



**SMART Recovery®**

### How can I learn more?

To learn about SMART Recovery® and the tools for recovery you can go on-line to:

[www.smartrecovery.org](http://www.smartrecovery.org)

Then you can...

Try the SMART Recovery online tutorial.

Find schedules and contact information for face-to-face and online meetings.

Purchase the SMART Recovery Handbook, the Quick-Start SMART Recovery CD, the SMART for Life® DVD, and other videos and DVDs.

Many face-to-face meetings provide a free welcome package of introductory materials to take home and a more complete list of reading suggestions.

Explore the website further, or contact the local meeting facilitator, host or advisor found on the meeting list.

If you don't have your own computer, you might use the free computers available at most local libraries. If you lack access to a computer, you may contact the Central Office using the toll-free number: 866/951-5357 to ask for assistance.

Also, please ask your local library to purchase and lend the SMART Recovery Handbook, Quick-Start CD and SMART for Life DVD, so that others may find these valuable resources.

**SMART Recovery® is a registered trademark of the Alcohol and Drug Abuse Self-help Network, Inc.**

**Almost everyone knows someone who is affected directly or indirectly by a harmful addiction.**

**For example, the National Institute on Alcohol and Alcohol Abuse has reported that 1 in every 13 adults abuse alcohol.**

**Please help them by sharing this brochure, which contains news of the science-based and secular self-help group: SMART Recovery® (Self-Management And Recovery Training), with others who might be interested, and those who should know like doctors and clergy.**



**SMART Recovery®**

**SMART Recovery®**

**Self-  
Management  
And  
Recovery  
Training**

*Free Self-Help Groups*

**The scientific alternative for people seeking independence from addictive behaviors including alcohol, other drugs and gambling**

**For meetings schedules for face-to-face and on-line meetings or information on how to start a meeting in your area:**

[www.smartrecovery.org](http://www.smartrecovery.org)



*The sky is the limit ...*

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## Frequently Asked Questions

### What is SMART Recovery®?

A self-help program for ending addictive behaviors through abstinence based on science and humanistic values.

Free local and on-line self-help meetings led by professional and lay facilitators supported by a local professional advisor and a national board of addiction specialists who offer ongoing facilitator training.

A volunteer-run international non-profit organization dedicated to providing free self-help meetings and information to help people seeking independence from harmful addictive behaviors and offering training to the volunteer facilitators and advisors who form the backbone of the organization.

A Program Based On:

- ◆ Choice
- ◆ Personal Responsibility
- ◆ Proven Principles Of Change
- ◆ Unconditional Self-Acceptance

### What makes SMART Recovery® different?

SMART Recovery® builds its program on rigorously tested methods accepted in modern psychology, particularly Cognitive-Behavioral techniques, Rational Emotive Behavior Therapy [REBT] principles and the non-confrontational principles of Motivational Enhancement Therapy.

We hold that a person's religious or spiritual convictions are a personal matter. Spirituality may be helpful for some, but they are not a "requirement" of our program.

### Does this program work?

Yes! If you are willing to work hard and persistently at helping yourself, the tools offered through SMART Recovery® can make your efforts more productive.

### How does SMART Recovery® work?

In small groups we talk freely, sharing ideas, support and experience. We learn proven and practical self-management and recovery skills through discussions and self-help activities. We learn specific methods for each task of The SMART Recovery® 4-Point Program™:

- ◆ enhance and maintain motivation to abstain
- ◆ cope with urges
- ◆ manage thoughts, feelings and behavior
- ◆ balance momentary and enduring satisfactions

*Brochure designed by  
SMART Recovery® volunteers*

### Can I "use" socially?

We believe a permanent abstinence decision can be a rational, easy and hassle-free solution to addiction. With the right tools and skills most people can quit without a lifelong struggle and dependency on a group. However, we view sobriety as a personal choice and relapse as a learning opportunity.

### Is this something new?

SMART Recovery® includes some ideas that go back to ancient Greek philosophers, and also the Rational Emotive Behavior Therapy of Dr. Albert Ellis. The methods in our toolbox of techniques have been carefully tested and found effective in the last decade. These powerful ideas and practices, learned and discussed in a friendly, encouraging, supportive environment, form the foundation for our self-help groups.



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