, because many people who go to Step meetings *do want workable tools*. We offer a safe venue for all people, of any denomination, faith, or lack thereof, to come and learn to use the tools and to

apply the 4-Point ProgramSM to help them attain their objectives.

I am expanding SMART Recovery® to many people who may or may not even believe in something greater. That is what draws and keeps people coming back to the Calgary meetings. Our format is so successful that Edmonton, AB, Athabasca, AB, and Whitehorse, YK, are opening meetings based

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.

Published by the Alcohol & Drug Abuse Self-Help Network, Inc. D.B.A. SMART Recovery®

7304 Mentor Avenue, Suite F, Mentor, OH 44060 • Phone: 440/951-5357 • Fax: 440/951-5358 • E-mail: info@smartrecovery.org • www.smartrecovery.org

on this model. I am even welcome to speak at recovery centres based on the 12 steps, and yes, they do offer SMART Recovery®, as I present it, as a viable alternative for aftercare.

I foster a spirit of co-operation with all forms of treatment. 12 steps and church are where people develop their relationship with God, as they understand Him. SMART Recovery® is where people come to develop a relationship with THEMSELVES, which is hugely empowering and leads to increased self-confidence. I believe that the combination of self-confidence coupled with whatever spiritual work they want to explore is a solid one-two punch for a person's recovery. (**Note:** See the SMART Recovery® Calgary update on page 10.)

SMART Recovery® NYC, USA

Note: For a complete article on SMART Recovery® NYC's approach, visit the Spring 2009 issue of the *News & Views*, and read the article titled, "Growing SMART Recovery® Meetings: Experimenting with Different Formats in NYC," which begins on page 11. Excerpts follow below.

In the summer of 2008, SMART Recovery® NYC faced a crisis. We had to cancel two of our six weekly meetings because we did not have enough trained facilitators. The same problem affects other locales and contributes to the difficulty of growing meetings.

Our local Board discussed what to do, and we decided we needed a simpler meeting format, one that did not require extensive training for facilitators. From these discussions, we developed three new meeting formats, while continuing to offer "Standard Meetings." We liked the Standard Meetings because the latter offered the richness of using the tools and techniques as facilitated by a skilled and seasoned facilitator.

By offering a wider range of meeting formats, we can meet the needs of participants and can grow. We have also started a "team approach" to the meetings to develop groups that are more cohesive and to share the responsibility for a particular meeting among several volunteers. Via anonymous listserv, we send our participants a weekly email summary of the meeting schedule. It includes descriptions of the meeting formats.

The three new meeting formats include:

1. The Point Meeting focuses each week in turn on one point of the 4-Point ProgramSM of SMART Recovery®, and the cycle repeats monthly.
2. Each week the Handbook Meeting uses a tool or reading from the SMART Recovery® Handbook.
3. The Rational Discussion Meeting uses a scripted format to reduce the pressure on the meeting facilitator, in this case called the "Host."

Details and agendas for each meeting appear in the Spring 2009 *News & Views* referenced above. Using these varying meeting formats has allowed NYC to increase the number of meetings available to residents.

Distance Training

If you're thinking, "Starting a SMART Recovery® meeting in my area is a scary proposition – I'm not expert in the program or tools," take heart! Every other month, SMART Recovery® hosts a Distance Training program. The program is a combination of self-study of SMART Recovery® written materials and DVDs, combined with a Wednesday evening session with an expert to review the topic and materials. (For additional information, click on the information about meeting facilitator link on the homepage of www.smartrecovery.org.)

The distance training programs have resulted in many new meetings, and those

who have participated, when providing an evaluation form, indicate that following the training, they feel prepped and ready to begin a meeting in their hometown! We'd love to have you participate and start a local meeting!

If you wish to join the More Meetings Team, please email Shari Allwood: sallwood@smartrecovery.org.

SMART Recovery® OnLine Fundraising Update

by TwoPutts, Committee Chair

The SMART Recovery® OnLine (SOL) Fundraising Committee's original goal is to cultivate an online "Community of Giving." Along with that, we set some ambitious fundraising objectives. Well, we're on our way on the ride. Many changes and enrichments have already taken place within SOL, all toward that aim. And, donations are "up."

For fundraisers, another mantra is, "Make It Easy To Give." Often, that requires some work.

Committee members have helped elevate the ways one can easily donate to SOL. We have:

- an enriched Donate Section;
- several "sticky note" posts within the Message Boards;
- automated donation reminders that appear in Chat and Meetings;
- elevated facilitator requests for donations in SOL;
- sprinkled donate buttons all over the website;
- added PayPal and other easy means of donating;
- added GoodSearch and GoodShop options;
- had volunteers donate artwork to their posting names;

- added ways to adopt a meeting, message board thread, or 24/7 chat;
- placed a year-round fundraiser thread within the volunteer section.

Building awareness takes time and perseverance, but we are gaining momentum. We have been FREE for forever and we are making many efforts to convert the word “free” to “valuable resources for you.”

