

## **TOOLS AND THE 4 POINT SMART Recovery © PROGRAMME**

Tool	Building and Maintaining Motivation	Coping with Urges	Managing Thoughts, Feelings and Behaviours	Living a Balanced Life
Cost Benefit Analysis (CBA)	x			
Hierarchy of Values (HoV)	x			
Priority List	x			x
Change plan Worksheet	x			x
The 3 Questions	x		x	x
Brainstorming	x	X	x	x
Role Playing		X	x	
DEADS		X		
HALT the BADS		X		
STOP Thought		X	x	
DIBs		x	x	
ABCs	x	x	x	
Three Column Technique		x	x	x
5 Things to Consider		x	x	x
Anger Management	x			x
Relaxation Techniques	x			x