SMART Recovery®
Self-Management and Recovery Training

Introduction to the

SMART Recovery

4-Point Program

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Menu

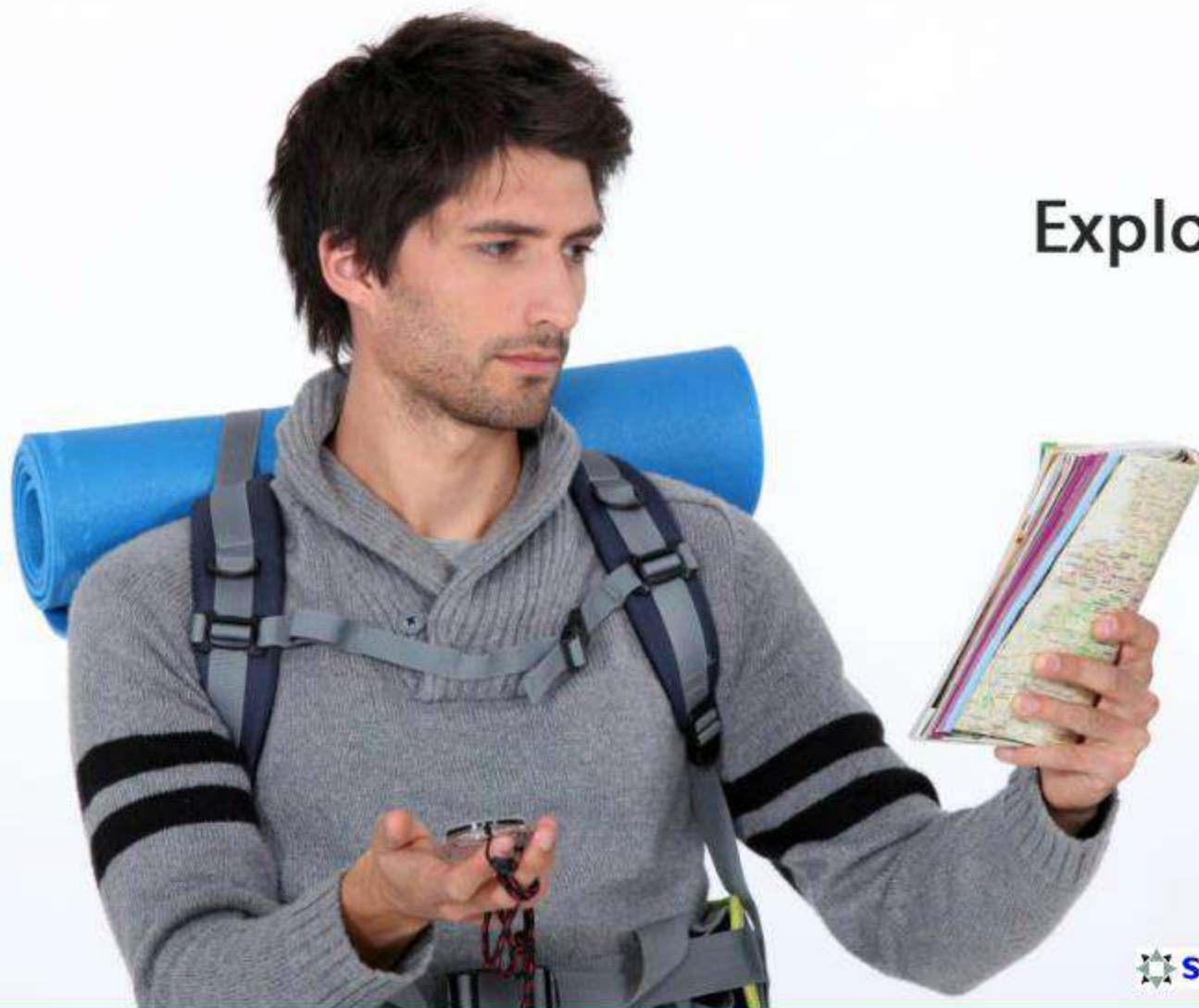# Previous slide

Next slide

Play / Pause

Exit

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.

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Building & Maintaining Motivation

Module 1

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

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Get motivated!

Build a better life... SMART tools

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Actions have...

