

SMART Recovery® San Diego

“Discover the Power of Choice”

The Doing/Thinking Meeting Format

SMART Recovery supports individuals who have decided to stop, or are considering stopping, any problematic addictive behavior. In addition to changing your behavior, you will probably need to change your thinking as well. SMART can help you! SMART Recovery takes a self-empowering approach to change. We help you discover how to *change yourself*, not wait for others or circumstances to change for you.

Imagine that most nights you socialize with friends at a bar and drink heavily. Because of problems from drinking, you decide to stop. In addition to stopping, you may need to support that behavior change with other changes (for instance, hanging out someplace else at night). You may also need to change your thinking. Helpful thoughts might include: “I can have fun in other places. Life without alcohol can be even better. Alcohol was killing me, even though it was fun in the moment.” Instead of waiting for the bar to go out of business, or your friends to stop drinking, or someone to enter your life and “force” you to change, in SMART *you* decide on the changes, and make them yourself. “Discover the Power of Choice.”

The changes we discuss generally fall into four broad areas, as described by the SMART Recovery 4-Point® Program: Maintain motivation, cope with craving, manage thoughts, feelings and behaviors, and live a balanced life. The following questions can help bring out these 4 Points in our lives:

Behavior (doing):

Past: What helpful behavior changes have I already made?

Present: What other changes am I working to make (and why)?

Future: What additional changes are worth considering?

Thoughts and beliefs (thinking):

Past: What helpful changes in thoughts and beliefs have I already made?

Present: What thoughts and beliefs am I questioning?

Future: What new thoughts and beliefs would be more helpful?

In the discussion period we will go around the circle. **Each participant answers one of these questions (your choice; or pass).** Then we have open discussion, focused on “how to change myself.” Participants familiar with SMART tools may want to talk about them, including Doing tools (Change Plan Worksheet, Roleplay, DISARM) and Thinking tools (ABC, HOV, Brainstorming). If there is time we can go around the circle again.

Our discussion can help us realize our Power of Choice, identify new and more helpful behaviors, thoughts and beliefs, and increase our sense of belonging to the SMART community.