



## Meeting Opening

Hello everyone and welcome to tonight's SMART Recovery meeting. I'm your facilitator for this meeting, my name is \_\_\_\_\_. As some of you may already know, the word SMART stands for Self-Management-And-Recovery-Training. Our meetings are scheduled to run for (60 to 90) minutes and discussions are open to anyone.

SMART meetings are confidential, so in addition to your not having to give your real name or even to participate tonight, I'd like to emphasize that what is said here, stays here.

The main focus of these meetings is how to abstain from harmful addictions or activities, by that I mean to include alcohol, drugs, food, or gambling. The SMART tools are designed to help each of us -- regardless of what the unwanted behavior might be -- to find a better balance in our lives.

Since SMART Recovery views recovery as being our own responsibility, a number of tools are offered to empower you as an individual to accomplish the 4-Point Program<sup>®</sup>, which is to:

1. Build and maintain motivation,
2. Cope with urges (also known as cravings)
3. Identify and solve the other problems in your life, and
4. Achieve lifestyle balance in order to prevent relapse

We don't charge anything for attendance at these meetings, but a hat will be passed for donations. Your donations help with local publicity, purchasing of Handbooks, and a portion of what we collect is shared with the SMART Recovery National Office, to help keep the program available to individuals throughout the US. Perhaps consider contributing the cost of a drink or what you're saving tonight by participating in the meeting instead of your addictive behavior. We're grateful for your support.

I'll sign attendance verification slips for anybody who needs it at the conclusion of the meeting, to help speed up that process, I ask that you pre-fill in the Location and today's date, as well as my phone number, which is \_\_\_\_\_.

I've got some SMART Recovery introductory materials available for free, as well as Handbooks for sale to anyone that's interested.

That's it for the Welcome and Introduction part of the meeting; now let's move on to our Check-In.