

Therapy

Posted by LeHavote Aish - 10 Feb 2014 10:11

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Hi, I was talking the other day, another SA member and he told me that I cannot use SA instead of therapy. Now I used to have a therapy, more like a life coach, for two years almost and it did not really help. Does everyone in SA need therapy too or is SA enough?

Thanks,

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Re: Therapy

Posted by bearman13 - 21 Feb 2014 03:19

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I don't know if there is a definitive answer on that. I can give you my thoughts - but I'm not an expert...

BTW, I just saw something funny, SA stands for Sick Addiction

I think that SA is part biological and part psychological. How much it is of each is different in every person. Some people are hooked because they have some issues they need to face and SA is a way of plugging that gap. Others are in SA because at some point somehow they were introduced to it, and our bodies are biologically wired in such a way that they just got hooked.

If the SA is more a result of psychological issues (which I think it very often is) then in my opinion a therapist can help. But there are so many different types of therapists, I think it is important to have someone who knows about SA and is experienced in it. I had therapy for a few months, and it was a little helpful in that it started me on the right direction, but ultimately I stopped it because I didn't think it was being that productive for me - and it is expensive and the costs were adding up. A "life coach" and a qualified experienced therapist are two different things. It might be worth finding a psychologist experienced in SA just to explore if there are any issues that the SA is covering up.

To overcome SA the psychological issues definitely have to be addressed. But the biological addiction has to be faced as well. Experts in SA might be able to give experienced advice about what works and what doesn't. But also tips from others on this forum are one of the strongest resources for concrete tips on how to help beat SA. (e.g. filters on all internet devices, posting in this forum, etc.)

Anyway, just my thoughts. Good luck!

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