**Start SMART Opening Statement**

Hello my name is ….. welcome to Start SMART.

This is a group where honest and confidential discussion helps us to change any behaviour that is a problem.

We view our problem behaviour as our own responsibility and the result of choices we have made. What we chose to do, we can also choose to stop.

We don’t use labels such as ‘bad’ or ‘antisocial’ in our group. We are more than our problem behaviours.

Start SMART gives us skills to take control of our lives. We learn to:

* build motivation to change,
* cope with urges,
* manage our thoughts, feelings and behaviours
* create a life we love

We will check-in, set an agenda, have a discussion and check-out. You can join in or just listen.

Let’s check-in. You can say why you here and how the last week has been. You can mention any difficulties and any successes.