

## SMART Recovery® Hosted Meeting exercises, 1

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 *tomorrow* to advance your recovery or your life?
- 2) This exercise is based on the SMART Recovery tool “ABC.” What belief would make your life better?
- 3) This exercise is based on the SMART Recovery tool “Roleplay.” You are about to say *one sentence*. You need to tell someone something. Don’t tell us who it is, or the story behind the sentence. Just tell us the *one sentence*, with expression.
- 4) This exercise is based on the SMART Recovery tool “Hierarchy of Values.” What value of yours has been especially important to you lately? Why?
- 5) This exercise is based on the SMART Recovery Tool “Brainstorming.” What is the most important idea you have gained from SMART Recovery so far?
- 6) This exercise is based on the SMART Recovery Tool “Brainstorming.” What is your favorite SMART Recovery tool? How have you used it recently?
- 7) Which of the 4 Points (motivation, craving, problem-solving, lifestyle balance) has been your biggest focus recently?
- 8) This exercise is based on the 4<sup>th</sup> Point. To lead a more balanced life, what do you need to do more?
- 9) This exercise is based on the SMART Recovery Tool “USA, Unconditional Self Acceptance.” If you fully accepted yourself, what would you do differently?
- 10) This exercise is based on the SMART Recovery Tool “ABC for Urge Coping.” While having an urge, what belief would most likely get you to use?
- 11) This exercise is based on the SMART Recovery Tool “Cost-Benefit Analysis.” What has been the greatest benefit of changing your addictive behavior?
- 12) This exercise is based on the SMART Recovery tool “DISARM.” When you experience an urge, does it seem like some kind of person talking to you? Who is it?

