

# SMART

## **Self-Management and Recovery Training**

Peer Work Network - Aug. 20, 2026

Kevin O'Neill

# Background

**Edward Thorndike (1897)**

**Alfred Adler (1908)**

**Albert Ellis (1955)**

**Daniel Kahneman (2011)**

1960-1970s

- Cognitive Behavior Therapy (CBT) emerges

SMART – 1994 – Secular, Mutual help program

- emerges from Rational Recovery

Rational Emotive Behavior Therapy (REBT)

- Secular but not opposed to religion

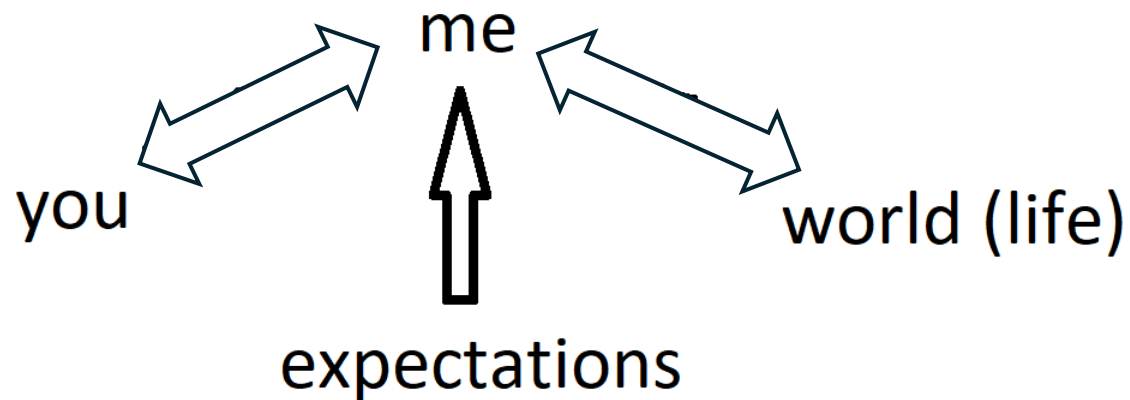
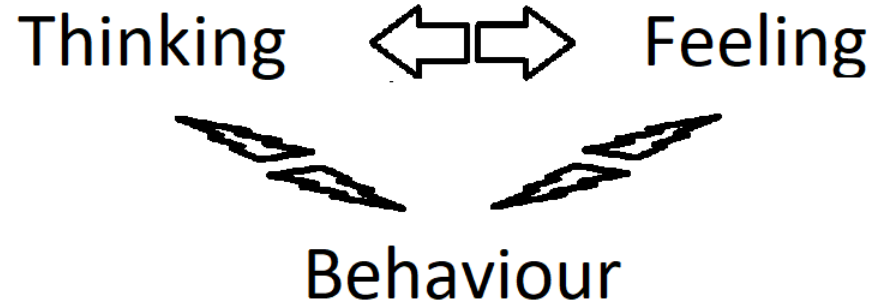
# Rational Emotive Behavior Therapy (REBT)

SNARES

x self pity

x self entitlement

x the need for clarity



x low frustration tolerance  
x absolute thinking

STRESSORS: 1 - 10

SUBSTANCE

(REPEAT) STRESS → URGE → RELIEF (REPEAT)

# SMART methodology

SMART stands for:

Self-Management and Recovery  
Training.

- Stopping the substance
- Life skills
- Unconditional acceptance

SMART has four main objectives:

1. Building and maintaining motivation
2. Coping with urges
3. Managing thoughts, feelings and behaviors
4. Living a balanced life

# SMART meeting - Opening statement

- This is an open meeting of SMART Recovery.
- SMART sees addiction as a learned, unhelpful behavior. At the core of SMART is the principle that I am largely responsible for my thoughts, my feelings and my behaviors, including addictive behaviors. If I want to change the way I feel and the way I behave, I can start by changing the way I think.
- SMART also believes that often at the core of addictive behaviors are many unhelpful thoughts and beliefs about my worth as a person. It encourages me to move toward thoughts, beliefs and behaviors that support Unconditional Self-Acceptance.
- These changes will take Patience, Practice and Persistence. At this meeting we support one another in learning and practicing the principles of SMART so that we can make the changes we believe will improve our lives.
- If this is your first time at a SMART meeting, welcome. You are invited to participate as much or as little as you want.