Independence Week

The fundraising committee will be holding a SOL fundraiser for Independence Week, June 28-July 5. The Independence theme will permeate our presentations. Just consider how much independence means to you. Independence from addiction. Independence from diseases and permanent labels. Independence from Steps galore. Threads where members can post and pledge may include:

- “In Memoriam.....”
- Thanks for the.....”
- “Liberty.....”
- “Freedom.....”

We will also unveil an interesting auction format to help raise some money and finish off that spring-cleaning many of us wished we had done. Additional threads will introduce some valuable forms of contributing items through a recycling program. We intend to add threads emphasizing GoodSearch and GoodShop as

indirect funding mechanisms for SOL, along with our own adoption thread.

Please stay tuned to the message boards for previews and the unveiling of the event as Independence Week begins.

Do come join us the week of June 28 to July 5, and share your Independence!

And...

Mark Your Calendar for the Fall FUNdraiser!

by Dee, Chair, Fall FUNdraising Committee

SMART Recovery® OnLine is delighted to invite you to join us this fall at our Annual SOL Fall FUNdraiser, marking SMART Recovery® OnLine’s 11th Anniversary, on November 6 and 7. We are still planning, but here’s your heads-up and your engraved invitation. Get your schedules out and get fall FUNdraiser into your schedule.

We want to embrace all facets of our SMART Recovery® community in this wonderful event. Especially, we want to include ALL SMART Recovery® facilitators, meeting participants, and any other friends of SMART Recovery®. Help us spread the word—at your meetings, among friends, and to anyone interested in our organization.

Fundraising is the focus, and we are actively soliciting donations. Past items have included gift baskets, memorabilia, shopping certificates, recovery books (many signed by the authors), member artwork (photos, paintings, poetry), hand-made craft

items, and just about anything else you can think of. Whatever you have to donate, please contact Shari or Jodi at the Central Office (toll-free 866/951-5357; 440/951-5357; info@smartrecovery.org). We will post pictures of the items on the Message Boards for people to salivate over before the auction. Once bidding gets underway, things get lively and often hilarious. That’s what happens when people celebrate their independence.

The fundraising celebration centers on a hosted chat marathon in both voice and text chat rooms, during which we will have scheduled events and guest speakers. In the past, we have had alumni, volunteers, SOL founders, SMART Recovery® members, members of the Board, members of the advisory team, and authors of the books being auctioned. There will be plenty of time to socialize, discuss recovery issues, learn from others, gain inspiration, and just enjoy a celebratory atmosphere. You can enjoy games, prizes, contests, and more throughout the Message Boards and chat rooms for a full 24 hours, non-stop. Will we have the pleasure of your company?

Here’s How

To participate, register on the Message Boards. This is simple and quick to do. Detailed instructions will be available on the main site: <http://www.smartrecovery.org>. There’ll be all the information you need to get started navigating around the

RESOLUTIONS UNLIMITED

309-673-9385

Michael Shear, Psy. D.

Specializing in Rational Emotive Behavior Therapy

- *Depression* • *Anxiety* • *Anger* • *Relationship Problems* • *Sexual Matters* • *Addictive Patterns*

Evening & Weekend Appointments Available

456 Fulton, Peoria

Published by the Alcohol & Drug Abuse Self-Help Network, Inc. D.B.A. SMART Recovery®

7304 Mentor Avenue, Suite F, Mentor, OH 44060 • Phone: 440/951-5357 • Fax: 440/951-5358 • E-mail: info@smartrecovery.org • www.smartrecovery.org

site. It is a wonderful place with tremendous resources, a message board, meetings and chat, and especially our wonderful participants. Haven't done it before? Try it once, and you'll never go back!

We hope you will share in the FUNdraising celebration, and beyond that, will adopt SOL's robust community as a regular and rewarding place to visit to enjoy giving and getting support all year long.

The Road to Interesting Times

I benefited from SMART Recovery® for many years before I even knew what it was. Nine and a half years into my own version of SMART Recovery®, I'm about to start my first official SMART Recovery® meeting.

Especially early in the game, my efforts were full of trial and error. I sought help from the 12 Steps, and found no comfort or solace. I began to see a therapist and found that I was enlivened to live a life worth living. I could take control of my thoughts, feelings, and behavior, and find a new kind of peace. The therapist was a kind, yet unmistakably weird fellow¹, a devotee of Ellis and Beck, and their philosophies flowed through him like water. Their techniques and messages brought life back to the seemingly infertile fields of my psyche.

This shaped my life from then on. My techniques haven't been the sharpest at times, and there have been times when I haven't practiced them at all, much to my detriment.

Soon after I stepped away from treatment, I found myself traveling the country, and when I settled back to the town of my birth, I sought purpose. I went to college and decided that helping people was my thing. I ended up finding joy in addictions counseling, the capacity to offer something to those whose lives are sometimes in shambles, and who need little more than

healthier ways to cope and to develop that life worth living.

I try to help them shine a light on their own idiosyncrasies, so that they can help themselves regain that life they thought they lost.

