

**SMART Recovery Discussion Meeting Script**  
Sunday, 4:00 PM, NRVCS - Montgomery Center  
*Revision12/20/16*

**IMPORTANT - PRIOR TO MEETING:** Host, please prepare for the meeting by selecting at least one discussion exercise from your choice of:

- "SMART Recovery Discussion meeting exercises, 1"  
<http://www.smartrecovery.org/host-training/Discussion-meeting-exercises-1.pdf>
- "SMART Recovery Discussion meeting exercises, 2"  
<http://www.smartrecovery.org/host-training/Discussion-meeting-exercises-2.pdf>
- Your choice from the materials available here:  
<http://www.smartrecovery.org/resources/toolchest.htm>
- Your choice of a section from the SMART Recovery Handbook  
<https://www.smartrecovery.org/shop/product/books/smart-recovery-handbook-3rd-edition/>

Copies must be made prior to the meeting. Photocopies are not available at NRVCS. If you choose to facilitate an exercise requiring materials or handouts, those must be prepared in advance and provided by the host.

**NOTE:** Hosts do not participate, teach, confront, criticize or argue. The host's role is to allow attendees to find their own answers, thus supporting participants' development of self-efficacy. Hosts observe discussion among those attending, gently facilitate when needed in order to keep the group moving along, and keep the central topic "how to abstain from addictive substances or behaviors."

Hosts enforce three discussion guidelines - 1) no lengthy statements, 2) no advice, and 3) no off-topic discussions) - by saying:

- "It's time to move on to the next person."
- "That sounds like advice. Could you phrase your idea as a suggestion, or relate your own experience?"
- "This topic is not appropriate in a SMART Recovery meeting. Would you like to make a different statement?"

Please set up chairs in a circle.

## **1) Welcome and Introduction**

[Pass out official SMART Recovery information handout.]

**READ:** Welcome to all! I'm \_\_\_\_\_ and I'm serving as today's host of this SMART Recovery Discussion meeting.

We appreciate NRVCS for offering SMART Recovery space for this meeting. The bathrooms are on the right from this room or to your left as you enter the building. To help keep maintenance costs low, please stay in this room or in the entry way and not in other areas of the building, and please bring no food and only self-contained beverages into the building.

For those beginning to discover they're doing something they want to stop, have tried stopping something and are having trouble, or have stopped and want to stay stopped, SMART Recovery welcomes all. Whether one struggles with alcohol and other drugs, smoking, gambling addiction, Internet addiction, sexual addiction, self-injury, problematic eating behavior, problematic relationships, or issues with other substances and activities, SMART Recovery meetings are the place to gather and talk with people addressing similar challenges.

The "SMART" in "SMART Recovery" stands for Self-Management And Recovery Training. SMART Recovery supports individuals who have chosen to abstain from any substance or activity, or are considering abstinence. Abstinence is not required to attend this meeting. SMART Recovery teaches self-empowering skills to help build and maintain motivation, cope with urges, manage thoughts, feelings and behaviors, and live a balanced life. This meeting will last 60 minutes. Reading this script takes approximately 2 minutes.

Together we can have a helpful meeting. The meeting guidelines are:

- 1) No one is required to participate. We will go around the circle a few times and have open discussion as well. When it's your turn, you can say "pass" or wave your hand.
- 2) This meeting is confidential. Who is here and what is said here stays here. [Exception to "who is here" is SMART Recovery liaison Anne Giles whom you are welcome to identify.]
- 3) This meeting is free, but later we will pass the hat for donations.
- 4) This meeting is conversational. We keep the discussion moving from person to person.
- 5) We don't give advice. SMART Recovery encourages participants to make their own choices. We can, however, offer ideas to consider. We ask each person to share using "I-statements" rather than "you-statements" or "we-statements." We ask everyone to observe silence during each other's sharing.
- 6) The host does not participate but facilitates "round robin" and "popcorn" style sharing. In "round robin," we take turns one after the other in order around the circle. In "popcorn," people may share in any order as ideas or questions "pop" into their minds. Please be mindful of the time so all who care to share may have a turn.
- 7) We don't debate issues about addiction and recovery. We are free to speak in the language we want to, and to view addiction and recovery however we want.
- 8) In this meeting we do exercises based on the SMART Recovery tools.
- 9) If an issue comes up that we don't know how to handle, one of us can check in with SMART Recovery and get a report back next week.

