

The tool:

## SMART Recovery<sup>®</sup> Online (SROL)

(An “unofficial” SMART Recovery<sup>®</sup> tool)



Effectively used for which of the 4 points?

 Building & Maintaining Motivation	 Coping with Urges	 Managing Thoughts, Feelings & Behaviors	 Living a Balanced Life
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Found online at <http://smartrecoveryforum.org>\* you can use this “tool” as a resource for help and support **WHENEVER** you need it, 24/7/365 days a year. SMART Recovery<sup>®</sup> Online (SROL) is a warm and caring online community designed to help one another overcome addictive behaviors. Available for your use are:

1. The **MESSAGE BOARD** is an extensive resource available to our online members. At the top of each page, you will find the **SMART Tool Box**, containing the SMART tools and many other helpful articles and essays. When first starting out, we invite you to make a post introducing yourself in the **Welcome Area**. The main parts of the Message Board are **Discussions** and **Tools and Resources**. The **Classic Posts** section is an archive of some favorite posts from the past. Many people join one (*or more*) of the daily check-in groups that are available. There are also forums for specific substances and behaviors (*i.e. Opiates, Quit Smoking, Eating Disorders, Self-Harm, etc.*) as well as for specific situations (*i.e. Family & Friends, Dealing with Grief while Recovering from Addictions, Recovering to Parenthood, etc.*).
2. The **CHAT ROOM** is open 24 hours per day, 7 days a week, and 365 days a year. Because there are online members from all over the world, there is usually always someone in the chat room. Upon entering, you may find a casual or joking environment, but if you have an issue or want information about something, just let the room know. Recovery comes first and the focus of the discussion will turn to try to help you with your issue(s).
3. The **MEETING ROOMS** provide a number of online meetings per day. The Meeting Schedule can be found at the top of each webpage on the site. While you are more than welcome at any of the online meetings available, please note that there is also one tailored especially for new members. Our online meetings, which are 90 minutes long, are more structured than general chat, having a Facilitator that runs the meeting. Some of the online meetings take place in our Voice Meeting Room. Refer to the Meeting Schedule for specific dates and times.
4. The **ONLINE LIBRARY** is an excellent place to look for SMART Recovery<sup>®</sup> concepts and tools, which are the foundation of SMART Recovery<sup>®</sup>. Within this area, the **Tools and Homework** is a useful place to start. Many who first come to SMART Recovery<sup>®</sup> start out by printing out and completing the Cost-Benefit Analysis (CBA) Worksheet. You will also find links to the various podcasts and YouTube videos that are available for viewing and listening, and also to the SMART Recovery<sup>®</sup> blog, which is continually being updated with new articles and posts on topics you may find helpful.