# SMART meeting - Group guidelines

- **Confidentiality**

- Who comes here and information about who comes here, stays here

- **Own what you share**

- As much as possible try and use "I" statements. Do not give unsolicited advice

- **Respect each other**

- No racist, sexist or homophobic comments. Discrimination will not be tolerated

- **Maintain order**

- Try and give everyone who wants to a chance to speak

*Avoid graphic or detailed descriptions of substance use or traumatic events*

*Try to come to meetings sober*

*Try to start and finish on time*

# Chapter 1

## Building and maintaining motivation

# Cost Benefit Analysis

## Using or Doing

Label each item short-term (ST) or long-term (LT)

**Benefits** (rewards and advantages)

**Costs** (risks and disadvantages)

## NOT Using or Doing

Label each item short-term (ST) or long-term (LT)

**Benefits** (rewards and advantages)

**Costs** (risks and disadvantages)

# Cost Benefit Analysis

## Using or Doing

Label each item short-term (ST) or long-term (LT)

### **Benefits** (rewards and advantages)

- Feel more alert, Don't feel pain
- Feel more attractive, Fun
- Connect with friends, Creativity

### **Costs** (risks and disadvantages)

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- .

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# Cost Benefit Analysis

| Using or Doing                                                                                                                                                    |                                                                                                                                                                                                                |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Label each item short-term (ST) or long-term (LT)                                                                                                                 |                                                                                                                                                                                                                |
| Benefits (rewards and advantages)                                                                                                                                 | Costs (risks and disadvantages)                                                                                                                                                                                |
| <ul style="list-style-type: none"><li>• Feel more alert, Don't feel pain</li><li>• Feel more attractive, Fun</li><li>• Connect with friends, Creativity</li></ul> | <ul style="list-style-type: none"><li>• Hangovers, Dishonesty, Delusion</li><li>• Losing my partner's trust</li><li>• Financial problems</li><li>• Expensive \$\$\$</li><li>• Shame, Loss of control</li></ul> |

| NOT Using or Doing                                                                                                                      |                                                                                                                                         |
|-----------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|
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## NOT Using or Doing

Label each item short-term (ST) or long-term (LT)

### Benefits (rewards and advantages)

- .....
- .....
- .....
- .....
- .....
- .....

### Costs (risks and disadvantages)

- Education (me, you, world)
- I'll miss the high and pleasure
- I'll have to stop avoiding life
- New education about thoughts/emotions
- Financial debt

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- Expensive \$\$\$
- Shame, Loss of control

## NOT Using or Doing

Label each item short-term (ST) or long-term (LT)

### Benefits (rewards and advantages)

- Improved health
- Improved relationships
- Improved job performance
- Saving \$\$\$, more time to do what I want
- Increased self-respect, self-confidence
- Increased ability to manage problems, achieve goals

### Costs (risks and disadvantages)

- Education (me, you, world)
- I'll miss the high and pleasure
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- New education about thoughts/emotions
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# Hierarchy of Values

- We all have values that motivate us. Chances are that you have not recently thought about your values. The HOV will help reintroduce what is most important to you
- Start by writing down as many of your values as you can think of. There are no right or wrong answers as these are personal. When you have written as many as you can, group them into main categories, ultimately narrowing your list to five; then list them in order of importance

# List of Values

Here is a list of some common values that embody core traits of the person that you may strive to be:

- Loyalty
- Spirituality
- Humility
- Compassion
- Honesty
- Kindness
- Integrity
- Selflessness
- Determination
- Generosity
- Courage
- Tolerance
- Trustworthiness
- Empathy

