



## Introduction to SMART Recovery

*"Discover the Power of Choice!"™*

SMART Recovery's 4-Point Program® helps people recover from all types of addictive behaviors, including: alcoholism, drug abuse, substance abuse, drug addiction, alcohol abuse, gambling addiction, cocaine addiction, and addiction to other substances and activities.

SMART Recovery (Self-Management And Recovery Training) is not a 12-step group, like Alcoholics Anonymous (AA) or Narcotics Anonymous (NA).

SMART Recovery sponsors [face-to-face meetings around the world](#), and [daily online meetings](#). In addition, our [online message board](#) and 24/7 chat room are excellent forums to learn about SMART Recovery and obtain addiction recovery support.

Please note that registration at our messageboard is required for our online meetings.



**MAKE A DIFFERENCE:  
DONATE**

Help us provide science-based support for addiction recovery to those struggling with addiction – and to their families.

[DONATE](#)

### Follow Us



### Quick Links

- [Introduction to SMART Recovery](#)
- [Family & Friends](#)
- [Teen & Youth Program](#)
- [Facilitator Training](#)
- [For Addiction Professionals](#)
- [Courts and Legal](#)
- [For Correctional Facilities](#)
- [Need Urgent Help?](#)

### Special Event

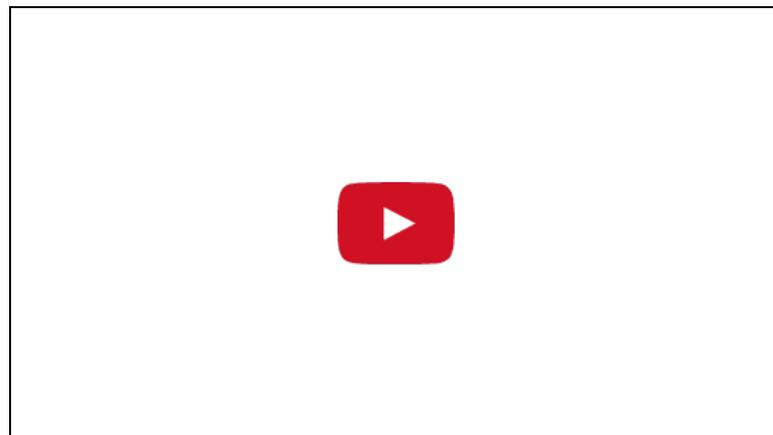
SMART Recovery Presents

**Dr. Michael Edelstein**  
Cognitive Tools for  
Fighting Addiction

Saturday June 20th  
5:00PM EDT



## 🌟 Welcome to SMART Recovery



Watch our video and learn more about SMART Recovery and our 4-Point Program.

## 🌟 Our Purpose

To support individuals who have chosen to abstain, or are considering abstinence from any type of addictive behaviors (substances or activities), by teaching how to change self-defeating thinking, emotions, and actions; and

### SMART Recovery Blog

[An Interview with Dr. Michael R. Edelstein: Cognitive Tools for Fighting Addiction and Beyond](#)

SMART Recovery® is delighted to announce a new SMA...

**Think SMART!**  
SMART for Life: An Entertaining and Informative Vi...

**What's the first step of habit change? Going off autopilot!**  
- Carrie Wilkens, Clinical Director of the Center ...

**The Greatest Salesperson I will ever meet!**

to work towards long-term satisfactions and quality of life.

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★ [Our Approach](#)

- HughK, SMART Recovery Facilitator  
A truly profes...

[News & Views Newsletter](#)



There is also a [downloadable version of this presentation available here](#). Right-click this link and select 'save' to use this interactive PDF presentation.

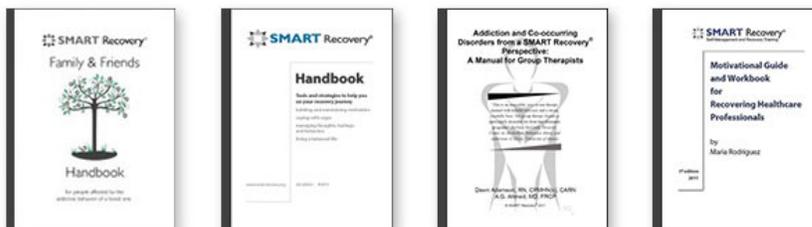
## ⚙️ SMART and Other Recovery Support Groups

At SMART Recovery we believe that each individual finds his own path to recovery. For some participants, that path may include 12-step programs, like Alcoholics Anonymous (AA) or Narcotics Anonymous (NA), or other self-empowering groups such as Women for Sobriety, LifeRing Secular Recovery, Moderation Management, or Secular Organizations for Sobriety. Although the SMART Recovery approach differs from each of these approaches in various ways, it does not necessarily exclude them. Some SMART Recovery participants choose to attend other meetings when they cannot attend a SMART Recovery meeting, as they construct their own paths to recovery.

## ⚙️ What's Next?

### [Learn About SMART Recovery](#)

Follow this link to various slideshows and videos to help you to get quickly up-to-speed with SMART Recovery.



[Visit the SMART Recovery Bookstore](#)



SMART Recovery® gratefully appreciates the support of the following organizations:



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