



BEYOND THE TWELVE

SMART Recovery® Overview

Self-Management and Recovery Training (SMART Recovery) is the most widely available of the non-twelve-step programs. It's a secular, science-based program built on research from Cognitive Behavioral Therapy and Motivational Interviewing. The program emphasizes self-empowerment and self-reliance. Its core is the 4-Point Program, which includes:

- Building Motivation
- Coping with Urges
- Managing Thoughts, Feelings, and Behaviors
- Living a Balanced Life.

Relevant Quote:	“SMART Recovery is the leading, evidence-informed approach to overcoming addictive behaviors and leading a balanced life. SMART is stigma-free and emphasizes self-empowerment.” – SMART Website		
Addictive Behaviors:	Appropriate for all addictive behaviors, not limited to substances.		
View of Addiction:	A behavior that can be resolved through a combination of evidence-informed tools and engaging with peers in mutual support groups.		
Change Goal:	Primarily abstinence focused but supportive of individual goals.		
Spiritual Foundation:	Secular and science based, with spirituality considered a personal choice.		
Meeting Facilitators:	All facilitators trained in effective group facilitation and the SMART tools.		
Labels:	Encourages adoption of language that's helpful for the individual. Many choose not to adopt labels for themselves.		
Sponsorship:	Personal accountability supported by peer support.		
Length of Participation:	Attend meetings as long as helpful. Lifetime commitment isn't necessary.		
Meeting Format:	Discussion-based format encouraging learning, feedback, and crosstalk.		
Founding:	Developed out of Rational Recovery™ in 1994.		
Medication Opinion:	Medication is a personal decision that's respected in SMART meetings.		
Program Literature:	<i>4-Point Program Handbook</i> (4 th ed.), <i>Family & Friends Handbook</i> , and more.		
Website:	https://smartrecovery.org	Meeting Locations:	In person and online.

What aspects of this program feel like a good fit for me? What aspects don't?

Where and when could I try SMART Recovery?

How could this program support the goals I've set for my recovery, healing, growth, and change?

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