Here's what will happen during the meeting. We'll go around the circle for a check-in. Please tell us, if you wish, what you'd like us to know, perhaps why you are here or what has happened with you recently. After the check-in, we will begin a series of exercises and share around the circle. This will be the primary part of our meeting. After each exercise we'll share or discuss what we learned from it. Then we'll pass the hat.

Finally, we'll have a check-out, when you can tell us what was most meaningful to you in this meeting.

Are there any questions or announcements before we begin? [Host, if you know of recovery-related events or developments, please feel free to share.]

## **2) Check-in**

[**NOTE to host:** If the attendance is large, suggest the number of minutes, from 1 to 3 minutes, allotted to each person so everyone will have a turn. If a person needs more time say, "Let's finish the Check-in and then we can come back to the issue you're dealing with during the discussion. We will have more time than and can get feedback from the whole group."]

**READ:** Let's start with the check-in. I'll ask for a volunteer then we'll go around the circle clock-wise. Please tell us your name, if you choose to, and what you'd like us to know, perhaps why you are here or what has happened with you recently. Who would like to begin?

[After the first person has shared, nod to the next person clock-wise in the circle. After those who choose to have shared, say, "**Thanks for sharing.**"]

## **3) Discussion**

**READ:** Now let's do an exercise based on the SMART Recovery Tools.

**READ:** [Host reads choice from "SMART Recovery Discussion meeting exercises, 1" or "SMART Recovery Discussion meeting exercises, 2."]

Let's share clock-wise around the circle on this exercise. Who would like to begin?

**READ:** [After everyone in the circle has had a turn to share:]

We'll share "popcorn" style on this question: Did anything come up for you that you would like to discuss?

#### **4) Pass the hat**

**READ:** We're just about out of time. Before we do our check-out, we'll share a bit more about SMART Recovery. If you would like more information about SMART Recovery, please see the host after the meeting. Materials available include:

- 1) handouts on SMART Recovery, on SMART Recovery's Guiding Principles, and SMART Recovery Tools.
- 2) a handout about this meeting that you can share with others. It includes the SMART Recovery website address, [smartrecovery.org](http://smartrecovery.org), where you can learn more about SMART Recovery, attend online meetings, and participate in the chat room or message board.
- 3) a handout on training to become a host of this meeting. We welcome anyone interested to train to serve as a host so we can all take turns and learn and grow together.
- 4) Extra copies of handouts of exercises from previous sessions.
- 5) a Meeting Attendance form
- 6) a Feedback Form

If you'd like the meeting organizers to be able to contact you with information about the meeting, perhaps a closing due to weather, please add your name, phone number and email address to this list. [Pass out a sign-up sheet.] Adding your name to the list is voluntary and the information will be kept confidential. We do not maintain a phone list of participants to hand out but you are welcome to individually exchange phone numbers or not, your choice.

If you would like a Handbook, they are \$10. If you can pay now and we have copies on hand, you can buy them after the meeting. Otherwise, we can order a copy for you and you can pay for it at the next meeting.

We're passing the hat for donations. Any donations you make are greatly appreciated and go directly to SMART Recovery.

**5) Check-out**

**READ:** Now it's time to do a check-out. Tell us, if you wish, what was most meaningful to you about the meeting. You may wish to acknowledge the positive impact someone had on you, or explain how you understand a SMART Recovery Tool better, or share an insight you gained for yourself. Let's continue to share clock-wise. Who would like to begin?

**6) Closing**

**READ:** Thank you so much for attending. This meeting is here each week on Sundays at 4:00 PM.

If you'd like copies of materials, feel free to see the host right after the meeting.

We wish you well and hope to see you again!