

So, maybe you want to make a change in your drinking habits, or other addictive behaviors such as drug abuse, overeating, excessive gambling, etc. Sure, there are groups like A.A., but did you know there are other organizations that deal with problematic behaviors, using different methods and philosophies than A.A.? And, they also have acronyms. Click here to see what H.A.M.S., S.M.A.R.T and A.A. might have to offer for you.

**H. A. M. S.** <https://hams.cc/>

H.A.M.S. is a revolutionary new approach to alcohol problems which brings the harm reduction method to people who drink alcohol. The acronym HAMS stands for Harm reduction, Abstinence and Moderation Support. HAMS is a peer-led and free-of-charge support and informational group for anyone who wants to change their drinking habits for the better. It does not matter how much or how little you drink. HAMS supports every positive change. Choose your own goal--safe drinking, reduced drinking or quitting alcohol altogether. HAMS works from the premise that whereas many individuals are unwilling or unable to abstain from alcohol, anyone can learn to practice safer drinking habits and thus reduce the negative impact that their use of alcohol has on themselves and society at large.

**What Is Harm Reduction?**

Harm reduction is a set of practical strategies intended to reduce the negative consequences of high risk behaviors such as overdrinking or drug use. Harm reduction is a nonjudgmental approach that attempts to meet people "where they are at" with their drinking or drug use. Instead of demanding perfect abstinence, this pragmatic approach is supportive of anyone who wishes to minimize the harm associated with any high risk behavior. Harm reduction accepts the fact that high risk behaviors are part of our world, and works to minimize their harmful effects rather than simply ignore or condemn them. Harm reduction does not attempt to force people to change in ways which they do not choose for themselves.

**SMART Recovery** <https://www.smartrecovery.org>

SMART stands for Self-Management And Recovery Training. The SMART approach is secular and science-based, using cognitive behavioral therapy (CBT) and non-confrontational motivational methods.

As an alternative to Alcoholics Anonymous (AA) and other twelve-step programs, SMART Recovery does not use labels like "addict" or "alcoholic." SMART differs from AA by not encouraging individuals to admit powerlessness over addictions, not using the concept of a "Higher Power", and not endorsing the disease theory of alcoholism.

Addiction is viewed by the organization as a dysfunctional habit, rather than a disease, while allowing that it is possible that certain people have a predisposition toward addictive behavior. The organization's program emphasizes four areas, called the 4-Point Program, in the process of recovery: Building Motivation, Coping with Urges, Problem Solving, and Lifestyle Balance.

**Alcoholics Anonymous (A.A.)** <https://aa.org/>

Alcoholics Anonymous is an international fellowship of men and women who have had a drinking problem. It is nonprofessional, self-supporting, multiracial, apolitical, and available almost everywhere. There are no age or education requirements. Membership is open to anyone who wants to do something about his or her drinking problem. A.A.'s Twelve Steps are a group of principles, spiritual in their nature, which, if practiced as a way of life, can expel the obsession to drink and enable the sufferer to become happily and usefully whole.