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Yes

*hopefully

Decision Making Worksheet / Cost Benefit Analysis

The substance or activity to consider is: _____ Date: _____

Using or doing

Advantages (benefits and rewards)   Disadvantages (costs and risks)

NOT using or NOT doing

Advantages (benefits and rewards)   Disadvantages (costs and risks)

Label each item either short term or long term.

5-24-06   www.smartrecovery.org

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Why?

It works!

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Fold paper

<- Like this

Not this ->
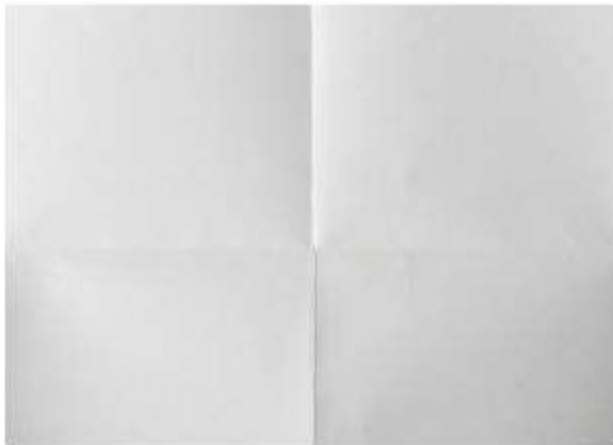
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CBA Worksheet

https://smartrecovery.org/wp-content/uploads/2017/03/CBA_Worksheet.pdf?_ga=2.4797104.2093535463.1518447826-906221400.1517242726

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.

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Using or Doing, Disadvantages

Whats the real cost?

Using or Doing, Advantages

Ready

Set

Go!

There are alternatives

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New priorities

Weighed down?