Two years ago, I found SMART Recovery®, and rejoiced. The only problem was the lack of meetings. At the time, I was working in non-profits, and though they claim to be non-profit, they wouldn't swing to allow me to start a meeting in their halls.

Just recently, I entered private practice, and the good Joseph Rizzo, PhD, at Rizzo and Associates was an enthusiastic support in my developing a meeting in Omaha. In the hallowed halls of Rizzo and Associates, I have been granted sanctuary to offer those who desire freedom and to seek succor.

I have the benefit of having close ties to the addiction and behavioral health community, and many have offered support to the development of a SMART Recovery® Meeting in Omaha.

Three days from now, I will meet with a district court judge who once said he would support a SMART Recovery® meeting if someone started one. I feel fortunate to be able to talk with this surprisingly supportive servant of justice. There could be a great movement in Omaha, and I hope we can spread the word wider yet. Maybe SMART Recovery® meeting #1 will soon grow too large and we will need to expand. Eight grown-ups have declared their interest, and in the teen SMART Recovery® meeting that will begin the following week, there are five.

I will keep you up-to-date on developments.

There is a saying that is both a blessing and a curse, "May you live in interesting times." Indeed.

Matthew Broberg, Provisional Alcohol and Drug Counselor
Adolescent and Adult Chemical Dependency Counselor
Rizzo and Associates, PC
7836 Wakeley Plaza
Omaha, NE 68114
(402) 305-7694

¹*Editor's Note: In case you are wondering, I've not set foot in Omaha.*

St. Gregory Retreat Center

by Tom Horvath, PhD., Immediate Past President, SMART Recovery®

St. Gregory Retreat Center, a recent addition to the SMART Recovery® community, is a highly cost-effective, eight-week residential recovery program based on the pioneering work of psychologist Stanton Peele, PhD, JD, a member of SMART Recovery®'s International Advisory Council. I had the opportunity to visit St. Gregory's, which is located in Iowa, in May 2009, while Dr. Peele was doing staff continuing education. It was exciting to observe directly the largest US residential program, which includes SMART Recovery® as an option in its aftercare planning, and which is highly consistent with the SMART Recovery® program.

As you might imagine, the guests (as they are called) at St. Gregory learn an approach to recovery that is radically different from what most American recovery clients learn. Dr. Peele's first book was *Love and Addiction* (1975). In it, he presents an understanding of addiction that he elaborates in the many books that follow, including *Addiction-Proof Your Child*, *7 Tools to Beat Addiction*, *Diseasing of America*, *The Truth about Addiction and Recovery*, *Resisting 12-Step Coercion*, and *The Meaning of Addiction*. Anyone serious

about understanding addiction would do well to read at least one of Dr. Peele's books. At St. Gregory the guests participate in the exercises of Dr. Peele's Life Process Program (LPP), first developed in 1991, and now adapted by Dr. Peele for exclusive use at St. Gregory Retreat Center.

The Life Process Program emphasizes identifying the guest's deepest values, and living in accordance with them. A life based on deepest values is typically one which moves past addiction, and involves ongoing learning, the development of skills (including cognitive-behavioral skills such as we teach in SMART Recovery®), service to others, and the inclusion of life-enhancing daily activities including good nutrition, exercise (including regular visits to the gym, indoor pool and volleyball games), and time for reflection and meditation. Daily time for these activities is generously included in the schedule. Because the guest's stay is two months, the addiction recovery curriculum does not have to be briefly force-fed. Guests get to live life in a comfortable daily rhythm, which then easily transfers back to the regular lives.

One of the greatest advantages of the St. Gregory Retreat Center is its location in Iowa. Unlike the fancy rehabs near the beach in Malibu, California or other destination locations, the Center operates from two facilities located in very small farming towns, Adair and Bayard. Even if a guest were to decide to run away, where

would the guest go? (Just joking!)

The facilities are modern, comfortably furnished, and attractive. A further advantage of these locations is that guests have the opportunity to involve themselves in their temporary hometowns doing service work. As just one example, I got to walk through the large yard of a neighboring house, owned by an elderly widow who is unable to do much yard work anymore. The guests, under the guidance of a master gardener, brought her garden back to its previous glory.

By the time you are reading this article St. Gregory Retreat Center will have separate male and female facilities. As Dr. Peele notes repeatedly in his writing, our immediate situations can have a big impact on us. Separate facilities will allow most residents to focus more easily on learning the Life Process Program.

One of the next steps for the Center is the development of a network of outpatient clinics that will teach a version of the Life Process Program in outpatient settings. Just as St. Gregory Retreat Center itself is, these clinics will be a fundamental contribution to how recovery occurs in the US.

St. Gregory Retreat Center is a sponsor of the SMART Recovery® Annual Gathering in Chicago in October (see details on page 3 of this issue). Representatives from St. Gregory will be there to answer questions about their services. I hope you take the opportunity to speak with them.