# My Values

|         |
|---------|
| 1. .... |
| 2. .... |
| 3. .... |
| 4. .... |
| 5. .... |

## ***What actions align with your values?***

- *Now, look over your list. For most people, the behavior they want to change isn't a value. Yet it may have made itself a priority in your life. Where does your behavior conflict with your value system?*

# Create a Change Plan

## 1 – My Change Plan

- Changes I want to make
  - Ex. Avoid bars/clubs, sleep better, abstain within 1 week
- How important are these changes to me?
  - Rate from 1-10
- How confident am I that I can make these changes?
  - Rate from 1-10
- The most important reasons I want to make this change is:
  - Ex. I want to keep my job, I want my kids back, I'm concerned about my health
- The steps I plan to take are
  - Ex. Attend SMART meetings, plan healthy meals each week, make a doctor's appointment

# Create a Change Plan

## 2 – Who can help me and how

| Person                                                     | Kind of help                                                          |
|------------------------------------------------------------|-----------------------------------------------------------------------|
| <ul style="list-style-type: none"><li>Ex. Friend</li></ul> | <ul style="list-style-type: none"><li>Share healthy recipes</li></ul> |

### I'll know my plan is working when:

- Ex. I can afford my own apartment, I'm always on time to work, I can have a normal conversation with my mom

### Some things that could interfere with my plan

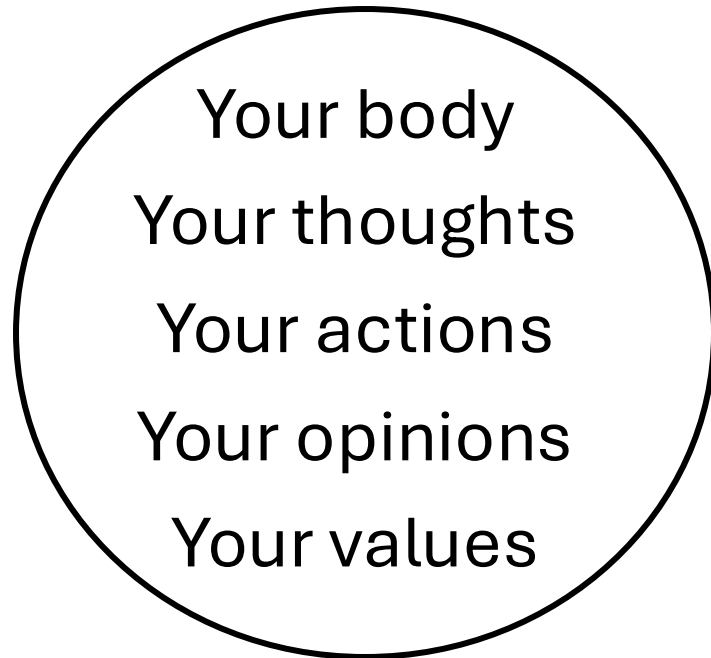
- Ex. Having no plans on a weekend night, holiday season parties, last-minute changes to work schedule

### I'll check in with myself on this change plan on: (date)

- Consider marking this date on your calendar, so you don't forget. If your plan is not working out, edit it or start fresh and try again.

# Hula Hoop

## Your Hula Hoop



## Everything else

Other people  
Other people's thoughts  
Other people's actions  
The weather  
Etc.

# Review of Chapter 1

## Building and maintaining motivation

- Attitude / Skills / Knowledge
- Sustained motivation is key to behavior change
- Motivation is explored by:
  - Weighing costs and benefits
  - Identifying values
  - Envisioning a future consistent with those values
  - Creating a plan for the future

# Chapter 2

## Coping with urges

# Coping with Urges

- Urges are often predictable
- Urges involve automatic (Absolute) thinking
  - System 1 and System 2 thinking
- Triggers give rise to urges (rating 1-10)
  - Urge log – what is predictable (first focus)
  - What works instead
  - Coping strategies

