6 Best Practices to Follow in Addiction Treatment

by NEWLIFEOUTLOOK TEAM

Best Practices in Addiction Treatment

Addiction is a compulsory behavior that interferes with one’s ability to live life meaningfully with a sense of normalcy. It can be a debilitating condition and can be difficult to treat for any number of reasons. One of those reasons is that people often try to beat addiction by using impractical methods of overcoming it. So, in this article we will outline the best practices in addiction treatment so you can get through it more effectively compared to using other methods.

1. Don't Do It Alone

One mistake that many people who try to kick their addiction make is that they try to do it all alone. It is important to have a support system around you when you are battling this disease, because your friends or family will be able to hold you accountable for your actions as well as support you on the days that are not easy. Also, you may be tempted to think that you can beat your addiction without professional help; in many cases, receiving psychological or behavioral therapy from a licensed professional is key to overcoming addiction in the long term.

2. Understand Your Weak Spots

It is important to know yourself and what times of the day you are most vulnerable to addiction. Keeping a journal or a log can help you to make sense of where your weaknesses lie. You can also make suggestions in that log for things that can replace the unwanted behavior. Also, avoid any people, places and scenarios that may act as triggers for your addiction. Remember, in these situations, knowledge and preparation can help you stay in control.

3. Distract Yourself

Having an activity that you can do to distract yourself from thinking about your craving can be helpful in overcoming addiction. Get a hobby, do a crossword puzzle or read a novel, as these things all can be great distractions for your addiction. You can also get things done around the house that you have always wanted to do but never had the time to because of your addiction. Things like decluttering your house, gardening or other home improvement projects can help distract you from cravings but can also help you clean up your life. Improving the home environment in which you live can aid in the recovery process.

4. Exercise

Working out is a great way to produce antidepressant effects in a positive way. Instead of using drugs or alcohol to produce the same type of reaction in your brain, exercise produces endorphins causing a natural high. It also allows you to remain physically healthy during the recovery process. Take some time to try out some new types of exercise, activities or sports; you may end up finding something you really enjoy! Or, if you are looking to expand

your social circle and make new friends, you can even consider joining a gym or sports club.

5. Write, Write, Write

Another beneficial activity in helping to fight addiction is to keep a journal. This can be a productive way to keep a record of how you feel after any activity that you do during your recovery. It will help you to better understand yourself, your addiction and recovery. It can also help you work through any depression you may experience on your way to recovery.

6. Teach Others

When battling addiction, it can be beneficial to help others work through their addiction. Helping someone else can not only help you to understand your own addiction, but it can also lessen your depression. Helping others is a crucial part in overcoming your own addiction because it allows you to put someone else’s needs before your own.

Finally Kicking Your Addiction

When attempting to overcome an addiction, it is important to follow practical addiction treatment steps that will allow you to succeed in powering through your recovery. Trying to do too much too quickly can overwhelm the recovery process and make it more difficult to see beyond your addiction.

While socializing, exercising, self-reflecting and writing about your experience are best practices in addiction treatment, if at any point you feel they aren't working the way they should, talk to your doctor. They'll be able to guide you in the best treatment direction.