I am also pleased to report that members of the St. Gregory staff are currently attending our Facilitator Distance Training, to provide SMART Recovery® meetings to their guests, as well as to help to encourage guests to begin a SMART Recovery® meeting in their hometown when completing the program. The St. Gregory staff will be pleased to provide meeting space for community SMART Recovery® meetings in their new outpatient clinics.

Editor's Note: This is superlative news. Peele has been a pioneer, courageously tackling the coercive, dysfunctional, harmful, American addiction treatment system. His books have been an inspiration to many of us. St. Gregory? There were many, but I prefer St. Gregory the Enlightener. Hell, St. Stanton works, too.



practicalrecovery.com
858-453-4777

La Jolla (San Diego), CA; PSY7732

advertisement

Published by the Alcohol & Drug Abuse Self-Help Network, Inc. D.B.A. SMART Recovery®

7304 Mentor Avenue, Suite F, Mentor, OH 44060 • Phone: 440/951-5357 • Fax: 440/951-5358 • E-mail: info@smartrecovery.org • www.smartrecovery.org



International Development

SMART Recovery® Australia — Update June 2009

by Jim Villamor and Josette Freeman

SMART Recovery® Australia has continued to grow during the last few months, and we have launched our first program in Perth, Western Australia. In April, we—Josette and Jim—conducted a training and information session for 40 people. Already we have two weekly SMART Recovery® meetings in Western Australia and plan to start more meetings soon.

Both of us stay busy presenting at conferences. In June, we will present a paper at the DANA (Drugs and Alcohol Nurses of Australia) Conference at Surfers Paradise on the Gold Coast. This annual conference attracts many health workers and allows us to continue our networking efforts to promote SMART Recovery® in Queensland.

In July, we will make our first expedition to Darwin in the Northwest Territory. The object? As usual, to launch SMART Recovery®. As we go nationwide, Darwin is our focus because of its high incidence of addictions. Step number one there will be to conduct a training and information session.

SMART Recovery® Australia is also applying for grant money to expand our services to (1) the indigenous population, and (2) family and caregivers of people

with addictions. As a not-for-profit organization, our continued aim and focus is to apply for as many appropriate grants as possible, so we can continue to assist the communities throughout Australia.

In addition, SMART Recovery® Australia is developing partnerships with other organisations such as rehabilitation centres and other agencies. This allows us to collaborate throughout the year in promoting SMART's approach. We are currently organising our first fundraising event, which should take place later in the year.

SMART Recovery® is also working with Juvenile Justice in New South Wales. It looks like Juvenile Justice will start running SMART Recovery® in their centres, starting this year. Stay tuned, and we will keep you informed.

SMART Recovery® Calgary Update

by Curtis Boudreau

Greetings, fellow SMART Recovery® members and facilitators.

I have been extremely busy getting the word out about the SMART Recovery® program and SMART Recovery® Calgary.

To date, I have presented the SMART Recovery® program to seven different recovery centres. I am happy to say that all seven loved the program and will refer their clients to our Calgary meetings for an approved after-care program.

Shapell FGI is a counseling company. I presented to all of their counselors mid-May. They were thrilled with the program and were eager not only to direct their clients to our Calgary meeting, but also to go online to learn about all the tools and points first hand!

Top of the World Treatment Centres in Calgary got to look at the current SMART Recovery® program, and liked what they saw. Top of the World is a 12-step based recovery program. However, the good news

is they are recommending SMART Recovery® as an alternative after-care program to their clients after treatment.

Currently there are five different centres where the staff presents the SMART Recovery® program to their clients. Renfrew Detox Centre has a weekly presentation; the Calgary Drop-in Centre has presentation every two weeks; Lander Treatment Centre is also visited every two weeks; Alberta Health Services presents SMART Recovery® as part of their relapse prevention program as a community resource every eight weeks; and the Salvation Army Centre of Hope has a monthly presentation.

Excellent news for SMART Recovery® is that the Centre of Hope is a 12-step based centre, and after seeing my presentation of the program, attendance at my monthly presentation is now mandatory for all clients using their services!

Two new meetings have started in Western-Canada. Athabasca, Alberta, and Whitehorse, Yukon, now have weekly SMART Recovery® meetings.

I recently celebrated four years clean in May!! When presenting at centres, I make sure to let them know that SMART Recovery® is the basis for my recovery. I also let them know that I have completed the 12-steps of Narcotics Anonymous. When combining the two programs, for me, 1 + 1 = 3!

Till next time, stay SMART, stay clean!!

smartrecoveryontario.com

We held a facilitator training day in April and have a new meeting starting in Smiths Falls, Ontario. Our new facilitators are Wally Adamson, Eldon White, and Linda Bellinger. Wally co-facilitates the Brockville meeting, Eldon is facilitating the Smiths Falls meeting and Linda is hoping to facilitate a meeting in Cardinal, Ontario starting this fall.

Published by the Alcohol & Drug Abuse Self-Help Network, Inc. D.B.A. SMART Recovery®

7304 Mentor Avenue, Suite F, Mentor, OH 44060 • Phone: 440/951-5357 • Fax: 440/951-5358 • E-mail: info@smartrecovery.org • www.smartrecovery.org

SMART Recovery® Ontario has an informational website.