# Coping with Urges

- Four A's
  - **Avoid**
  - **Alter (change outside)**
  - **Adapt (change inside)**
  - **Accept**

*Repeatable* success with **Avoid**, **Alter**, and/or **Adapt** leads to **Acceptance**

# Urge Log

## Tool 4.3: Log your urges

Date:

Do you know how long your urges last? Or when they're strongest? By writing them down, you'll begin to see patterns. If you keep a journal, you can keep it with you and record your urges there. At first, you might jot down many urges per day—that's normal.

| Date | Time    | Strength<br>(1-10) | Length of Urge | What triggered my<br>urge? | Who/where was<br>involved? | How I coped and<br>felt about it    | Ideas for<br>next time   |
|------|---------|--------------------|----------------|----------------------------|----------------------------|-------------------------------------|--------------------------|
| 8/29 | 1:15 pm | 8                  | 1 minute       | Lunch in<br>a wine bar     | Lisa and Stephanie         | Told them and<br>forgot pretty fast | Find a new<br>lunch spot |
|      |         |                    |                |                            |                            |                                     |                          |
|      |         |                    |                |                            |                            |                                     |                          |
|      |         |                    |                |                            |                            |                                     |                          |
|      |         |                    |                |                            |                            |                                     |                          |

# Individual & Social Interests (Distractions)

- Learn something new
- Exercise
- Arts
- Books and entertainment
- Chores
- Games
- Outdoor activities
- Crafts
- Performing arts and music
- Personal growth
- Religion and spirituality
- Socializing
- Sports
- Trades and crafts
- Vent feelings
- Volunteer

# Personify and Disarm

The urges you feel aren't you. They're an impulse or a reaction – something separate from you. For some, personifying urges can create a helpful boundary. It also helps something abstract feel more concrete and manageable.

**Name:** Ex.: The whiner, the lobbyist, the hurt child

**What you say or do to them:** Ex.: I see you and I am in control here; I hear you and don't need your help anymore

**What happens when you say it:** Ex.: They lose their power, they dissolve, they move on

# Review of Chapter 2

## Coping with Urges

- Recognizing triggers and urges is a part of changing the unwanted behavior(s)
- Although urges can come up quickly, the tools to respond may require planning and practice
- Three P's
  - Patience, Planning, Practice

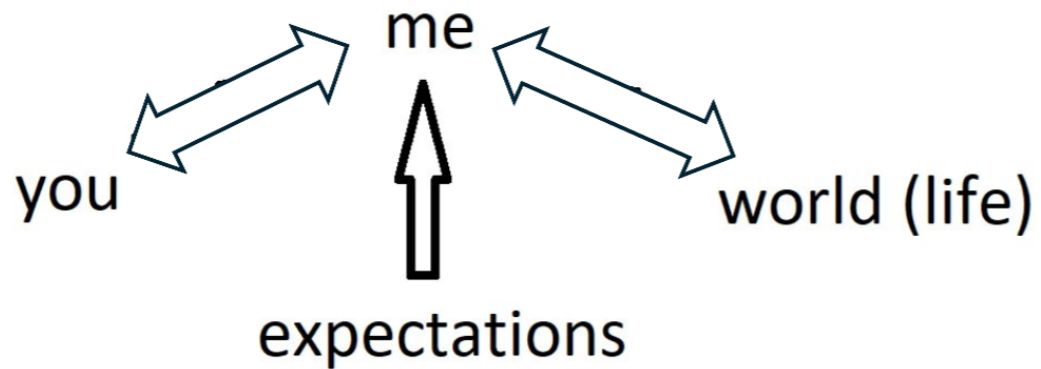
*Once I am aware.....my urge is a choice*  
*Discomfort is a part of life; frustration becomes rare*

