

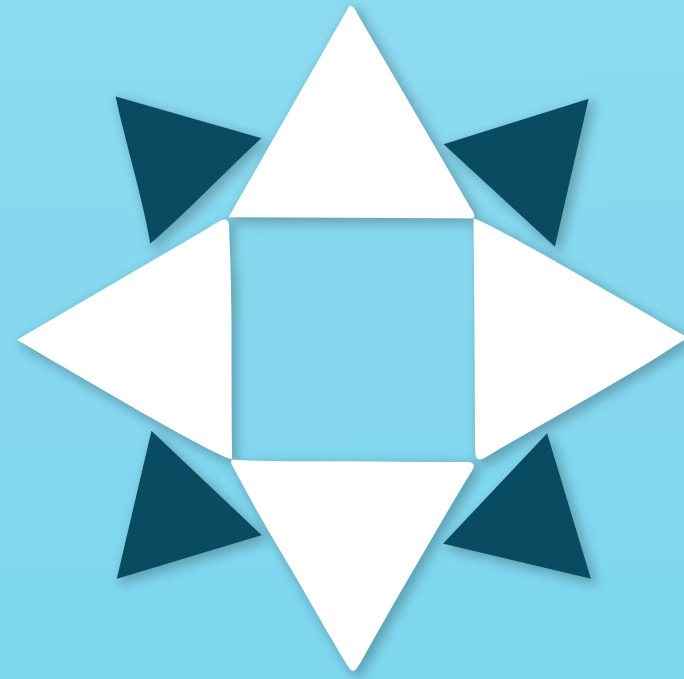
SMART RECOVERY



INFOGRAPHIC

WHAT IS

SMART RECOVERY?



SMART Recovery is the best-known and most widely available of the self-empowering Recovery groups.

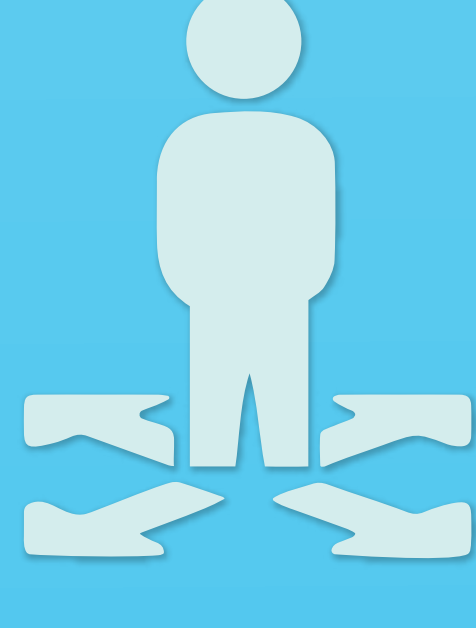
In addition to providing free, science-based, self-empowering addiction recovery mutual aid groups, SMART Recovery advocates for the power of choice in your recovery.

PROGRAM PURPOSE

To support individuals who have chosen to abstain, or are considering abstinence from any type of addictive behaviors (substances or activities).

HOW IT WORKS

By teaching how to change self-defeating thinking, emotions, and actions; and to work towards long-term satisfactions and quality of life.









4-POINT PROGRAM®

- 1** **Enhancing & Maintaining Motivation**
Enhancing and maintaining motivation to abstain from addictive behavior. 
- 2** **Coping With Urges**
Learning how to cope with urges and cravings. 
- 3** **Problem Solving**
Using rational ways to manage thoughts, feelings and behaviors. 
- 4** **Lifestyle Balance**
Balancing short-term and long-term pleasures and satisfactions in life. 

Mutual aid: Participants share practical solutions as a group.



PROGRAM APPROACH

-  Teaches self-empowerment and self-reliance
-  Teaches tools and techniques for self-directed change
-  Meetings are educational & include open discussions
-  Allows anonymous participation
-  Advocates the appropriate use of prescribed medications and psychological treatments
-  Evolves as scientific knowledge evolves

SELF
MANAGEMENT
AND
RECOVERY
TRAINING



TAKE
CONTROL
OF YOUR
ADDICTIVE
BEHAVIORS

Some of the tools and techniques to help you manage addictive behaviors:

- Pros and cons of problematic behavior
- Triggers, beliefs and consequences
- Craving and urges
- Goal setting
- Areas of Importance