The Integrated Forensic Program of the Royal Ottawa Health Care Group is holding a Forensic Recovery Conference in Ottawa on October 22 and 23. Speakers include Tom Litwicky, Fraser Ross, Michler Bishop, Barry Grant, and Linda Sobell. The event will highlight the best, evidence-based practices for recovery, focusing on the forensic population.

In addition to the main conference, the evening will be dedicated to SMART Recovery®. The evening is being called “What Makes SMART Recovery® So Smart?” and is being promoted as an evening of entertaining stories, music, and networking opportunities. Tom, Fraser, and Barry tell their stories and answer questions after which everyone can enjoy pleasant conversation and light refreshments, with a background of smooth jazz by Jesse and Ken.

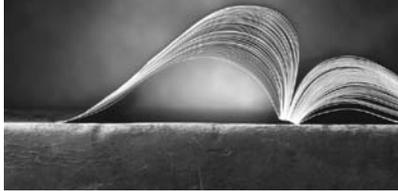
SMART Recovery® will have a display table at this event. The conference is expected to have 150 participants from mental health, corrections, and addictions.

Dawn Adamson
CPMHN(c), CARN
Forensic Treatment Unit
Brockville Mental Health Centre
PO Box 1050, 1804 Highway #2 East
Brockville, Ontario K6V 5W7
CANADA

Got an Article or Idea to Share in the *News & Views*?

Email your articles or ideas
to Editor Emmett Velten,
ev_verb@gmail.com, and
Shari Allwood,
sallwood@smartrecovery.org

Book Review



Addicted?

by Marilyn Freimuth

Review by Sandcrab_Margarita, SMART Recovery®
OnLine Message Board Volunteer

In short, this book asks one question and provides hundreds of pages of guidance for the reader to come up with an answer. The intended readership is people who suspect they may have an addiction, but also the spouses, parents, children, co-workers, friends, and fellow travelers of the suspects.

Freimuth’s work aims to be comprehensive, and it includes discussions not only of the common substance addictions (alcohol, prescription drugs, street drugs, and other substances such as inhalants) but also behavioral addictions. Freimuth states that people have many potential addictions, and she defines a potential addiction as:

[A]ny behavior with the capacity to create reliable changes in feeling, mood, or self-experience can become addictive, especially when there are few or no alternative means to generate these desirable outcomes. [page 195]

The changes in feelings, mood, and self-experience get a more detailed examination earlier in the book:

Any behavior that is associated with feelings of power, alertness, aliveness, excitement, mastery, or relaxation has the potential to become an addiction. [page 39]

Especially with behavioral addictions, Freimuth considers the context. Someone who spends many hours contemplating drawing odds, the potential for an Omaha

pocket of double-suited Broadway cards, or whether or not another player is bluffing, could be a gambling addict—or a professional poker player. Similarly, hitting the gym for hours a day, taking a run in the early afternoon, and scheduling social appointments so they do not conflict with evening yoga classes are often signs of an exercise addict—or an Olympic athlete in training. In many cases, the behavior is an addiction; in others, it’s a livelihood undertaken with a professional approach.

In general, the lay population has an incomplete understanding of addiction characterized by the familiar stereotypes of TV sitcom drunks or heroin addicts lying in doorways in the seedier section of town. Throughout, Freimuth laments the poor record that medical and mental health professionals (presumably in the context of the United States) have in identifying addictions. On the whole, Freimuth intends to reach a broad audience, and to do so she avoids both clinical jargon and sensational anecdotes.

THE GOOD. There’s good news for SMARTies in the pages of *Addicted?* Many of the principles we use to identify and recover from addictions are given respect throughout this book. Freimuth notes that addictions often hide other issues, primarily psychological, with which the addicted person is trying to cope. Toward the end of the book, Freimuth introduces the basic structure of our beloved Cost-Benefit Analysis (CBA) as a means for a person to understand the rationality and irrationality of the behavior in question. She also stresses throughout that addictions constitute a continuum of behaviors and consequences, and that what’s “excessive” for one person may not be a problem at all for another. Finally, the psychological makeup of an individual is a critical component of the risk of a behavior becoming an addiction. She mentions limited coping mechanisms and a need to alter or escape one’s self as huge risk factors. (Sound familiar to anyone?)

Each of the addictions Freimuth addresses in detail (substance abuse, gambling, computer/internet, sex/cybersex, buying/shopping, and exercise) includes screening tools the reader might use for self-diagnosis or to understand where a loved one, friend, or colleague might fit on a continuum. It is fair to say that Freimuth fulfills the claim made by the tag line on the book cover, “Recognizing *destructive behavior* before it’s too late” (emphasis in the original).

THE BAD. While SMART Recovery® is mentioned several times throughout the book, Freimuth’s default recommendation is to seek help through Twelve-Step fellowships. For a work that effectively describes the psychological underpinnings of at-risk behavior and addiction throughout, there’s a major inconsistency here.