# Chapter 3

## Managing thoughts, feelings and behaviors

# Managing thoughts, feelings and behaviors

- Negative self-image / Downing beliefs
- Unconditional acceptance



# Helpful / Unhelpful Beliefs

| <b>Helpful beliefs</b>                                                                                   | <b>Unhelpful beliefs</b>                                                                                            |
|----------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"><li>• Are true</li><li>• Make sense</li><li>• Or are helpful</li></ul> | <ul style="list-style-type: none"><li>• Aren't true</li><li>• Don't make sense</li><li>• Or are unhelpful</li></ul> |

# Helpful / Unhelpful Beliefs

| <b>Belief type</b>      | <b>What to listen for</b>                                     |
|-------------------------|---------------------------------------------------------------|
| Demands                 | Must, Have to                                                 |
| Overgeneralizations     | Only, Always, Never                                           |
| Frustration intolerance | Can't                                                         |
| Awfulization            | Worst, Words that end in –est<br>(like stupidest or cruelest) |

# Common unhelpful beliefs

- I always fail
  - Have I never succeeded at anything?
- I'm totally worthless
  - Have I done anything worthwhile?
- My partner treats me unfairly and is a bad person
  - Has my partner ever done anything helpful for me?
- Nothing good ever happens to me and never will
  - Can I think of a time where something good did happen to me?
- I must be comfortable at all times
  - Is it realistic to expect to always feel comfortable?
- Messing up proves that I'm a complete failure
  - Am I the only human being who makes mistakes?

# Self-Talk & Spoken Talk

| <b>Instead of:</b>     | <b>Try this:</b>               |
|------------------------|--------------------------------|
| Must, Should, Ought to | Really want, Prefer, Choose to |
| Have to                | Want to                        |
| Can't                  | Choose not to                  |
| Awful                  | Not great, Not what I want     |
| Always                 | Often                          |

|                              |                                         |
|------------------------------|-----------------------------------------|
| I must be perfect            | I really want to do well                |
| You shouldn't do that        | I prefer you not to do that             |
| I can't stand this feeling   | I don't like feeling this way           |
| This situation is unbearable | This isn't the best way                 |
| Everything is terrible       | Things aren't the way I want them to be |

# ABC

## Tool 5.2: ABC exercise

Date:

| <u>A</u> ctivating event                                 | <u>B</u> elief about the event                                      | <u>C</u> onsequence of the unhelpful belief          | <u>D</u> ispute the unhelpful belief                                                 | <u>E</u> ffective thinking change                                                                                                                    |
|----------------------------------------------------------|---------------------------------------------------------------------|------------------------------------------------------|--------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|
| The event that created the urge.                         | What I unhelpfully believe about A—the “must.”                      | How I feel and behave in response to A because of B. | Questions I ask myself to dispute the unhelpful belief B                             | The new more effective belief I adopt to replace B, which leads to a different C in response to A.                                                   |
| Ex: My boss yelled at me today in front of my coworkers. | He has no right to embarrass me. It’s not fair. I can’t stand this. | I’m really mad and I want a drink.                   | Does my boss only yell at me? Is life always fair? Can I stand this without a drink? | My boss yells at everyone sooner or later. Life isn’t fair. That didn’t feel great, and it’s over. My boss isn’t worth giving up my long-term goals. |

# Problem Solving

- What is the root of the problem?
- How could I address the problem?
- List of ideas and likeliness to work (rate 0-10)
- Which idea will I try?
- What individual steps should I take as part of my plan?
  - Step 1:
  - Step 2:
  - Step 3:
  - ...
  - ...

