

SMART Recovery[®] San Diego

(Self Management and Recovery Training): “Discover the Power of Choice”

Our self-empowering mutual-help meetings support individuals who are abstaining from any substance or activity, or are considering abstinence. We discuss stopping, not using. Meetings are free (donation requested), confidential, conversational, and open to the public. No one is required to participate. The meeting sequence is Welcome, Check-in, Discussion (the main portion), Pass the hat and announcements, and Checkout. During Discussion we may have open discussion on a recovery topic or presentation and discussion of a recovery tool. The SMART Recovery Handbook (3rd ed.) and our national website (www.smartrecovery.org) summarize our approach.

In meetings:

DO: Say what you truly think and feel; stay focused on SMART Recovery and our tools for recovery

DON'T: Talk too much, give advice, go off topic, disrupt the meeting, or criticize other approaches.

Topics we do NOT discuss: How do I moderate or reduce harm? Is addiction a disease? Is there a higher power? Am I an alcoholic or addict? It's all up to you. Are you suicidal? Call 911 or go to the nearest Emergency Room.

The SMART Recovery 4-Point Program[®]: We support 1) Building and maintaining motivation; 2) Coping with urges; 3) Managing thoughts, feelings and behaviors; and 4) Living a balanced life

Our primary recovery tools are:

Stages of Change: At present, what are you motivated to do?

Change Plan Worksheet: Change is not magic. It requires thinking ahead, and then actually changing your behavior (*in small steps if necessary*).

CBA (Cost/benefit Analysis): Are the benefits of your addictive behavior (*whether it is a substance or activity*) worth the costs?

ABC: If something upsets me I can change how I think about it (the “B” in ABC)

A = Activating event (*whatever happened, in the world or in my head*)

B = my Belief, thoughts about, interpretation about what happened

C = the emotional or behavioral Consequence, not of A, but of B

ABC for urges: Urges (*sometimes called cravings*): 1) are time-limited (*they go away, often soon*); 2) don't harm me (*even though they are irritating and uncomfortable*); and 3) cannot force me to engage in addictive behavior. Whatever I'm seeing in my head (*or telling myself*) needs to be tested against these 3 fundamental facts about urges.

DISARM (Destructive Images and Self-talk Awareness and Refusal Method): I can imagine the urge as something or someone attacking me in some way, and see myself fighting back.

Hierarchy of Values: Am I living consistently with my values, or what I say are my values?

Brainstorming: Do I need fresh ideas about a problem or belief I have?

Role playing and rehearsing: Do I have an upcoming conversation that may be difficult? Could I benefit from practicing my part in advance?

USA (Unconditional Self-Acceptance): Do I accept that I have as much right to be in the world as anyone else? Do I treat myself as well as I treat those I care about (*or as well as I treat strangers*)?

Please give this flyer to someone who want or needs to know about SMART Recovery.

For further information, contact John at john@smartrecovery.org or 619-750-4328.
For a list of SMART meetings in our area, please visit our local website: <http://www.smartrecovery.org>.