



Welcome

Our meeting will
begin shortly



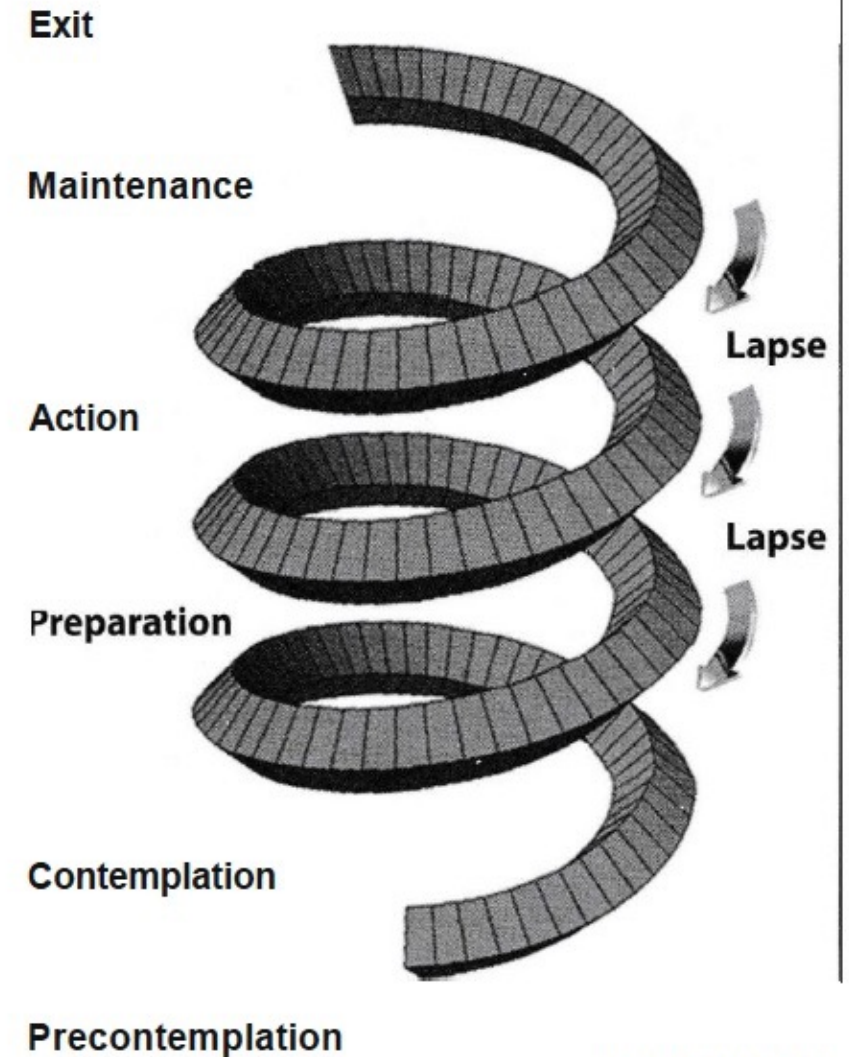
Guidelines for SMART Recovery Meetings

1. SMART allows you to make your own decisions and be responsible for them. We regard use of alcohol, other drugs or other self-harming behaviour as a personal matter. No one at a SMART meeting will shame or pressure you into quitting.
2. All participants agree to confidentiality. It is important for participants to feel safe at our meetings.
3. Participate actively. Ask questions and share ideas that have helped you or just listen and observe.
4. Show respect for all by not labeling others or using offensive language (sexist, racist, homophobic, etc.). No threats, weapons or violence. This is a non-confrontational organization with a positive reinforcement approach that supports kindness and compassion.
5. Our focus is on how to abstain.
6. Participants benefit by taking primary responsibility for their own recovery and work towards achieving self empowerment.
7. We stay focused on the SMART Recovery program to gain independence.

The 6 stages of personal change. James Prochaska and Carlo DiClemente developed the Stages of Change model in the 1970s. They found that people who stopped smoking usually tried to stop several times before they permanently changed their behavior.

This model isn't a linear journey. Many people go in and out of different stages until they finally exit; even then, there's always the risk of relapse.

Figure 2.2. Stages of Change.



Graphic by Randy Lindel

**STRATEGY:
Stages of
Change.**



<https://youtu.be/0PareSSJvkA>

Stages of Change

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Precontemplation- People at this stage usually are not intending to take action in the near future and may not be aware their behavior is problematic. Precontemplators may show up in therapy or mutual-help groups under duress - pressure from spouses, employers, parents, or courts

Contemplation - People start weighing the benefits and costs of change and may experience the mixed feelings – ambivalence that people normally feel about change.

Preparation - At this stage, a person has decided their life needs to change and are open to seriously considering options.

Action - Here's where a person takes the plunge

Stages of Change continued.

