



## Meeting Opening

Welcome to our SMART Recovery meeting. SMART stands for Self-Management and Recovery Training. This means our meeting is focused on empowering you to take control of your life by building practical skills and using strategies to support your growth and well-being.

This meeting is scheduled to run for (60 to 90) minutes and discussions are open to everyone. 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 focus of these meetings is on how to make progress in reducing or resolving addictive behaviors. The SMART tools are designed to help each of us -- regardless of what our problem of concern might be -- to find a better balance in our lives.

SMART Recovery views recovery as being our own responsibility, and a number of tools are offered to empower you as an individual to engage in a meaningful process of change. Central to our approach is the 4-Point Program®, which provides a practical framework to guide your journey:

1. Building and Maintaining Motivation
2. Coping with Urges and Cravings
3. Managing Thoughts, Feelings, and Behaviors
4. Living a Balanced Life

The points are groupings of ideas and tools for you to consider. You can focus on them in any order and at any time. You might shift your focus from one to another. It all depends on where you're at in your journey at that time. Like a compass, the points can help you stay on course.

We don't charge anything for attendance at these meetings, but a basket will be passed near the end of the meeting for donations. Your cash donations help with local publicity, buying new handbooks, and purchasing basic supplies. Excess donations are sent to SMART Recovery USA, which is a non-profit organization. You may also make contributions directly to SMART online if the deductibility of your donations is important to you.

I'll sign attendance verification slips for anybody who needs one at the conclusion of the meeting, speak to me when the meeting ends. I've got some SMART Recovery introductory materials available for free, as well as Handbooks for sale.

That's it for the Welcome and Introduction part of the meeting. Let's get started.