# Review of Chapter 3

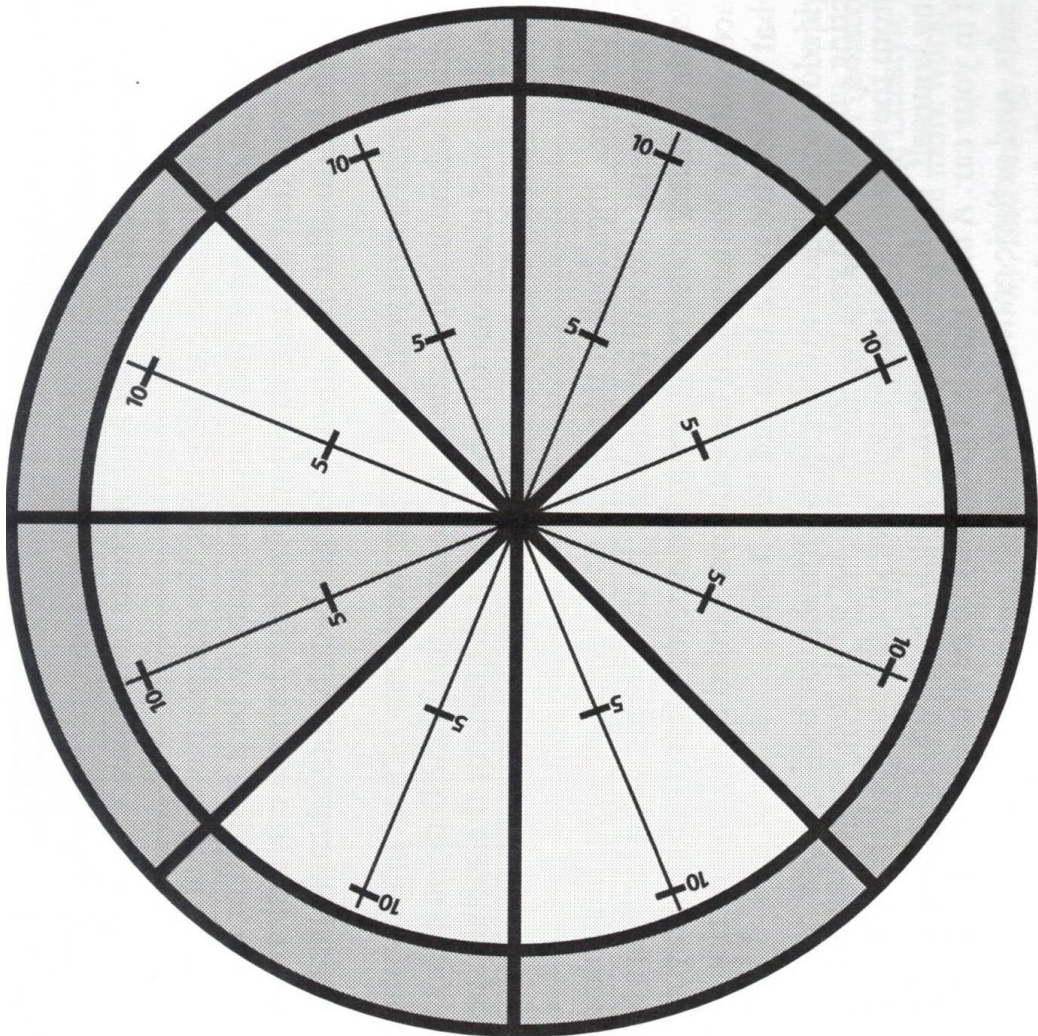
## Managing thoughts, feelings and behaviors

- Unhelpful beliefs can result in unhelpful automatic thoughts, feelings and (addictive) behaviors
- Learning to adopt helpful beliefs can reduce uncomfortable emotions and unhelpful behaviors
  - Gives the ability to respond to all types of challenging things
- Techniques like the ABC tool, helpful dialogue and structured problem solving can help with more effective behaviors

