

SMART Recovery[®] Activities Scale (SRAS)

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You can use this to see how much you are learning from SMART Recovery[®]. Feel free to fill this out and share with others!

SMART Recovery[®] Behaviors

How many of the following behaviors do you presently practice? Please put a check mark next to each behavior that you now do, as a result of participating in SMART Recovery[®].

- _____ 1. Attend SMART Recovery[®] meetings. I attend _____ times per week.
- _____ 2. Understand the SMART Recovery[®] 4-Point ProgramSM: Enhancing and Maintaining Motivation, Coping with Urges, Problem Solving, and Lifestyle Balance.
- _____ 3. Create a cost-benefit analysis (CBA). My costs (disadvantages) of using drugs/alcohol outweigh the benefits (advantages) of using.
- _____ 4. Recognize triggers that lead to using, including social pressure, interpersonal conflict, external cues (people, places, situations), internal cues (hungry, thirsty, tired), and strong emotions.
- _____ 5. Use urge-controlling techniques, such as riding-the-wave, delay, distract, and review my cost-benefit.
- _____ 6. Recognize that my thoughts, emotions, and behaviors are related, and that the words I chose to use matter.
- _____ 7. Recognize and try to reduce my self-destructive behaviors.
- _____ 8. Work toward progress, not toward perfection. I can accept myself unconditionally
- _____ 9. Seek enduring satisfactions in my life. Participate in vital and meaningful activities.
- _____ 10. Look at my beliefs and see how these beliefs can contribute to my addictive behavior. *(For example, viewing people as doing things to me "on purpose")*
- _____ 11. Reach out to people who support abstinence and who are willing to support my efforts to change. Build a solid support network.
- _____ 12. Set healthy limits and boundaries for myself. Work toward a balanced, healthy lifestyle, with time for work, exercise, relaxation, and social activities.
- _____ 13. Practice change planning as a way to attain mini, short-term, and long-term goals.
- _____ 14. Take full responsibility for my recovery by taking charge of my life.
- _____ 15. Share what I have learned in SMART Recovery[®] with others.



SMART RECOVERY[®] BELIEFS

Please put a check mark next to each belief or self-statement that you now hold, as a result of participating in SMART Recovery.

I NOW BELIEVE THAT:

Thinking Behaviors

- ____ 16. I am not powerless over my drinking/drugging.
- ____ 17. I recognize that relapse is part of recovery and that each lapse, should it occur, is a learning opportunity.
- ____ 18. I can pause to think before I act on my thoughts and emotions, thus leading to a better outcome
- ____ 19. I can recognize the difference between my thoughts, feelings, and behaviors and can change my beliefs that contributed to my drinking/using, for example, the “should”, “musts”, and “wants” in my life.

I NOW BELIEVE THAT:

Coping Behaviors

- ____ 20. I recognize that my feelings pass eventually; I can tolerate uncomfortable feelings, recognizing them as a normal part of everyday living.
- ____ 21. I can reach out to others and ask for help.
- ____ 22. I have SMART Recovery[®] tools (*such as coping statements and the ABC's*) to help manage my thoughts and emotions, and my reactions to them.

I NOW BELIEVE THAT:

Nurturing Hope

- ____ 23. I can acknowledge my mistakes and hold myself accountable, knowing that change is possible.
- ____ 24. I see myself of value to others, and I can share my experiences with them.
- ____ 25. I can identify signs of resilience in myself.
- ____ 26. I can live a healthier, more satisfying life.
- ____ 27. I can learn to stop thoughts of helplessness, hopelessness, and low self-worth.
- ____ 28. I can reach out and grab the potential that life has to offer, being fully aware and present.
- ____ 29. Other beliefs I learned include _____