Something missing?
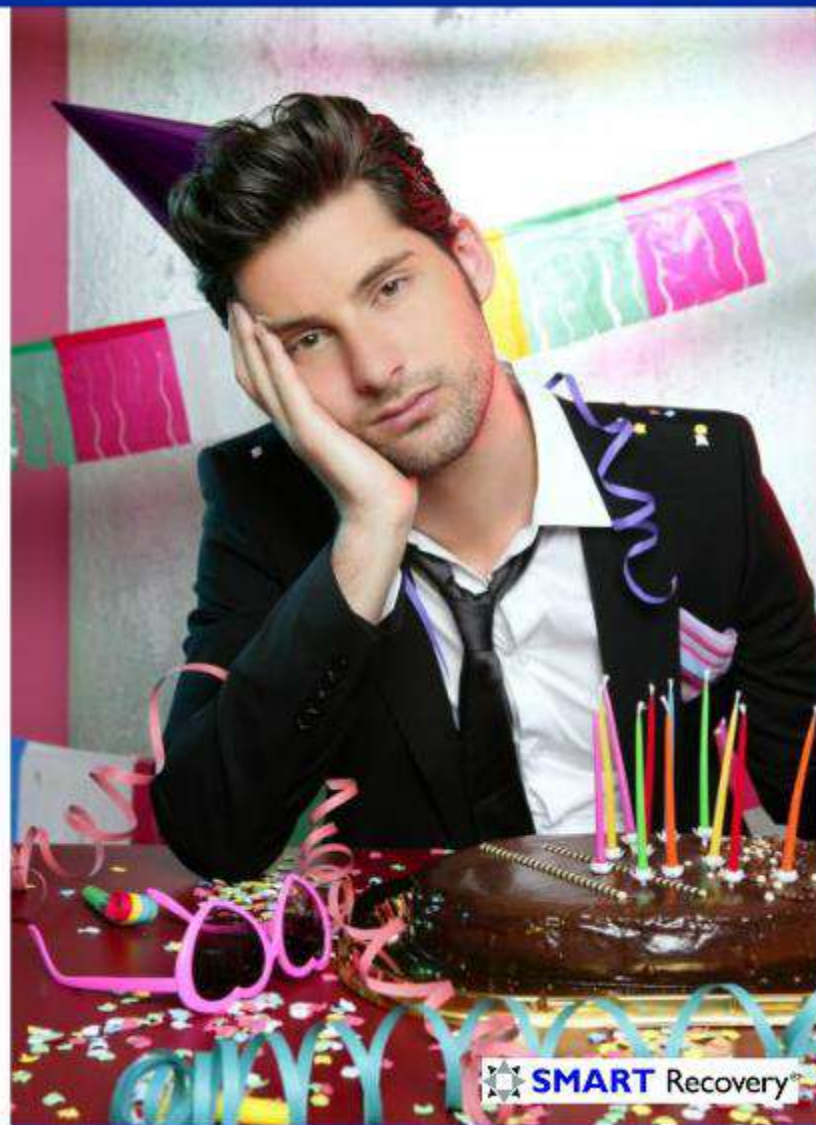
Not Using or Doing, Disadvantages
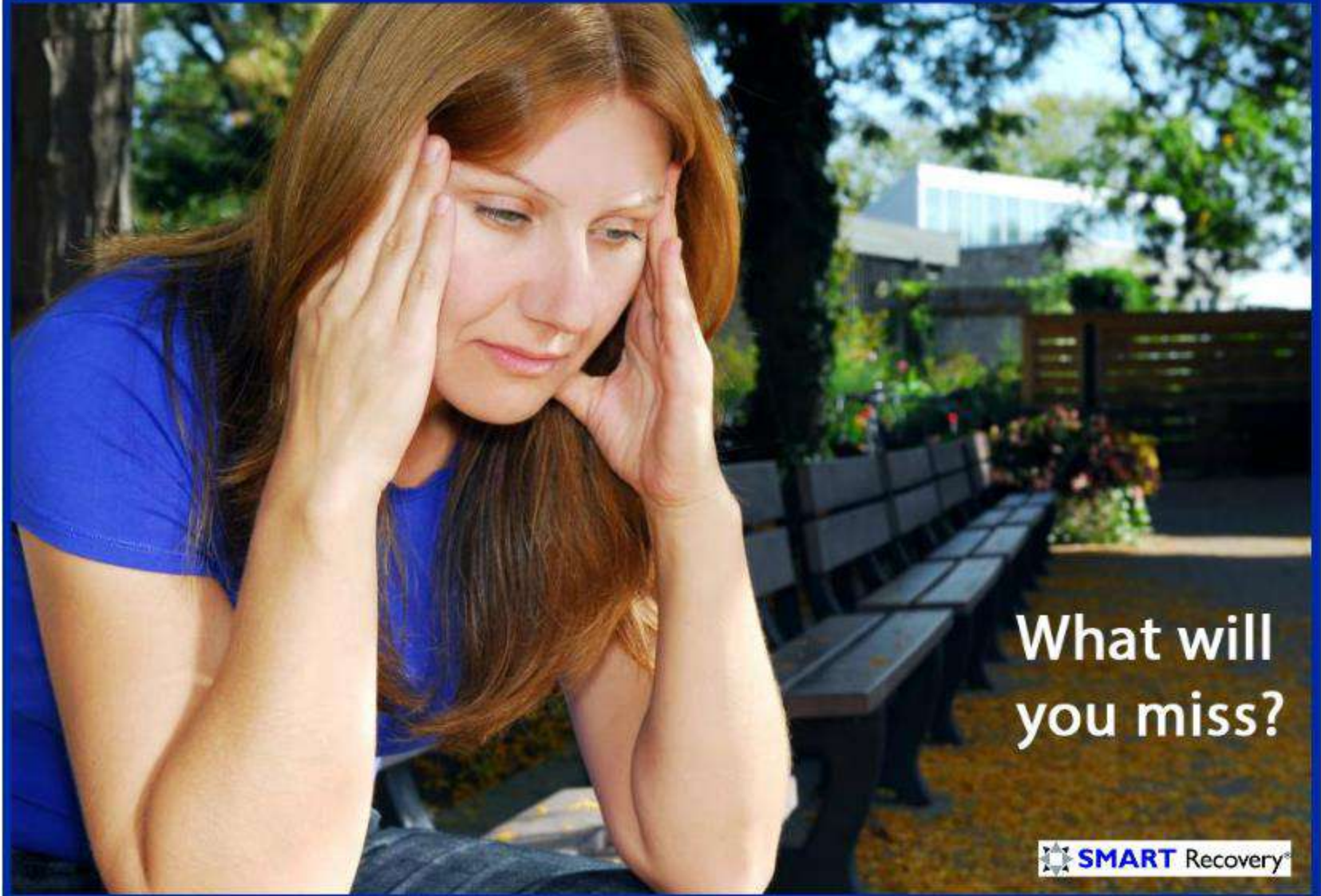