

What Is It Like To Be A Part Of An Addiction Support Group

by Robert Alexander Center | Apr 30, 2022 | Blog | 0 comments



Recovering from addiction can seem lonely and isolating. You go through the [detoxification program](#) alone, battling withdrawal symptoms and cravings. After that, you're admitted into an addiction treatment program where you do your best to get to the root cause of your behavior. Even if you and your family attend a [family therapy program](#), it can still seem like you're doing things alone.

That is because no one quite understands what you're going through, the shame and guilt as well as the struggle to make things right without relapsing. It can feel overwhelming and that is why we at the [Robert Alexander Center for Recovery](#) encourage our clients to join addiction support groups.

Being Part of an Addiction Support Group

Alcoholics Anonymous (AA) is one of the more popular and well-known addiction support groups out there. But did you know that you can join a support group at any stage of your recovery whether you're in detox or an [intensive outpatient program](#)? It doesn't have to be restricted to an aftercare program.

Addiction support groups have increased in popularity because they work and provide those in recovery with a safe, non-judgmental space to interact with peers who share their struggles. Joining such a support group gives you the chance to meet, socialize and learn from others who are going through the same situation.

Addiction support groups typically meet for a few hours, often one or two times a week. They aren't as structured as group therapy sessions in rehab, allowing for a more relaxed atmosphere where people can freely share their experiences. These groups and meetings are free to join and attend and members agree to maintain privacy and confidentiality.

As a member of an addiction support group, you benefit in the following ways:

- **You receive support and understanding.** People in addiction support groups are familiar with most of the experiences you're going through and can offer support, understanding, and advice.
- **You get to learn.** Through interacting with your peers in these support groups, you can expand your knowledge not only about addiction but also about the various treatment options available, how to prevent relapse, and dealing with triggers and cravings.
- **You stay motivated.** Meeting and interacting with others in the same boat can fuel your motivation to stay sober and stick to the recovery journey, no matter how rough it gets.
- **You get a safe space to socialize.** Learning to socialize without relying on alcohol or drugs is a key part of the recovery process. It also helps keep away depression and isolation that may lead to relapse.

We Can Help With Addiction Support

As the premier drug and alcohol rehab in Kentucky, we're dedicated to helping those battling addiction to attain long-term sobriety. Our addiction treatment programs –from detoxification to [outpatient care](#) – are geared toward assisting clients to get their lives back on track. So don't hesitate to contact us today.

Submit a Comment

You must be [logged in](#) to post a comment.



The Robert Alexander Center for Recovery is a brand new, state-of-the-art addiction treatment center in Kentucky, offering evidence-based treatment for substance abuse.

Site Map

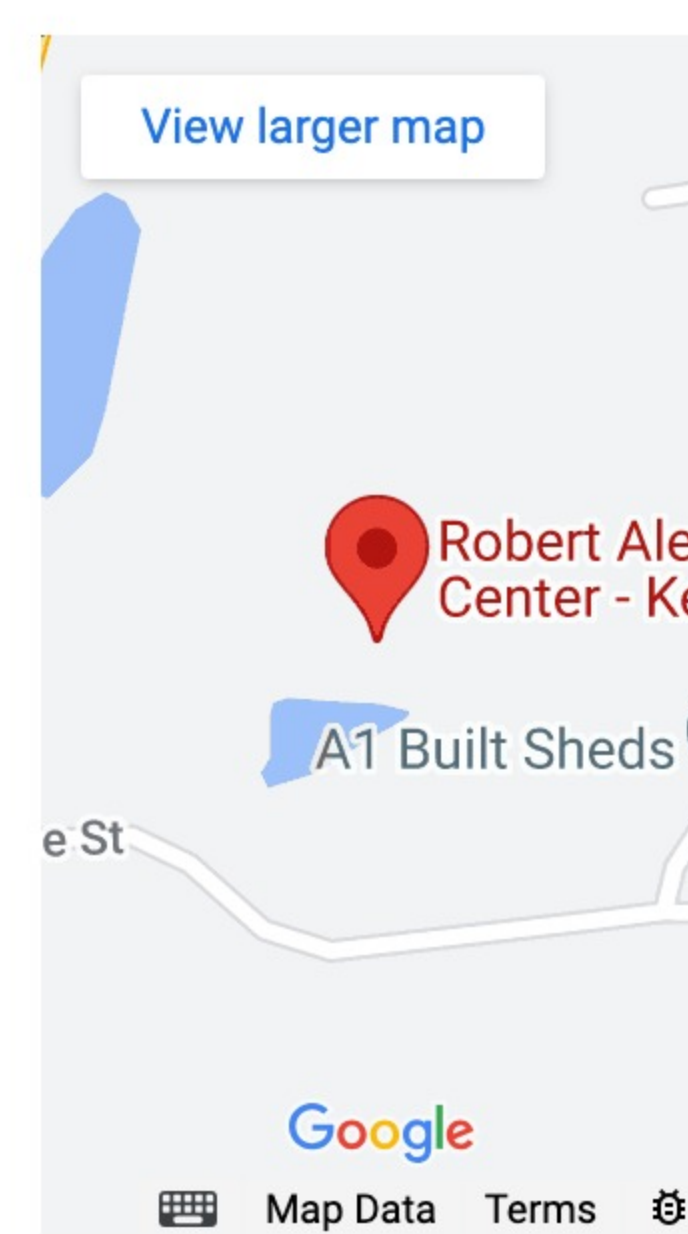
- [Home](#)
- [Tour](#)
- [About](#)
- [Admissions](#)
- [Blog](#)
- [Privacy Policy](#)