THE UGLY. The editing of this book could use some improvement. Diction (“regretfully” used when “regrettably” is proper), copyediting (“who” used in an objective sense, “I could breath” missing it’s e; a “pasttime” sporting a surplus t) unwarranted hyperbole (“While Americans initially lived by an economic principle involving unchecked consumption of goods”), and most offensive to SMART Recovery® Online’s Middlebrow Book Thread, who have placed Augusten Burroughs on our Top Ten List, Burrough’s name is misspelled in its first appearance (but spelled properly later on).

The layout provides its own challenges. While it’s a common practice in textbooks to include illustrative material in highlighted text boxes on some pages, that just doesn’t work in *Addicted?* Text boxes interrupt the narrative, are often inserted in the middle of paragraphs, and cause the reader to flip pages back and forth to maintain continuity. Surely, the editors might find a less intrusive tactic.

THE BOTTOM LINE. *Addicted?* is useful, accessible, and current in its thinking—other than the glaring error of default 12-Step referrals. For those readers trying to understand addiction and identifying addiction among the people they care about, this work is a valuable resource. I’d recommend copies for every high school in the country, clinical psychologists who do not specialize in addiction, the offices of pediatricians and general practitioners, and mental health centers. While many of us already in the SMART Recovery® community might find the book too elementary, it is an excellent outreach to those seeking to understand and perhaps take on the top public health problem in the developed world.

Editor’s Note: Like most of our readers, I have not read Freimuth’s book, and have only the review as a source of information. Our reviewer’s reference to Freimuth’s discussion of the context of behavior, and what it means to the person, as part of the definition of “addiction,” conflicts with Freimuth’s favorite treatment referral, 12-step. The 12-Step Disease Model of Addiction has zero interest at all in context or in what the person thinks (other than denial and surrendering to “being” a lifelong addict). A disease is a disease—context and the person’s viewpoint have nothing to do with it. Perhaps a second edition of Freimuth’s work, with a subtitle of Treatment?, will include a nuanced, evidence-based approach to treatment.

Coming Attraction

Emmett Velten is writing a wry review of Chris Prentiss’s *The Alcoholism and Addiction Cure*. You’ve seen it on TV ad infinitum, to say nothing of ad nauseum, but what does the book actually say? Well, it says everything in the book—with two consistent themes: (1) I’m-the-greatest and (2) no mention of evidence-based treatment research.



SMART Ideas

Fresh Start Monday

Join us for “Fresh Start Monday,” on the second Monday of each month, from 8 to 9 pm, Eastern Time.

Fresh Start Monday is a support meeting for face-to-face and online facilitators, and for message board and chat volunteers. Tom Horvath facilitates the meetings, and Hammer (a.k.a. Lorie) hosts them online. The meetings are held in PalTalk, which is an easy-to-use online voice software system.

These Fresh Start Monday meetings provide an opportunity for you to bring your own issues and concerns to a meeting and gain support—as well as a chance to get to know other volunteers. It is also a great opportunity to see how a seasoned SMART Recovery® veteran runs a meeting.

For information regarding registering for PalTalk to participate, contact Lorie via email: ljohammer@gmail.com. Mark your calendar for the second Monday each month and plan to join in!

On Habits

by Hank Robb, PhD, ABPP

The nature of all habits is that we do them quickly and easily without much thought. Those facts say a lot about changing a habit—including your habitual addictive behavior.

First, there has to be consciousness-raising. You can’t change something that you don’t notice, and as a simple matter of fact, things done habitually are done without much notice. You may not notice

Published by the Alcohol & Drug Abuse Self-Help Network, Inc. D.B.A. SMART Recovery®

7304 Mentor Avenue, Suite F, Mentor, OH 44060 • Phone: 440/951-5357 • Fax: 440/951-5358 • E-mail: info@smartrecovery.org • www.smartrecovery.org

until you've put your last dollar in the lottery machine or finished the last beer in the 12 pack, but wherever you start—that's where you start. And then what do you do? You march backward: the dollar before your last dollar, the next to last beer rather than the last one.

The aim is to increase your awareness to the point *before* you actually DO whatever it is you've been doing habitually, because that's the point at which you can really begin BREAKING the habit. Before that, you can stop doing the habit midstream, so to speak, but stopping in the middle, or just after you start, isn't the same as not starting in the first place. Try tracking what was going on just before you started your habit. What were you thinking or feeling or what environment were you in? That knowledge can help you with, "Be on the lookout for the thing I do without much noticing it." Once you are aware that you are ABOUT to do the habit, you are in a position to do something else.

The second aspect of habits also causes trouble once you decide to change one. It is the fact that you do them rather quickly and easily. So, if you change, your new behavior won't be AS quick or AS easy; which isn't to say that it couldn't be done FAIRLY quickly and FAIRLY easily. But do what?

Changing a habit isn't just "not doing it." Changing a habit is doing something else instead. Well, what are you going to do instead? You'll actually have many options and the point is to pick one of them and DO THAT—over and over. That's how new habits are established. You do the new thing over and over and don't do the old thing and, after awhile, you find you are doing the new thing without much thought and rather quickly and easily, "Thanks, I'll have water or a soda please."