# Chapter 4

## Living a balanced life

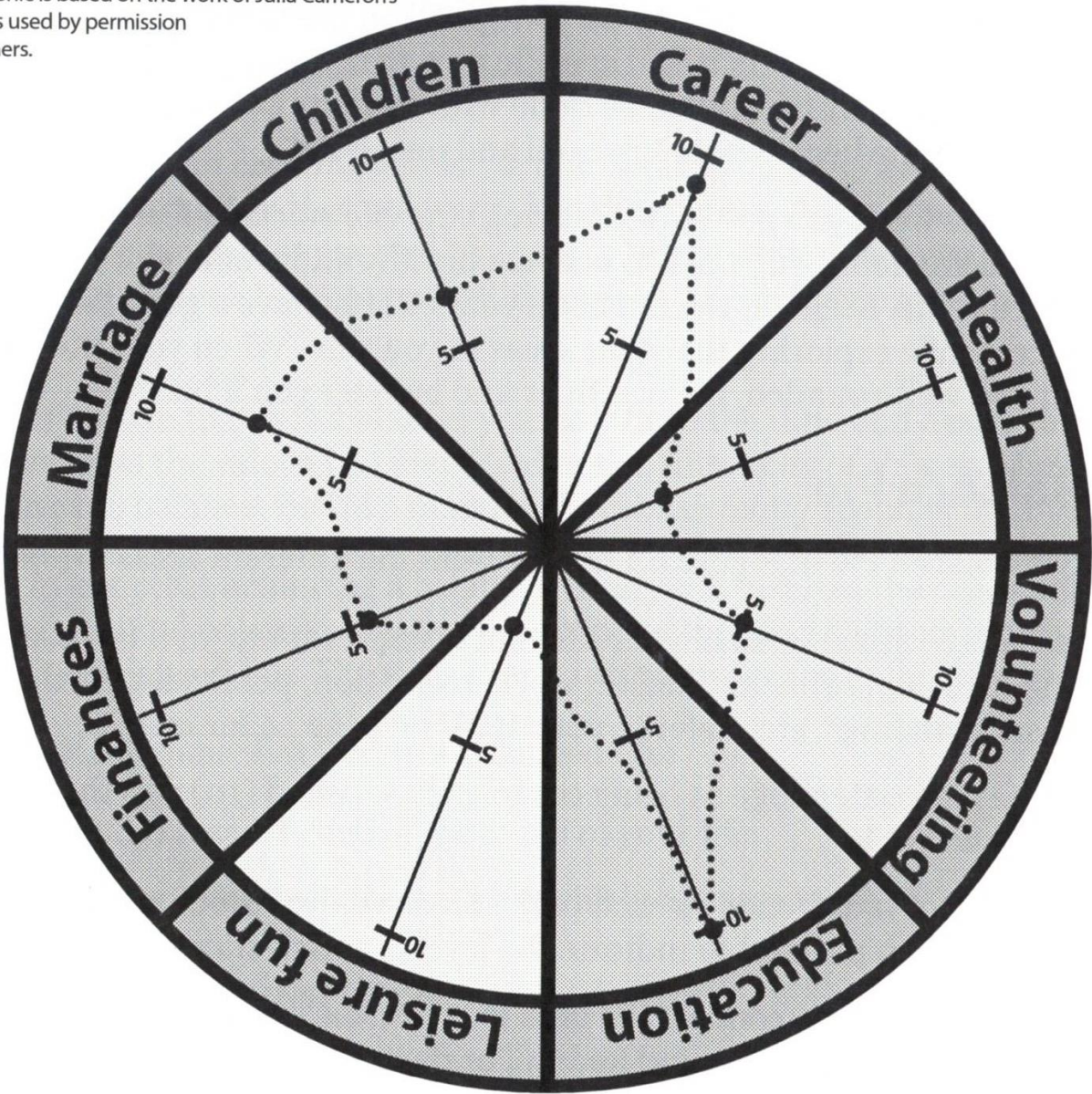
# Lifestyle Balance Wheel



- Each spoke of the wheel represents an area of your life
- Rate your satisfaction in each aspect of your life by putting a dot on the center line; the outer edge (10) is fully satisfied
- Connect the dots and see what shape you get. The rounder the wheel, the more balanced your life is.

Figure 6.1. **Lifestyle Balance Pie** (example).

This exercise and graphic is based on the work of Julia Cameron's *The Artist's Way*, and is used by permission from Penguin Publishers.