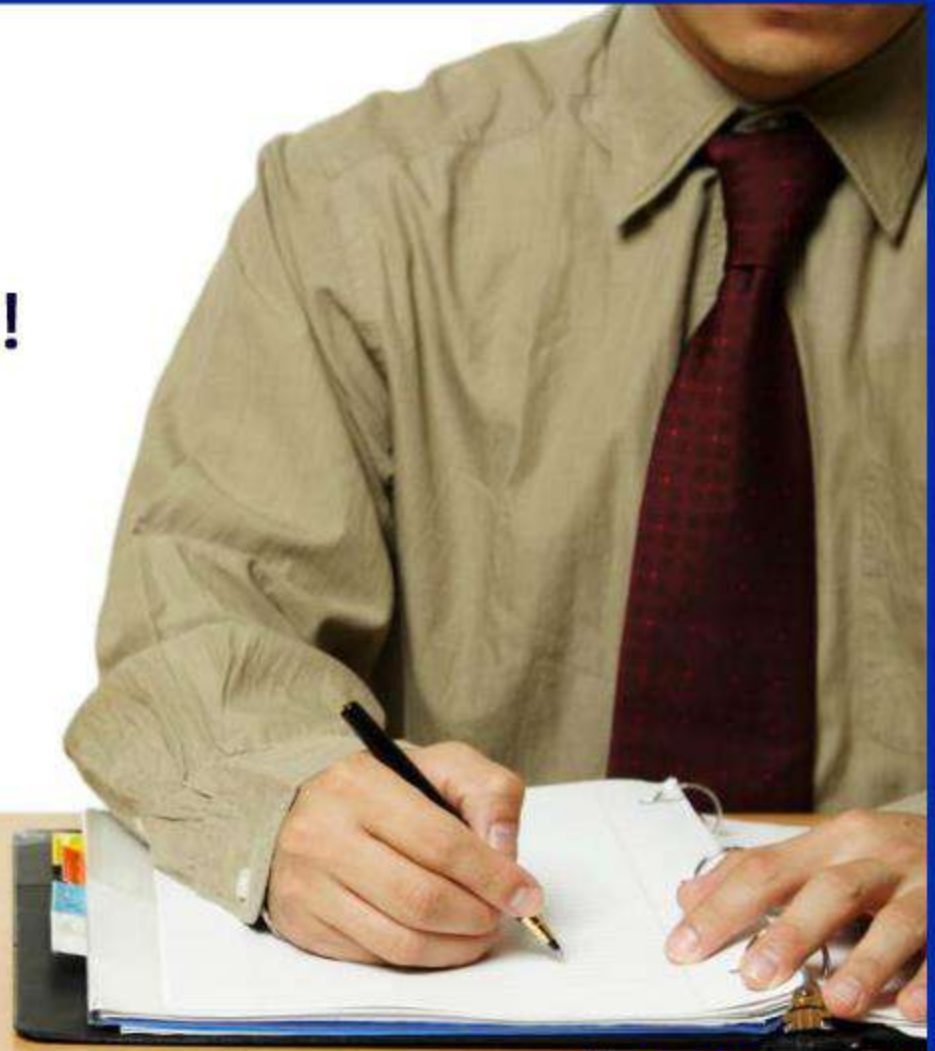
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What will you miss?

