



SMART Recovery Activities Scale (SRAS)

by

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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!

Please put a check mark in the box that most applies to you for each SMART Recovery Behavior and Belief.

SMART Recovery Behaviors		Strongly Agree	Agree	Neither Agree nor Disagree	Disagree	Strongly Disagree
1	Attend SMART Recovery meetings. I attend ____ times per week.					
2	Understand the SMART Recovery 4-Point Program [®] : Building and Maintaining Motivation; Coping with Urges; Managing Thoughts, Feelings, and Behaviors; and Living a Balanced Life.					
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 analysis.					
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. <i>(For example, viewing people as doing things to me “on purpose”).</i>					
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.					

SMART Recovery Behaviors (Continued)		Strongly Agree	Agree	Neither Agree nor Disagree	Disagree	Strongly Disagree
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: <u>Thinking</u>		Strongly Agree	Agree	Neither Agree nor Disagree	Disagree	Strongly Disagree
I <u>now</u> believe that:						
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.					

SMART Recovery Beliefs: <u>Coping</u>		Strongly Agree	Agree	Neither Agree nor Disagree	Disagree	Strongly Disagree
I <u>now</u> believe that:						
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 (<i>such as coping statements and the ABC's</i>) to help manage my thoughts and emotions, and my reactions to them.					

SMART Recovery Beliefs: <u>Nurturing Hope</u>		Strongly Agree	Agree	Neither Agree nor Disagree	Disagree	Strongly Disagree
I <u>now</u> believe that:						
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	I can share this SMART Recovery SRAS checklist with loved ones, so they can see what I am getting out of my recovery program.					

30. Other beliefs I learned include:

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