

# ABOUT SMART RECOVERY



**SMART Recovery is a fresh approach to addiction recovery, created for individuals and family members seeking a self-empowering way to overcome addictive problems. What has emerged is an accessible method of recovery, one grounded in science and proven by more than a quarter-century of experience teaching practical tools that encourage lasting change.**

SMART stands for Self-Management and Recovery Training. This is more than an acronym: it is a transformative method of moving from addictive substances and negative behaviors to a life of positive self-regard and willingness to change.

## SMART Recovery Tools

SMART's tools include worksheets, hands-on activities, and methods grounded in cognitive and motivational psychology. SMART participants are empowered through the use of our 4-Point Program:

1. Building and Maintaining Motivation
2. Coping with Urges
3. Managing Thoughts, Feelings, and Behaviors
4. Leading a Balanced Life

## SMART Recovery's Impact

SMART helps more than one million people each year—including individuals working to recover and family members caring for loved ones who need help—through free weekly in-person and online meetings in well over 20 countries with additional online resources.

SMART focuses on what people can do today to create a better future. We don't dwell on the past, which cannot be changed. Our goal is to help participants build lives with new behaviors that transcend addiction. Life Beyond Addiction is our highest goal.

## Find a SMART Recovery Meeting

SMART Recovery hosts online and face-to-face meetings around the world, searchable through our website at [www.smartrecovery.org](http://www.smartrecovery.org). We also provide specialized meetings and resources for a variety of communities, including Family & Friends, veterans and first responders, women, LGBTQ+, and more.

## Learn More

Visit [www.smartrecovery.org](http://www.smartrecovery.org) to learn more about SMART Recovery.

## WHAT WE DO

- Recovery Meetings:  
In-Person and Online
- Facilitator Training

## WHO WE SERVE

- Individuals
- Family & Friends
- Treatment Professionals
- Courts & Corrections Officials
- Young Adults
- Veterans & First Responders
- Volunteers

## CONTACT US

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**SMART**  
Recovery

Life beyond addiction

