

© SMART Recovery 2018 - Reproductions permissible for SMART Recovery® related activities.

SMART Recovery Toolbox

***** smartrecovery.org/smart-recovery-toolbox

The SMART Recovery Toolbox provides a variety of methods, worksheets, and exercises to help you self-manage your addiction recovery and your life. This collection of sensible tools is based on developing cognitive thinking skills to support you through addiction recovery.

Quick Reference

ABC Worksheet

The CBA Worksheet

ABC Crash Course

CBA Worksheet: 4 Questions About My Addiction

🔁 <u>Change Plan Worksheet</u>

1 HOV: Hierarchy of Values Worksheet

SMART Interactive Tools

<u>CheckUp and Choices – A SMART Recovery-based online program</u> (<u>Premium Offering</u>)

TIPS & TOOLS for RECOVERY that WORKS!

GOAL SETTING - Tips & Tools for Recovery that WORKS! 5 STEPS of PROBLEM SOLVING - Tips & Tools for Recovery that WORKS! OVERCOME HOLIDAY TRIGGERS - TIPS & TOOLS for RECOVERY that WORKS! EP 14 ROLE PLAYING - TIPS & TOOLS for RECOVERY that WORKS! EP 13 TIPS & TOOLS National Recovery Month Edition Next

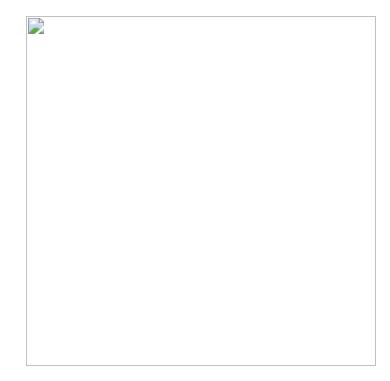












SMART Recovery Activities Scale (SRAS)

Activities Self-Assessment (participants)

Activities Assessment (professionals)

<u>EXAMPLE SRAS Podcast with Dr. Donald Meichenbaum and Dr. Julie</u> <u>Myers (1hr:1m)</u>

Encyclopedia of Rational Coping Statements and Disputations

Confidence-Building and Anxiety-Reducing Rational Beliefs

Putting the Past Behind You

Coping Statements for Dealing with Anxiety About Anxiety

Rational Beliefs to Increase Frustration Tolerance

Decision Making

10 Rules for Happiness

Helpful Things to Say to Myself to Overcome Perfectionism

The Psychology of Depression

Exchange Vocabulary Tool

Ingredients of Happy and Healthy Living

Relapse Prevention

How to Deal with Backsliding

Forward Steps to Recovery

Activities You Might Enjoy

Backward Steps to Addictive Behavior

Trigger Homework Sheet

Lifestyle Balance Pie

VACI

<u>SROL – SMART Recovery Online</u>

Additional Homework

Challenging My Unhelpful Idea

Self-Acceptance

Finding the ABCs

Self-Enhancement Possibilities

<u>Helping or Hurting?</u>

DISARM

Self-Promotion

Identifying Underlying Irrational Rules

Self-Help Recovery Homework Suggestions

Interpretation or Evaluation?

Values and Goals Clarification

Rational vs. Irrational: Three Key Questions About Your Beliefs

See Also Links

Articles and Essays

Suggested Reading List

News & Views Newsletters

SMART Recovery Dictionary