



SMART Recovery

Welcome to SMART Recovery®, a science-based addiction support group where we learn self-empowering skills and support each other in our recovery.

No matter what your addiction, SMART Recovery can help you change.

How does SMART Recovery work?

SMART Recovery uses tools based on scientifically tested methods for addiction recovery, such as Cognitive Behavioral Therapy, Rational Emotive Behavior Therapy, and Motivational Interviewing.

Join us online

The core activity of SMART Recovery is the network of self-help / mutual-aid support meetings; we are also a 'community of recovery' which provides mutual support outside of the meetings themselves. This includes our free on-line community which you can access at www.smartrecovery.org.

SMART meetings

SMART Recovery conducts free (donations accepted) face-to-face meetings around the world, and also online. Click the 'Meetings' link at www.smartrecovery.org.

What makes SMART Recovery different?

SMART Recovery advocates choice, so that those seeking recovery can choose what works best for them from a 'tool-box' of methods and strategies.

The goal of SMART Recovery is for you to achieve a healthy, positive and balanced lifestyle and to 'move on' when you feel confident your addictive behavior is behind you, rather than remaining a permanent participant in the program. Graduates are invited to volunteer as meeting facilitators or to volunteer in other roles to help 'give back' to our recovery community.

SMART Recovery 4-Point Program®

1. Building and maintaining motivation
2. Coping with urges
3. Managing thoughts, feelings and behaviors
4. Living a balanced life

Example of tools

Here are a few of the many SMART Recovery tools that can help you in your recovery journey:

Change Plan Worksheet: This is a chart on which you list your goals, how you will attain them, ways in which you will overcome obstacles and challenges, etc.

Cost/Benefit Analysis (CBA): This tool is especially useful for increasing your motivation to abstain from your addictive behavior.

The ABC's of REBT: Unhelpful beliefs often lead to poor choices and negative consequences. This tool from Rational Emotive Behavior Therapy helps identify unhelpful beliefs and change them to support making healthier choices.

DISARM (Destructive Imagery & Self-talk Awareness & Refusal Method): This tool exposes the thoughts and images, which urge us to pursue our addiction, as inaccuracies, excuses and rationalizations.

Brainstorming: This technique is often used in face-to-face and online meetings. A participant introduces a question or problem, other participants then offer ideas and/or suggestions with no judgment involved.

Role-Playing/Rehearsing: This tool is used mostly in groups. An example would be rehearsing how to avoid addictive behavior at a high-risk upcoming event.