



The SMART Recovery approach emphasizes “empowerment” and “the power of choice” for those working on addiction recovery. As a family member or friend, we have the power of choice, too. We are not all-powerful, but we are far from powerless. Using SMART tools and CRAFT strategies, we learn:

- To manage our emotional upsets
- To change unhelpful habitual responses
- To challenge unrealistic and unhelpful thinking
- Effective ways to change and improve communication in the relationship
- The importance of healthy boundaries
- The importance of planning for non-drinking activities
- How to reward non-drinking behavior
- To work on developing our own support system
- To work on other ways to enrich our lives

Exercise - Choices

Take some time to reflect on how your attitudes and outlook have changed since you began to incorporate SMART tools and GYLOS strategies into your life.

What choices have you made for yourself, what tools have you used?

How effective have your choices been?

What has been helpful?

What hasn't worked?

What needs work?

What are some other tools or strategies that you'd like to implement in your life?

“Success is a journey, not a destination.”
~Ben Sweetland