Habitual behavior is part of being human. There's nothing "wrong" with

YOU because you do some thing habitually that ends up giving you too much of what you do not want in life and not enough of what you do want. Yes, it is too bad to have built some habitual behavior that ends up not working for you. And, that's all it is – TOO BAD! So get busy building new habits. If they are the "right" new habits for you, you will also be building a new life!

Editor's Note: Here are several additional points I often make. (1) Habits are supposed to stick, and not fade away overnight, or just because you decide you don't like them. (2) It can raise your consciousness powerfully if you write out and speak aloud a detailed description of your carrying out the habit in question, from apparently irrelevant decisions, all the way to execution and aftermath.

What If? A Different Motivational Perspective

by Richard J Lacroix, online volunteer and face-to-face meeting facilitator

What if addiction is not a struggle against a pernicious all-powerful disease or a hopeless character defect that can only be removed by your complete submission to a Higher Power?

What if, for the sake of discussion, it's actually a behavior that, for one good reason or another (physical, emotional, or psychological predisposition, whatever) has come to affect your life in a negative enough manner that you have decided that you need to make a change?

What if, having come to realize that the problem is learned, mainly self-taught behavior, you understand that it is not:

- something that is to be feared
- impossible to come to terms with without Divine Intervention
- otherwise so insurmountable and gigantically difficult a problem that

nothing short of a Higher Power is capable of dealing with it?

What if, instead, you view it as:

- a difficult and complex problem that requires the strength of conviction, tools and support, and commitment to overcome
- a problem that, given enough time and serious effort, you can replace with something positive?

What if, instead of burdening oneself with:

- guilt for past and possible future behavior
- fear of urges and using thoughts in the present and future
- the drearily dreadful thought of a lifetime of struggle and coping with the potential return of our addiction

What if you could lay all those burdens down, including the original one that caused the others, by accepting that the problem behavior has only one solution and that the solution is not to do SOMETHING, but instead to NOT do something?

What if we could train ourselves, once we get past the initial coping of getting free of the problem in the first place, to look at it like we look at other things that we do on a daily basis? Like taking care of our basic hygiene, feeding ourselves, or remembering to take our vitamins or other prescribed meds, walk the dog, clean the kitty litter box, or tell your kids that you love them?

What if, to that long list of daily routines, we were able to add, "Remember not to use today."

That sure would be something now, wouldn't it? Something maybe worth looking into trying?

Disclaimer: Although the person writing

this post has been employing this mindset/method for well over a year without any “relapses” or returns to previous maladaptive behaviors, your experience may be different.

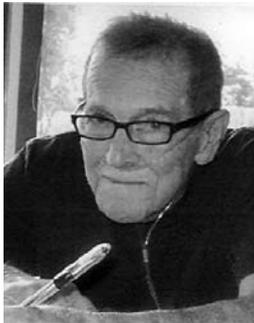
People Power



A Tribute to our Friend Bob Long

by Paul Pearah, volunteer

Bob Long has not passed away, expired, or departed, nor is he resting in peace—he has died. These words are not chosen to be disrespectful, ironic, or clever but rather because they are objectively true and do not impose any interpretation of the event on the reader. For if there is anything that Bob has taught us (and he was nothing if not a perpetual student and teacher) it is that just as surely as thoughts shape behavior, words are the very fabric and embodiment of our thoughts and should therefore be chosen with great care. For instance, Bob was very conscientious in maintaining a sharp line between references to “drinking” versus “drinking alcohol.”



Part of Bob’s secular humanist philosophy was that people are free to behave and think as they please, and that using words with unintended or unconscious connotations can lead to unintended

consequences, i.e., can interfere with the precious individual freedom that permits us to choose behavior conducive to our goals. In other words choosing words with ambiguity or un-necessary shades of meaning can affect thinking, which in turn can affect behavior. Underlying this semantic fervor was a rare compassion for and understanding of his fellow human beings, which made him an exceedingly effective teacher and facilitator.

When I began to attend SMART Recovery® meetings in the San Jose, CA area in 1996, Bob had already been facilitating for a year or two. He had developed a distinctive style integrating teaching, group interaction, handouts, small group exercises, and outside readings. Over the years, we became close friends and Bob trained me and several other facilitators. He contributed to the organization by serving on the local Board for more than a decade, and at the national level by participating in many of the annual meetings and helping to develop the ideas and materials that we continue to use to train facilitators. I will always remember Bob as a kind, patient, and modest teacher who loved people as much as he loved nature, Yosemite, the ocean, and birds of prey, and a true friend who espoused a contagious and useful philosophy that has changed my life forever. I believe that the world would be a better place if we all could be a bit more like Bob Long.

Editor’s Note: Bob was one of those always-be-there people, a steady and strong beacon in our part of the world. Now his light will still shine through us.

