

SMART Recovery Discussion Meeting Script
For a co-hosted meeting
3/13/16

Co-hosts take turns reading this script and managing different parts of the meeting. If just two co-hosts are present, go back and forth between you. If three or more are present, keep taking turns. Each new section is identified by *****

*******1) Welcome**

READ: Hi, I'm ____, and this is _____. Together we are co-hosting this SMART Recovery Discussion meeting. SMART Recovery supports individuals who have chosen to abstain from any substance or activity, or are considering abstinence. This meeting will last (60 or 90) minutes.

Together we can have a helpful meeting. This meeting is like a potluck dinner. We provide the place. You provide the food. The meeting guidelines are:

- 1) No one is required to participate. We will go around-the-circle at least twice. When it's your turn, you can say "pass" or waive your hand.
- 2) This meeting is confidential. What is said here, stays here.
- 3) This meeting is free, but later we will pass the hat for donations.
- 4) This meeting is conversational. We keep the discussion moving from person to person.
- 5) We don't give advice. SMART Recovery encourages participants to make their own choices. We can, however, offer ideas to consider.
- 6) We don't debate issues about addiction and recovery. We are free to speak in the language we want to, and to view addiction and recovery however we want to.
- 7) In this meeting we "Do SMART Recovery" by doing exercises based on the SMART Recovery tools.
- 8) If an issue comes up that we don't know how to handle, one of us can check in with SMART Recovery and get a report back next week.

*****After this introduction we'll go around the circle for a check-in. Please tell us, if you wish, what you'd like us to know, perhaps why you are here or what has happened with you recently. After the check-in we will begin a series of round-the-circle exercises, which will be the primary part of our meeting. After each exercise we'll discuss what we learned from it. Then we'll pass the hat. Finally, we'll have a checkout, when you can tell us what was most meaningful to you in this meeting.

*******2) Check-in**

READ: Let's begin with the check-in. What would you like us to know? Say pass if you wish.

*******3) Discussion**

READ: Let's do an exercise based on the SMART Recovery Tool..... [See attached list of exercises. Pick one. Going in the order listed on the exercise sheet is fine.]

READ: Did anything come up that you would like to discuss?

*****[Do a new exercise if there is time, until it is time to pass the hat]

*******4) Pass the hat**

READ: Thanks for this discussion. There are several *free* ways to learn more about SMART Recovery. You can attend more meetings (including online meetings), read the website, or participate online in the chat room or the message board. You can also purchase the Handbook for \$10, or sign up for the Overcoming Addictions web app on the home page, smartrecovery.org. As we learn more about SMART Recovery, we will have more helpful meetings.

We're passing the hat for donations. Any donations you make are greatly appreciated. With your contributions, we can reach everyone who needs to know about SMART Recovery. Because you can also think of SMART as Save Money at Recovery Training, maybe you'll be willing to give us a portion of the money you are saving!

SMART Recovery needs more meetings. Tonight's meeting is a Discussion meeting. We offer training on how to host a Discussion meeting and how to facilitate other kinds of meetings. Research suggests that the greatest benefit from SMART Recovery comes from leading meetings. We strongly recommend you become a host or facilitator. You'll be glad you did.

*******5) Checkout**

READ: Now it's time to checkout. Tell us, if you wish, what was most meaningful to you about tonight's meeting. You may wish to acknowledge the positive impact someone had on you, or explain how you understand a SMART Recovery Tool better.

*******6) Close**

READ: Thanks for attending tonight. This meeting will be here again next week at this time.