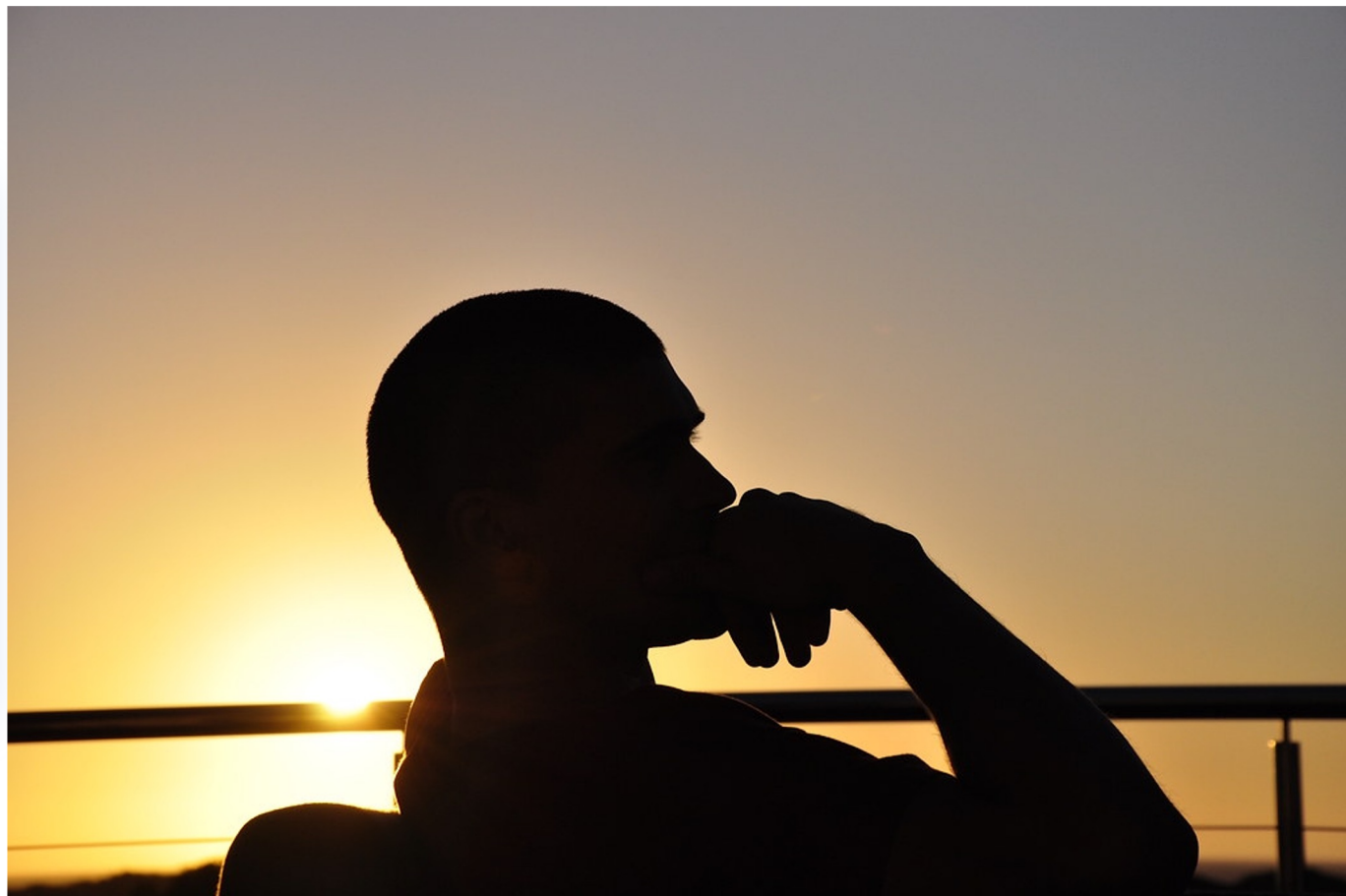
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- **Maintenance** - People continue building confidence as they progress on the new direction of their lives. But challenges remain; unexpected temptations may require new thinking or approaches. People usually keep seeking support from those they trust and keep doing healthy activities to cope with stress.

- **Exit** - After a long period of maintenance, most people adopt a new lifestyle consistent with their "new normal" behavior. Old, harmful behaviors no longer have a place in their lives. They express confidence and self-control, and live healthier, happier lives.

- **Lapse or relapse** - While not a stage or necessary part of change, they are common and may occur at any stage. They are never an excuse to continue addictive behavior. If a lapse or, relapse occurs, it doesn't mean a person has to restart their journey. They can identify which strategies helped them and which ones didn't, and use that knowledge to move forward with their recovery.

Questions?
Comments?
Rude remarks?



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About

Recovery Farm Website's intent is to make it easy to donate to SMART Recovery & to support this site.

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