

*Discover the  
Power of Choice!*







**SMART Recovery**<sup>®</sup>  
Self-Management and Recovery Training

*Welcome to SMART Recovery<sup>®</sup>, a science-based addiction recovery support group — where participants learn self-empowering techniques to aid their recovery through face-to-face and online, mutual-help meetings and other services. No matter what your addiction, SMART Recovery<sup>®</sup> tools and techniques can help you overcome the behavior.*

## How Does SMART Recovery<sup>®</sup> Work?

SMART Recovery<sup>®</sup> uses tools based on scientifically proven methods for addiction recovery such as Cognitive Behavior Therapy and motivational interviewing.

## The SMART Recovery<sup>®</sup> 4-Point Program<sup>®</sup>

-  # 1 ~ Building and Maintaining Motivation
-  # 2 ~ Coping with Urges
-  # 3 ~ Managing Thoughts, Feelings and Behaviors
-  # 4 ~ Living a Balanced Life

Some of the tools used in the program are outlined to the right in “Some Specifics.”

## What Makes SMART Recovery<sup>®</sup> Different?

SMART Recovery<sup>®</sup> advocates choice, allowing those seeking recovery to discover what works best for them from a variety of options.

The SMART Recovery<sup>®</sup> goal is for you to achieve a healthy, positive and balanced lifestyle and to “graduate” when you feel your addictive behavior is behind you, not to remain a permanent participant in the program. Upon graduation, many SMART participants volunteer as meeting facilitators or in another capacity to help “pay forward” the gains they achieved.

## SMART Recovery<sup>®</sup> Meetings

SMART Recovery<sup>®</sup> conducts face-to-face meetings around the world, plus daily online meetings. Visit the “Local Meetings” or “Online Meetings” links on the SMART Recovery<sup>®</sup> website – [www.smartrecovery.org](http://www.smartrecovery.org) – for times and places most convenient for you.

Wednesdays (7 - 8:30PM): Wil-Mar Neighborhood Center, 953 Jenifer St., Madison, WI

Thursdays (7 - 8:30PM): New Self Renewal Center, 6300 Enterprise Lane, Madison, WI

Note: Meeting cancellations occur occasionally. The above meeting times are current as of January 5, 2015. Be sure to check online for any last minute changes!

## Some Specifics

Here are some of SMART Recovery<sup>®</sup> tools that can help you in your recovery journey:

**CHANGE PLAN WORKSHEET:** This is a chart in which you list your goals, how you will attain them, the ways in which you will overcome obstacles and challenges, and the resources available to help you.

**COST/BENEFIT ANALYSIS (CBA):** A tool useful for increasing your motivation to abstain from your addictive behavior by assessing the advantages and disadvantages of both continuing and discontinuing engagement in it.

**THE ABC'S OF REBT:** This tool from Rational Emotive Behavior Therapy, founded by Dr. Albert Ellis, helps identify our irrational beliefs, which in turn lead to poor consequences.

**DISARM (Destructive Imagery and Self-talk Awareness and Refusal Method):** This tool exposes the thoughts and images, which urge us to pursue our addiction as inaccuracies, excuses and rationalizations.

**BRAINSTORMING:** This technique is often used in face-to-face and online meetings. A participant introduces a question or problem. Other participants then offer ideas and/or suggestions without any judgment involved.

**ROLE-PLAYING/REHEARSING:** This tool is used in a group setting to rehearse how to avoid addictive behavior during upcoming potential high-risk situations with group members playing various roles.

## When Can I Start?

**TODAY!** Visit the SMART Recovery<sup>®</sup> website to “Get Started”, find “Local Meetings”, participate in “Online Meetings & Activities” or check out our “Resources”. All the tools are there, and . . . it's all **FREE!**

MORE LOCAL MEETING INFORMATION – [www.madisonsmartrecovery.org](http://www.madisonsmartrecovery.org)