

Staying clean- SA Groups?

Posted by his8sm - 15 Dec 2013 16:37

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 p"rn? 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

=====
=====