

The Stages of Drug Recovery

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Drug use is a serious problem that has devastating effects on many people's lives. However, it's not impossible to recover from drug addiction and live a sober life. People who have successfully recovered from addiction will tell you that the process takes time, patience, and determination. Many have had success by visiting an [iboga treatment center](#), or similar drug treatment center, to help address the root cause of their issues and make the necessary changes for a healthier life. It's important to remember that there are several stages to the recovery process outlined. They are as follows:

Emotional withdrawal.

This is the first stage of recovery, and it's also the most important. This stage can be difficult because you will have to deal with some strong emotions that may be overwhelming at first. You might feel like giving up on recovery, but this will only make things worse for you in the long run. If you're having trouble dealing with your emotions during this time, consider seeking professional help from a counselor or therapist specializing in addiction treatment and recovery support services.

Psychological withdrawal.

[Psychological withdrawal](#) symptoms may include depression, anxiety and other mood disorders. Depression can be severe enough to cause feelings of hopelessness and even suicidal ideation. Anxiety is also common, with people often experiencing extreme panic attacks that can mimic an actual heart attack or stroke.

Psychological withdrawal symptoms are usually the first to appear after drug use has stopped. They can range from mild irritability to full-blown psychosis. Mental health professionals typically treat these conditions with therapy and medications such as antidepressants or anti-anxiety drugs like Xanax (alprazolam).

Physical withdrawal.

Physical [symptoms of withdrawal](#) can be very uncomfortable, but they are usually short-lived. The most common physical symptoms include nausea, vomiting, diarrhea, sweating, chills, and goosebumps. These symptoms occur because the drug you have been taking has altered your body's chemistry, and you will go through a period of readjustment. Drugs can also cause the body to lose water and electrolytes (minerals like sodium) during use, known as dehydration. Dehydration can lead to further health complications, such as seizures or organ failure if it is not treated promptly in the hospital.

Detoxing.

Detoxing is the process of removing drugs from your body. Detoxing can be dangerous, so it's important to get medical supervision during this time.

Detoxing can take anywhere from a few days to a few weeks, depending on how much and how long you've been using [drugs and alcohol](#), what kinds of drugs you're taking, and what they do to your system.

Rehabilitation.

Rehabilitation, through services similar to [Sober Living Homes](#), is a treatment program that helps you learn to live without drugs and alcohol. Rehab can also help you deal with stress, emotions, and addiction. It's an important part of recovery because drug abuse changes how your brain works, making it harder for you to overcome addiction.

If you decide to get treatment, many different types of rehab programs are available. From going to see specialists at a certain time each day or checking in to an inpatient drug and alcohol addiction treatment center like [The Recovery Village Indianapolis](#), you can find the support you need. The best type depends on how long you've been using drugs or drinking alcohol, what kind of substance dependence problem(s) you have (like opiate addiction or alcoholism), whether or not there are co-occurring mental health disorders involved in addition to the substance use disorder (like depression), and other factors specific to yourself.

Conclusion

Recovery from drug addiction is a long and challenging journey. It can be especially difficult for those who have been abusing substances for years, but with the right medical support and treatment options, it's possible to recover completely from addiction and lead a healthy life.

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