An Analogy

by online message board volunteer fenquat

During a recent discussion on the message boards about the value of using tools and social support, our sage friend fenquat shared the following...

The social stuff is good. Having a port to duck into during the squalls that happen in life can be good as well. A bit of rest and refit is nearly always helpful. When the boat stays docked in the port, for the most part, the views remain the same.

You can think of the tools as foul weather gear, use them and you get to go out in the storms and by persistence (and tacking back and forth), you begin to learn how, and then actually do, move forward against the wind. With practice, it becomes almost second nature.

Which is not to say that sometimes a storm so large rolls in so suddenly that the proper response of the prudent sailor will be to make for the nearest port. After which he/she checks for storm-induced damages, does some repairs, reviews what happened, and learns a lesson or two.

Hoist sails, clear port, time to head out to the deep blue seas.

Got You Now

by online participant Tim-San Diego

You had control, you had it all,
you toyed with me, you made the call.
you welcomed me into your self,
and now you give me all your wealth.
You had the fun, you had the thrills.
Neglect me now and you’ll get chills.
You like to think you rule your life,
but I am a demanding wife.

You married me with every pill,
with every script you loved to fill,
with every syringe that you shot
another piece of you I got.

I’ve got you now, I own your soul,
I suck your dreams in my black hole.
I own your life, I own your heart,
So not until death do we part.

I was your “secret” way back then.
You stashed me deep within your den.
You turned to me for every ill.
I was your magic fix-it pill.

You bartered soul for blissful numb,
you cared not if the deal was dumb.
You clung to me to deal with strife,
and now I own your very life.
I'm tracking you for all your days,
I'm always hiding in the haze.
I'm standing by, with all my charms,
for you to greet me in your arms.
I've got you now, I own your soul,
I suck your dreams in my black hole.
I own your life, I own your heart,
Now don't you wish you'd never start.

Do You Know How Special You Are?

(Author unknown)

Editor's Note: While the author of this poem is unknown, Portia Nelson of Tucson, AZ finds it inspirational, and suggested that we share it with our readers.

You're not just an age or an hourly wage.
You're more than your e-mail address.
You're not just some size or the shape of
your thighs,
Or the make of the car you possess.
You're not just your PIIN or the shade
of your skin
Or the place you were born or the date.
You're not your IQ or the width of
your shoe,
Your zip code, your height or your weight.
You can't be defined by your zodiac sign
Or the lines in the palm of your hand.
It's not who you know or the money
you owe,

Your blood type or cereal brand.
You're much too complex for just race,
creed or sex,
You're wonderfully multidimensional.
You're one-of-a-kind with a fabulous mind
And a spirit that's quite unconventional!
What makes you a treasure cannot
be measured
With numbers or checks on a chart.
You're truly tremendous, amazing,
stupendous!
Believe it with all of your heart!



From Beyond the Walls *SMART Recovery® For the Women (and Men)* by Barry A. Grant

We see a flat world and are told it is round.
Most of us learn early not to believe the
perceived evidence of our own thoughts.
But there comes a time when it is more
appropriate to ask questions and review the
evidence independently.

In the context of writing from "Beyond
The Walls," this is significant because it
pertains to my speaking with incarcerated

women, some of them mothers, and some
not. I experienced incarceration, but not
from the point of view of women. Not
surprisingly, the most important issue was
freedom. Yet the concept of freedom had to
do with freedom from addiction as well as
from influences that precipitated and
encouraged negative behaviors. Many of the
latter pertained to their relationships with
their children, and of course, with men, as
opposed to occupational and community
issues.

The nucleus of SMART Recovery® is
evidence-based theory. Bearing that in
mind, I found that these women believed
the same thing I had believed: an activity
or substance could and would change the
way they felt about themselves—and that it
was worth it. Inasmuch as feelings are the
language of the soul, I think that searching
outside of oneself to fulfill an essential need
is at the crux of addictive activities.

Having the opportunity to meet women
at such a delicate point of transition, and at
the same time knowing that I have traveled
a similar yet very much different path, was
both enlightening and inspiring. It was
awesome to be able to tell them a little of
what Self Management And Recovery
Training means. Unfortunately, I did not
have the chance to present as much infor-
mation as I would have preferred. I'll add to
the picture in my role as Correctional
Committee Appointee.

*Positively Speaking: In order to come
back to your senses, it might be a good idea
to get in contact with reality.*

SMART Recovery® relies on volunteer labor and donations. Please be generous with your time and money!

©2009 ADASHN, Inc., 7304 Mentor Avenue, Suite F, Mentor, OH 44060, all rights reserved.

All statements regarding self-help in this newsletter are the views of the author and are not an official endorsement of the Alcohol & Drug Abuse Self-Help Network, Inc.

Published by the Alcohol & Drug Abuse Self-Help Network, Inc. D.B.A. SMART Recovery®

7304 Mentor Avenue, Suite F, Mentor, OH 44060 • Phone: 440/951-5357 • Fax: 440/951-5358 • E-mail: info@smartrecovery.org • www.smartrecovery.org