

The Differences between SMART Recovery and the Twelve-Step Program

SMART Recovery

Twelve Step Program

<ul style="list-style-type: none"> • Behavioural based so can be used for any addiction or problematic behavior 	<ul style="list-style-type: none"> • Groups are restricted to one type of addiction
<ul style="list-style-type: none"> • Based on 4 principles of SMART Recovery – motivation, coping with urges, problem solving and lifestyle balance 	<ul style="list-style-type: none"> • Twelve steps include acknowledging mistakes and making amends
<ul style="list-style-type: none"> • Interactive groups where dialogue and discussion is encouraged 	<ul style="list-style-type: none"> • Cross talk in meetings is discouraged
<ul style="list-style-type: none"> • No ‘drug’ talk during meetings 	<ul style="list-style-type: none"> • Participants acknowledge their past and are encouraged to discuss it
<ul style="list-style-type: none"> • Self-management program 	<ul style="list-style-type: none"> • Surrender to a higher power
<ul style="list-style-type: none"> • Focuses on the ‘here and now’ 	<ul style="list-style-type: none"> • Recount your history and identify your problem at every meetings
<ul style="list-style-type: none"> • No labels for participants – i.e. ‘Alcoholic’ 	<ul style="list-style-type: none"> • Identify according to addiction
<ul style="list-style-type: none"> • Addiction is identified as a problematic or a self-defeating behaviour 	<ul style="list-style-type: none"> • Addiction is a disease
<ul style="list-style-type: none"> • Set your own recovery goals that may or may not include abstinence 	<ul style="list-style-type: none"> • Abstinence is the goal
<ul style="list-style-type: none"> • You can attend meetings for as long as you want or until you feel that you have achieved recovery 	<ul style="list-style-type: none"> • Meetings are a lifetime commitment
<ul style="list-style-type: none"> • Provides tools and techniques that equip people for the rest of their lives 	<ul style="list-style-type: none"> • Require a sponsor and derive strength from the group
<ul style="list-style-type: none"> • No spirituality or higher power invoked during meetings 	<ul style="list-style-type: none"> • Participants are required to acknowledge a greater/higher power