Write it down!

Create Detours

UNDER CONSTRUCTION

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Avoid Trouble

Not Using

or Doing,

Advantages

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Restart your life

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Think Positive

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What's your plan?

Find a new path

NEXT EXIT

YOUR DREAM

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On target?

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ST

(Shorterm)

LT

(Longterm)

Review

&

Update

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Using the SMART Recovery® e-guide

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

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Coping With Urges

Module 2

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

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Coping with urges

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Misconceptions

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Excruciating?

Compelling?

Won't go away?

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Drive you crazy?

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The truth

No evidence

Feeling locked up?

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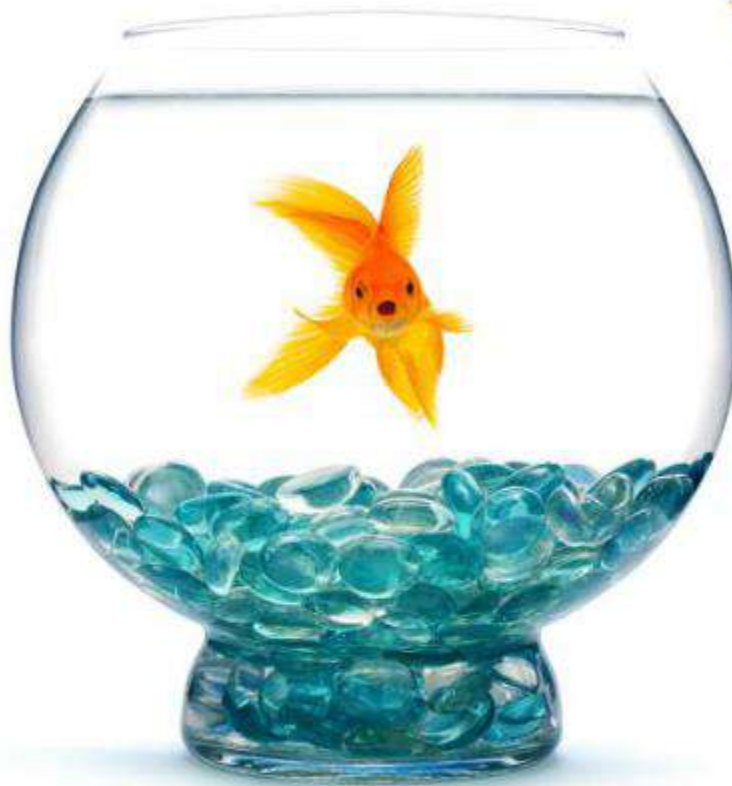
Resistance is not futile
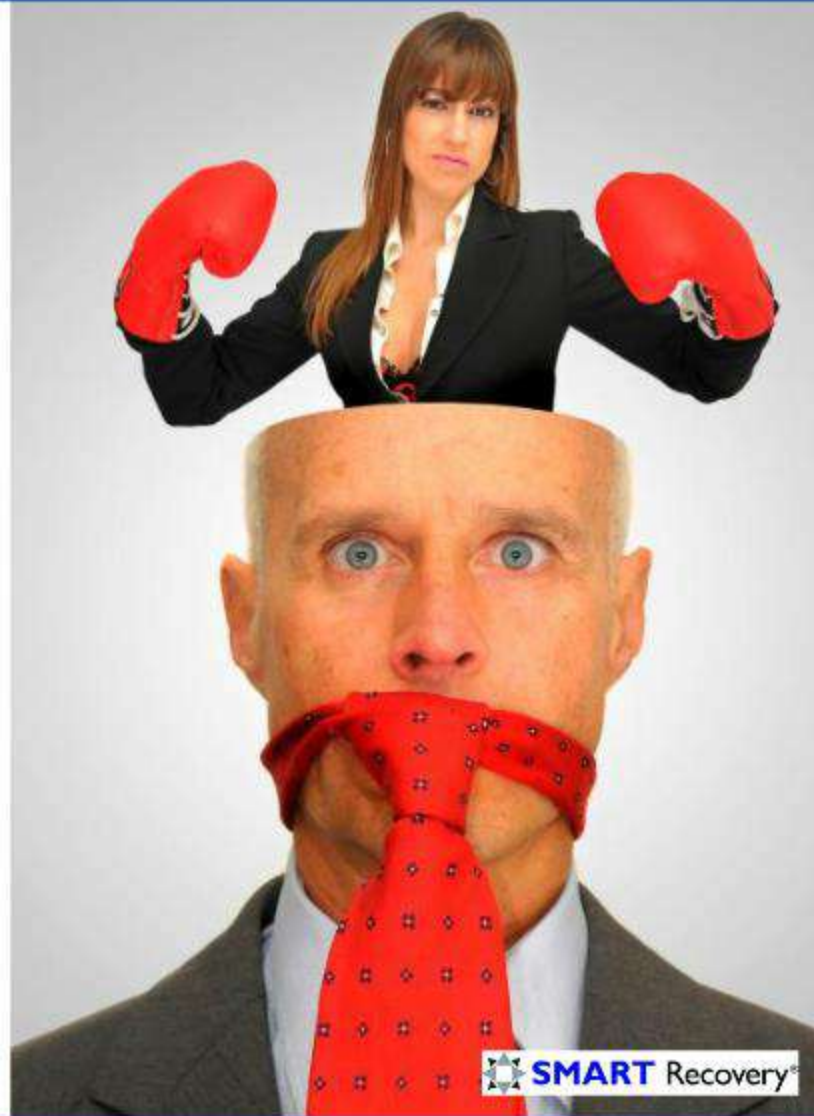
Stretch yourself

