

SMART Video Links

About SMART Recovery (Introduction) 5:13 -
<https://www.youtube.com/watch?v=zxzhzQJqzZ4>

Tips & Tools for Recovery That Works (Ted Perkins)

1. The DEADS Tool 2:51 - <https://www.youtube.com/watch?v=rHI3STAGI-I>
2. ABC Tool for Coping with Urges 4:08 -
<https://www.youtube.com/watch?v=plxfsXXz5j8>
3. Cost-Benefit Analysis 5:47 - <https://www.youtube.com/watch?v=k2e2TNSTurs>
4. Stages of Change 5:08 - <https://youtu.be/0PareSSJvkA>
5. Hierarchy of Values (HOV) 5:39 - <https://youtu.be/RW63DdsgoI0>
6. Vital Absorbing Creative Interest (VACI) 5:10 - <https://youtu.be/LCyfVdbZ8AQ>
7. Unconditional Self-Acceptance 6:23 - <https://youtu.be/sgM32-FF6gA>
8. Unconditional Other Acceptance 6:16 - <https://youtu.be/RN5-v8tr7d0>