

Tool quick reference guide

This table maps the SMART tools to the Stages of Change. It can help you identify which ones are most helpful at each stage.

Tool	Page	Precontemplation	Contemplation	Preparation	Action	Maintenance
2.1 Journaling	21	X	X	X	X	X
2.2 Practice self-compassion	22	X	X	X	X	X
3.1 Cost Benefit Analysis	24		X	X		
3.2 Define your values (hierarchy of values)	27	X	X	X		
3.3 Five questions	28		X	X		
3.4 Create a change plan	29		X	X	X	X
4.1 Identify triggers	36			X	X	
4.2 Rank trigger risks	37			X	X	
4.3 Log your urges	38			X	X	
4.4 Plan your week	43				X	X
4.5 Customize DENTS for you	45				X	X
4.6 Personify and disarm	46				X	
5.1 Dispute unhelpful beliefs	54				X	X
5.2 ABC exercise	59				X	X
5.3 Practice problem solving	62			X	X	X
5.4 Planning positive conversations	64		X	X	X	X
5.5 Setting healthy boundaries	66		X	X	X	X
6.1 Check your lifestyle balance (lifestyle balance wheel)	70			X	X	X
6.2 Explore new passions and pursuits	73			X	X	X
6.3 Set an effective goal	77			X	X	X
6.4 Meditation practice	78				X	X
6.5 Try progressive muscle relaxation	80				X	X
6.6 Visualize a relaxing space	81				X	X