

change your narrative



Communities Which Offer Addiction Support

Addiction Center Support Groups

<https://www.addictioncenter.com/treatment/support-groups/>

Provides 24/7 access to support via hotline and pop-up chat options, which were present at the time of this writing. A library of resources available on their support page.

Smart Recovery

<https://www.smartrecovery.org/community/>

Offers a vast community of forum support.

Substance Abuse And Mental Health Services Administration

<https://www.samhsa.gov/find-help/national-helpline>

Website states they offer “free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

For more support, tools, and resources to help you or someone you care about shift the story of addiction, visit:

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The Tribe Wellness Community

<https://support.therapytribe.com/addiction-support-group/>

A subscription-based service of peer-to-peer support for individuals and their families.

To Write Love On Her Arms -

<https://twloha.com/find-help/>

Offers a search for free or low cost therapy options to connect with a therapist.

Lifeline Crisis Chat -

<https://www.contact-usa.org/chat.html>

Offers free, online chatting with trained individuals.

What Is Sex Addiction & What Recovery Options Are Available?

<https://www.smartrecoverytest.org/local/>

Provides an honest discussion about driving factors of addiction and what help is available, including online support groups.

Sex Addiction Treatment

<https://www.smartrecovery.org/sex-addiction/>

The American Addiction Centers offers a data heavy article on addiction facts—including what addiction is and isn't. As of this printing, website also offered a chat feature pop up that reached out for those seeking support.

American Addiction Centers

<https://americanaddictioncenters.org/sex-addiction>

Provides educational insight and treatment options.

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The Recovery Village

<https://www.therecoveryvillage.com/process-addiction/porn-addiction/treatment/#gref>

Offers therapy options for individuals and their loved ones.

Project Know

<https://www.projectknow.com/support-groups/>

Offers insight into a 12-step process. A pop-up box offering chat guidance was available at the time of this writing.

A Word About Changing The Narrative Of Addiction

Before we dive deep into the concept of shifting a story affected by addiction, I want to share something that is important to me. I recognize the fact that addiction is a deeply embedded habit—no matter the form of substance or behavior.

Just because we are about to discuss key concepts of how to make a shift, does not mean the process is easy or quick. In matters related to addiction, the neural make up of a brain has been changed by repeated behaviors or substances. These areas of the brain take time to modify. In many cases, that recovery is accomplished with the most success when it is paired with professional care or treatment.

Sharing all of this, however, does not mean there is not hope. I simply want to set healthy expectations in the beginning. With that, I want to share one additional thing.

Just because the process may be long, does not mean that you are not succeeding. Though we say, “change your narrative” the truth is, it is worth celebrating every moment in which that narrative is changing. This may mean thousands of micro-wins throughout the journey. And my team and I celebrate you in each and every one of those moments.

Remember, your identity is not your addiction. Your value is not tied to action. You are worth so much more.

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