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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](#)

 [CBA Worksheet](#)

[ABC Crash Course](#)

[CBA Worksheet: 4 Questions About My Addiction](#)

 [Change Plan Worksheet](#)

 [HOV: Hierarchy of Values Worksheet](#)

SMART Interactive Tools

 [CheckUp and Choices – A SMART Recovery-based online program \(Premium Offering\)](#)

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 \(professionals\)](#)

 [Listen to the SRAS Podcast with Dr. Donald Meichenbaum and Dr. Julie Myers \(1hr:1m\)](#)

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

SROL – SMART Recovery Online

Additional Homework

Challenging My Unhelpful Idea

Self-Acceptance

Finding the ABCs

Self-Enhancement Possibilities

Helping or Hurting?

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