



SMART Recovery Activities Scale (SRAS)

by

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SMART Recovery is a free, self-help support group, which currently sponsors face-to-face meetings around the world and daily online meetings. SMART Recovery can be offered as an alternative or adjunct to 12-step groups, such as AA.

The therapist can use the following checklist of SMART Recovery activities and accompanying SMART Recovery beliefs with clients. The therapist can ask clients to fill in the Checklist in order to:

1. Assess what SMART Recovery activities clients have already engaged in and what SMART Recovery beliefs they have embraced.
2. Assess the reasons why clients have or have not engaged in these activities (possible barriers, lack of motivation, confidence, or skills) and how these obstacles can be addressed.
3. Engage would-be participants to join SMART Recovery and treatment, highlighting what new members may get out of some form of treatment

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.					

SMART Recovery Behaviors (Continued)		Strongly Agree	Agree	Neither Agree nor Disagree	Disagree	Strongly Disagree
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.					
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
<u>I 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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