

How An Addiction Support Group Can Make All The Difference

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Addiction is an isolating illness. Sure, you may find people to get high or drink with, but generally, you don't want those who are close to you to find out how bad things are. The shame and guilt weigh you down. You may still feel isolated even when you decide to go into rehab. There's this persistent feeling that no one really understands you or gets what you're going through.

That's where an addiction support group comes in.

Joining an addiction support group can make all the difference in your recovery journey. You can find and join one at any stage of your recovery, whether you're undergoing detox or are in an [outpatient program](#). Support groups are a big part of many aftercare programs too.

What Difference Does an Addiction Support Group Make?

An addiction support group is simply a group of people dealing with the same type of addiction who regularly meet to share their experiences, learn from one another and discuss issues in an open, nonjudgmental space. Alcoholics Anonymous and Narcotics Anonymous are some well-known addiction support groups although there are plenty of others out there. Such groups are free to join and meetings are often held for an hour or two, one or more times a week. Members agree to uphold their confidentiality while being encouraged to develop supportive relationships outside the meeting space.

Addiction support groups are helpful because they:

- Provide compassion and emotional support.

Since people in an addiction support group share the same experiences, you'll find that they're more compassionate about what you're going through. Here you'll find support for your struggles and you'll feel supported and understood.

- Help you socialize.

Attending group meetings and interacting with people can help make you feel less isolated. You also get to work on your socializing skills without relying on drugs or alcohol. This socializing will boost your happiness, reduce your depression and hopefully improve your recovery.

- Provide an open, non-judgmental space.

An addiction support group provides a place where you'll feel comfortable opening up. Being honest about your addiction can lead to greater insights into your behavior and it can lead you to see your situation from a different viewpoint.

- Help you learn.

As you interact and share with others in the support group, you may end up learning a lot about dealing with triggers and cravings as well as different addiction treatment options out there.

Come Talk To Us

At [Evolve Indy](#), we understand how isolating addiction can be. That's why we provide all our clients with a robust aftercare plan that includes assistance in joining suitable addiction support groups. We care about our clients' recovery, providing individualized treatment plans whether you're in a [partial hospitalization program](#) or an [intensive outpatient one](#).

Recovering from addiction doesn't have to be a lonely process. Contact us today and we'll guide and help you every step of the way.

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