Introduction to the

SMART Recovery

4-Point Program
FUTURE
JUST AHEAD
In person meetings
Online meetings
Explore
Using the SMART Recovery® e-guide

Point to a menu option below to see a brief description. Left click on the point that you would like to review.

Point 1: Building & Maintaining Motivation

Point 2: Coping with urges

Point 3: Managing Thoughts, Feelings & Behaviors

Point 4: Living a Balanced Life

In module 1 we will review how to conduct a cost benefit analysis and how that can help you to build and maintain motivation.
Building & Maintaining Motivation

Module 1

Please click the next button in the top right corner to begin Module 1.

SMART Recovery®
Self-Management and Recovery Training
Get motivated!
Build a better life...
SMART tools
Actions have...
Yes

*hopefully
Why?
It works!
Fold paper
<- Like this

Not this ->
CBA Worksheet


If you would like to fill out a worksheet while viewing the eguide, click the blue CBA Worksheet button.

This will display the CBA worksheet from the SMART Recovery web site.

Save and print the worksheet and then close or minimize your browser to return to this screen.

Click the play button to view the next slide.
Using or Doing, Disadvantages
What's the real cost?
This is why I’m stopping...
Ready to try?
Using or Doing, Advantages
Ready
Set
Go!
There are alternatives
New priorities
Weighed down?
Something missing?
Not Using or Doing, Disadvantages
Write it down!
Create Detours
Avoid Trouble

New life

Old life
Not Using or Doing, Advantages
Restart your life
Think Positive
What’s your plan?

- [ ]
- [ ]
- [ ]
- [ ]
Find a new path

NEXT EXIT

YOUR DREAM
On target?
ST
(Shortterm)

Review & Update

LT
(Longterm)
Using the SMART Recovery® e-guide

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- **Point 2: Coping with urges**
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- **Point 4: Living a Balanced Life**

In module 2 we will discuss strategies and techniques you can use everyday to help you cope with urges.
Coping With Urges

Module 2

Please click the next button in the top right corner to begin Module 2.

SMART Recovery®
Self-Management and Recovery Training
Coping with urges
Misconceptions
Excruciating?
Compelling?
Won’t go away?
Drive you crazy?
All lies!
The truth
No evidence
Feeling locked up?
Resistance is not futile
Stretch yourself
You can win
They won’t disappear!
Don’t overreact!
Beware of thinking...
Retrain your thoughts
Change the channel
Fight the urge
Solve the puzzles
Choose the right tool
Friends can help
Using the SMART Recovery® e-guide

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In module 3, we will examine how your thoughts and feelings impact your behavior and actions. You'll also learn to change your thoughts and feelings in order to change your behavior and actions.
Managing Thoughts, Feelings, and Behavior

Module 3

Please click the next button in the top right corner to begin Module 3.
Are you aware of your thoughts?

They are a major source of your anxiety!
Thoughts vs. Feelings

Do you know the difference between thoughts and feelings?
Are your beliefs rational or irrational?
What are the key differences between rational and irrational beliefs? Click each box below to view the differences.

Rational Beliefs

Irrational Beliefs
Explore

Now let’s examine YOUR beliefs.

Use the “3 Key Questions About Your Beliefs” activity.

Click here.
https://www.smartrecovery.org/smart-recovery-toolbox/rational-versus-irrational/
Change Your Thoughts and Feelings to Change Behaviors and Actions

We learned how our thoughts and feelings can positively or negatively impact our behaviors and actions. Now let’s review some strategies you can use to help reframe your thoughts and feelings.

Exchange Vocabulary
https://www.smartrecovery.org/smart-recovery-toolbox/exchange-vocabulary/

DISARM
(Destructive Images and Self Talk Awareness Refusal Method)
https://www.smartrecovery.org/smart-recovery-toolbox/disarm/
Using the SMART Recovery® e-guide

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In module 4 we’ll begin to look ahead at the importance of living a balanced life.
Living a Balanced Life

Module 4

Please click the next button in the top right corner to begin Module 4.
What is a Balanced Life?
Click each box below to learn about living a balanced life. Then, click the arrow in the top right corner to proceed.
Achieving a Balanced Life: Strategies for Success

You now know the ingredients for a balanced life. It’s now time to think about making it happen in your own life.

Click on a strategy to learn more.

Rules for Happiness
https://www.smartrecovery.org/smart-recovery-toolbox/10-rules-for-happiness/

Putting the Past Behind You
Where do I go from here?

1. Check out the SMART Website
   www.smartrecovery.org
2. Participate in SMART online activities;
   Message Boards
   24/7 Chat Room
3. Attend a local face to face meeting.
SMART Recovery® Community Awards

At its Fall 2012 meeting, in Motion #3, The Board of Directors voted unanimously to give a special thanks to

Bobbe Baggio    Laura Petrolito    Ken Anderson

for their service to SMART Recovery via the development of videos to acquaint newcomers to the SMART Recovery program. Thank you for your time and talent.

On behalf of the Members of the Board of Directors and all who benefit from your services,

Tom Horvath
Tom Horvath, President

Certificate of Appreciation for

2012 Volunteer Efforts