

Group therapy

Posted by EscapeArtist - 06 Jan 2019 21:15

any advice from real addicts out there with some sobriety under their belt? (sorry)

I started both SA & group therapy; but therapy=\$\$\$\$\$...

Is it necessary if Im doing SA a few times a week?

Thanks

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Re: Group therapy

Posted by cordnoy - 07 Jan 2019 11:20

[EscapeArtist wrote on 06 Jan 2019 21:15:](#)

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Thanks

Only you or your sponsor will know for sure. For some, both methods are part of the process.

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