

Discover the power of choice!



Welcome to SMART Recovery®, a science-based addiction support group – where participants learn self – empowering techniques to aid their recovery through mutual-help, face-to-face and online meetings and services. No matter what your addiction, SMART Recovery® tools and techniques can help you overcome the behavior.

How Does Smart Recovery Work?

Every addict has an enabler, SMART Recovery can help you too. Meetings can be religion based or non-religion based. SMART Recovery has tools based on scientifically-proven methods for addiction recovery such as Cognitive Behavior Therapy and motivational interviewing.

The SMART Recovery 4 Point Program®



What Makes SMART Recovery Different?

SMART Recovery advocates choice. So that those seeking recovery can choose from a variety of options what works for them from a variety of options.

The SMART Recovery goal is for you to achieve a healthy, positive and balanced lifestyle and to “graduate” when you feel your addictive behavior is behind you, not to remain a permanent participant of the program. Upon graduation, many SMART Participants volunteer as meeting facilitators or in another capacity to help “pay forward” the gains they achieved.

When Can I Start?

TODAY! Visit the Healthy Worship website “Addiction In All Of Us” Forum. All posts are there for you to explore and join in the discussion if desired.

Some Specifics

CHANGE PLAN WORKSHEET: This is a chart which you list your goals, how you will attain them, the ways in which you will overcome obstacles and challenges.

COST/BENEFIT ANALYSIS: Often called “CBA” this tool is especially useful for increasing your motivation to abstain from your addictive behavior and for the enabler to abstain from their role as an enabler.

THE ABC'S OF REBT: Rational Emotive Behavior Therapy helps identify our irrational beliefs, which in turn, lead to poor consequences.

DISARM: (Destructive Imagery and Self Talk Awareness and Refusal Method) This tool exposes the thoughts and images which urge us to pursue our our addiction as inaccuracies, excuses and rationalizations.

BRAINSTORMING: This technique is often used in face-to-face and online meetings. A participant introduces a question or problem. Other participants then offer ideas and/or suggestions without any judgment involved.

Role-Playing/Rehearsal: This tool is mostly used in groups. An example would be rehearsing how to avoid addictive behavior at a wedding or other high-risk upcoming event with group members playing various roles.

Create S.M.A.R.T. Goals



Local Meeting: 1740 S. Burlington Rd Bridgeton, NJ 08302 (856)392.9620

VISIT OUR LOCAL CHAPTER ONLINE – www.caring4you.net/healthyworship