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You can win

They won't disappear!

Beware of thinking...

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Fight the urge

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Solve the puzzles

Choose the right tool

Friends can help

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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.

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Managing Thoughts, Feelings, and Behavior

Module 3

Please click the next button in the top right corner to begin Module 3.

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Are you aware of your thoughts?

They are a major source of your anxiety!

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Thoughts vs. Feelings

Do you know the difference
between thoughts and feelings?

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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

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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/

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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.

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Living a Balanced Life

Module 4

Please click the next button in the top right corner to begin Module 4.

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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.

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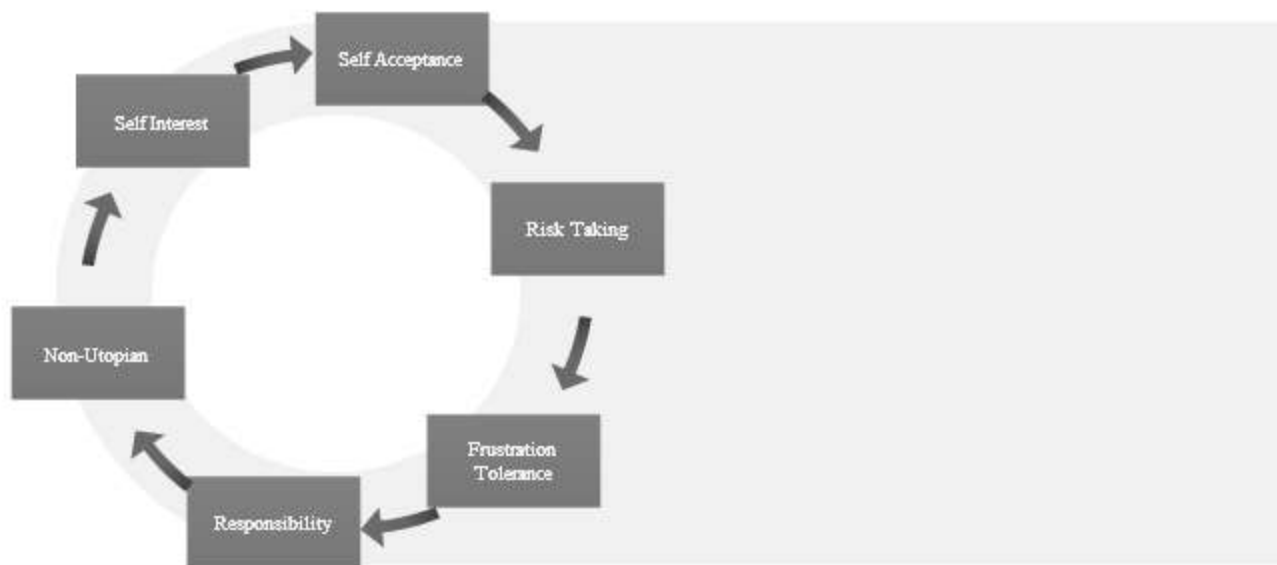
Achieving a Balanced Life: Strategies for Success

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

https://www.smartrecovery.org/smart-recovery-toolbox/putting-the-past-behind-you/

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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.

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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 acquint newcomers to the SMART Recovery program.
Thank you for your time and talent.

Certificate of
Appreciation for

2012
Volunteer
Efforts

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

Tom Horvath

Tom Horvath, President

SMART Recovery