

SMART Recovery® Hosted Meeting exercises, 2

4/3/16

If needed, slowly repeat the entire question. You might ask someone who understands the exercise to give an example. These exercises are general enough that you can use them week after week.

- 1) This exercise is based on the SMART Recovery tool “Change Plan Worksheet.” What could you do (*pick one*: next week, this month, this year, this decade) to advance your recovery or your life?
- 2) This exercise is based on the SMART Recovery tool “ABC.” What belief has been your biggest obstacle in life? What belief could you replace it with?
- 3) This exercise is based on the SMART Recovery tool “Roleplay.” You are about to say *one sentence*. What do you need to be successful in recovery?
- 4) This exercise is based on the SMART Recovery tool “Hierarchy of Values.” What value of yours has suffered the most because of your addictive behavior?
- 5) This exercise is based on the SMART Recovery Tool “Brainstorming.” What is the best idea you have heard about how to recover?
- 6) Which of the 4 Points (motivation, craving, problem-solving, lifestyle balance) has been the most important to you overall?
- 7) This exercise is based on the 3rd Point. What is the biggest problem you have need to face in your recovery?
- 8) This exercise is based on the SMART Recovery Tool “USA, Unconditional Self Acceptance.” How can you tell if someone you knew has a high level of self-acceptance?
- 9) This exercise is based on the SMART Recovery Tool “ABC for Urge Coping.” Tell us about a very strong urge you had, and how you coped with it.
- 10) This exercise is based on the SMART Recovery Tool “Cost-Benefit Analysis.” What has been the most surprising benefit of changing your addictive behavior?