Treatment Solutions

- [Detoxification](#)
- [Residential](#)
- [Partial Hospitalization](#)
- [Outpatient Programs](#)
- [Aftercare & Alumni](#)

Get In Touch

130 Hope Street
 Mount Washington,
 Kentucky 40047



Addictions

- [Alcohol Abuse](#)
- [Opioid Addiction](#)
- [Heroin Addiction](#)
- [Benzo Addiction](#)
- [Cocaine Addiction](#)
- [Crystal Meth Addiction](#)
- [Drug Addiction](#)
- [Alcoholism](#)

About

- [About](#)
- [Media & Videos](#)
- [Last Articles](#)
- [Careers](#)

Areas We Serve

- [Louisville, Kentucky](#)
- [Lexington, Kentucky](#)
- [Bowling Green, Kentucky](#)
- [Corbin, Kentucky](#)
- [Richmond, Kentucky](#)
- [Cincinnati, Ohio](#)
- [Nashville, Tennessee](#)

Who We Help

- [Men](#)
- [Women](#)
- [Professionals](#)
- [LGBTQIA+](#)
- [College Students](#)

Treatment Programs

- [30 Day Drug Rehab Program](#)
- [60 Day Drug Rehab Program](#)
- [90 Day Drug Rehab Program](#)

 Search

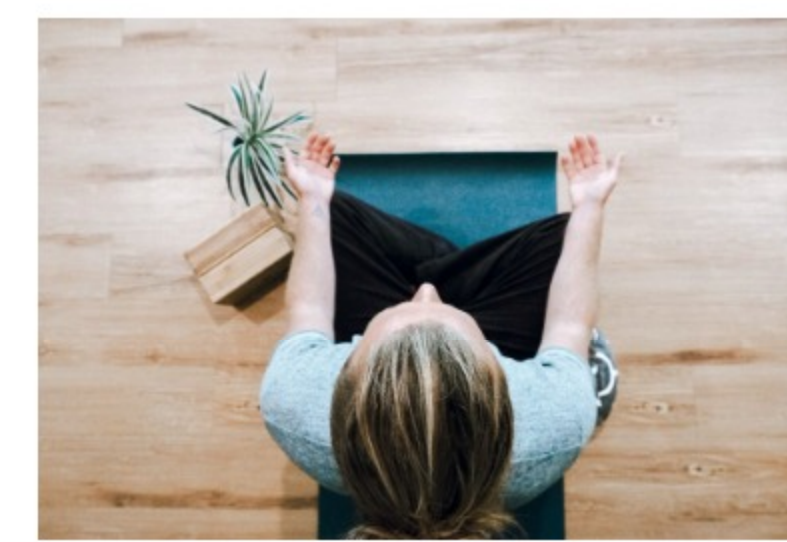

[Brain Recovery From Opioid Addiction: A Timeline](#)



[Breaking The Cycle: Treating Trauma For Lasting Recovery](#)



[Setting And Achieving Goals: Using Sober November As A Catalyst For Change](#)



[10 Essential Habits For Early Addiction Recovery](#)



[The Cost Of Silence: The Stigma That Professionals Face In Opioid Treatment](#)

Key Resources

[Home](#)

[Tour](#)

[Treatment](#)

[Detox](#)

[Residential](#)

[Partial Hospitalization](#)

[Intensive Outpatient](#)

[Outpatient](#)

[Family Program](#)

[Aftercare Program](#)

[Reviews](#)

[About](#)

[Admissions](#)