

# SMART Recovery

Are you concerned about your alcohol and/or other drug use or other addictive behaviours?

## **Self Management Recovery Training (SMART)**

SMART recovery training is a self-help group that can assist you in recovery from issues that you may have with alcohol and/or other drugs.

Groups explore practical skills that can help you deal with your issues, plan and achieve the goals that you set yourself.

## **SMART Recovery is based on four basic principles:**

1. building and maintain motivation
2. coping with urges and cravings
3. self management of thoughts, feelings and behaviours
4. living a balanced lifestyle

## **SMART Recovery meetings**

- focus on the present and future
- focus on planning and setting goals for the next seven days
- are about learning to plan your recovery by making the changes you want

**For more information call:**

**[palmerston.org.au](http://palmerston.org.au)**