

Staying clean- SA Groups?

Posted by his8sm - 15 Dec 2013 16:38

Hi I am 5 days into being clean, the 10th time or so I have really tried, previously got up to 40 or so day but never the magic 90 which i strive for.

does anyone go to an S.A. group for acting out and viewing? I know I can do it and its not a daily struggle so I am confused.

I have issues with depression, mood changes and OCD SO What i dont want to do is jump into something like S.A. which might be too much for me to deal with.

I have the 12 steps book at home i am willing to go through

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Re: Staying clean- SA Groups?

Posted by kilochalu - 16 Dec 2013 05:42

how does one "really try" w/o a group and w/o the steps

somehow you made it to 40 but for some reason that doesn't seem to be working

also, 90 days isn't magic, maybe it helps, but the main thing is 1 day at a time

KOT

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