# Explore new pursuits and passions

(vital absorbing creative interests)

| Date:                                                                                                                                                     |                       |                   |                   |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|-------------------|-------------------|
| Jot down pursuits that interest you. Rate each by how much you expect to enjoy it. Once you've had a chance to try it, rate it again. What surprises you? |                       |                   |                   |
| Pursuit                                                                                                                                                   | Expectation<br>(1-10) | Reality<br>(1-10) | Comments/thoughts |
|                                                                                                                                                           |                       |                   |                   |
|                                                                                                                                                           |                       |                   |                   |
|                                                                                                                                                           |                       |                   |                   |

# Goal Setting – 1

## Setting effective goals

One pitfall can be setting too many goals.

- **Specific.** Instead of "improve my health", plan to "run a marathon" or "decrease my cholesterol"
- **Measurable.** Go to bed by 10 pm" is stronger than just "get more sleep"
- **Agreeable.** Choose something you like, of course. Make your goal something want to do, not something you only think you should do
- **Realistic.** If you've never run a marathon before, start with a 5k
- **Time-bound.** Give yourself an end date if you can. Are you giving yourself a week to accomplish it? A year?

# Goal Setting - 2

Here's an example of a goal that isn't a SMART goal. While it's agreeable and realistic, it is not specific, measurable, or time bound.

| Goal: Eat better. |            |           |           |            |
|-------------------|------------|-----------|-----------|------------|
| Specific          | Measurable | Agreeable | Realistic | Time-bound |
|                   |            | ✓         | ✓         |            |

Here's how that goal might be changed to improve its usefulness:

| Goal: Eat more heart-healthy foods to lower my cholesterol below 200 mg/dL within 6 months. |            |           |           |            |
|---------------------------------------------------------------------------------------------|------------|-----------|-----------|------------|
| Specific                                                                                    | Measurable | Agreeable | Realistic | Time-bound |
| ✓                                                                                           | ✓          | ✓         | ✓         | ✓          |

# Mindfulness and Meditation

- Mindfulness is learning to pay attention to the present moment.
  - A state of active, nonjudgemental attention to the present
  - Evidence shows it reduces depression, obsessive thinking, anger and PTSD....and helps with overcoming addiction
- Awareness techniques like meditation can help prevent rumination and return to unhelpful thoughts, uncomfortable feelings and urges

# Review of Chapter 4

## Living a balanced lifestyle

- Living a balanced life can be exhilarating and authentic
  - Experiment to determine what adds value and balance
  - Goals, planning, and passions/pursuits help with a feeling of fulfillment
  - SMART activities and meetings are available
  - The tools in SMART can prove valuable in life, not just in addressing compulsive behaviors

# Conclusion

## Rational Emotive Behavior Therapy (REBT)

SNARES

x self pity

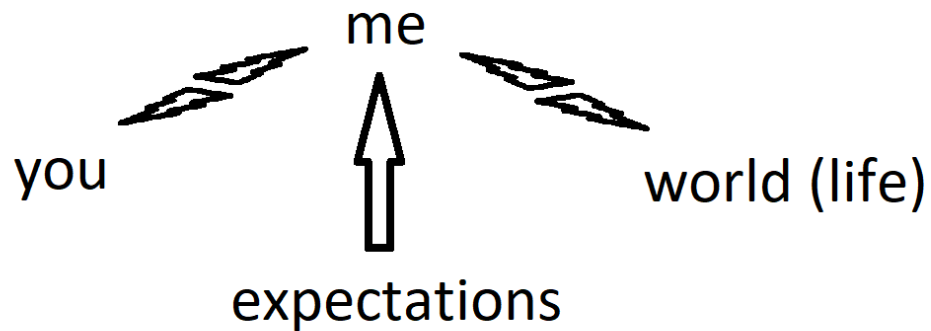
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Thinking ↔ Feeling



Behaviour



x low frustration tolerance  
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(REPEAT)    STRESS      URGE      RELIEF   (REPEAT)

SUBSTANCE

Backup Slides

# Cost Benefit Analysis

| Using or Doing                                                                          |                                                                                                                                         |
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