5 Essential Things About Addiction Recovery

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What Can I Do to Progress Toward Addiction Recovery?

When it comes to addiction, one of the biggest problems is the following: it's far easier to start an addiction than to stop it. So how can you begin your addiction recovery?

Let's look at alcohol addiction. In the beginning, you have a few drinks while socializing with friends and family. Over time, you feel the need to have another drink and another one. For a while, you may not even be aware that you have an addiction until you realize you can't live without it. On the other hand, quitting the habit is a long and sometimes painful process.

However, there are a few ways to recover faster and stay away from alcohol for the rest of your life.

1. Be Aware of the Problem

Alcohol impairs your ability to realize you have an addiction and think clearly about it. Maybe your partner, a relative, or a work colleague told you you should cut down on your alcohol intake, but you refused at first.

Often alcohol addiction is associated with denial. Try to understand yourself, and become aware that you have a drinking problem and you can't control it.

2. Fix the Problem

Once you realize you have a problem, the next step is to look for a solution. You can try to quit cold turkey, but often this approach is followed by relapses. Seek medical advice or check into a rehab clinic, which is specifically designed to help people just like you to recover from addictions.

3. Find Your "Why"

You can do this alone, but the programs offered by addiction clinics can further support you to develop a strong motivation and find your "Why."

Why should you quit drinking alcohol? Become aware of how alcohol impacts your life:

- Did you start to neglect your relationship and have countless arguments with your partner?
- Do you avoid seeing your family and friends but prefer to stay alone and drink?
- Do you have trouble getting your work done and heard complaints from your co-workers or boss?
- Are you tired of your life the way it is now?

The answers to all of these questions can help you get a strong motivation to decide to quit the bad habit.

4. Educate Yourself on Addiction Recovery

Knowledge is power. Learn as much as you can about addiction: how they affect your brain, personality, thinking process, mood, and body. You will discover that you manifest those symptoms.

The next step for addiction recovery is to look at the therapy options. Explore all of them: seeking a psychotherapist regularly, attending group therapy at the rehab clinic, and getting prescription drugs.

5. Stick to the plan

Once you have a treatment plan, follow it closely. Use a calendar and write down every single day you stay away from alcohol. Relapses are common, but the more you follow the treatment, the less often they will occur and the shorter they will be.

Stay away from stress, friends who have an alcohol addiction, and anything else that could make you start drinking again. Continue to attend the rehab clinic even after those initial 4-6 weeks; it will help you to maintain an alcohol-free life. Become close to your partner, family, and friends again, as they can provide tremendous emotional support during recovery.