

3 Steps To Overcoming Addiction In Your Own Home

Addiction can be frightening, both for the addict and their loved ones. It can have disastrous consequences for their health, relationships and financial security. But no matter how bad things may seem, recovery is always possible.

Recovery from addiction is a complicated journey. If you are addicted to a habit-forming substance, you should begin **treatment** as soon as possible. Addiction can have life-threatening health consequences, and it is critical to seek help before your addiction goes too far.

Although many addicts choose to see out their recovery in an inpatient rehabilitation center, this is not possible for everyone. Perhaps you can't afford an expensive treatment center, or maybe you have personal and professional commitments that you're unable to put on hold.

The good news is that it is possible to overcome addiction at home, and many people do. There are three main steps to solving addiction at home.

1. Acknowledge the Addiction

The first step to overcoming any addiction is to acknowledge that you have a problem. Treatment cannot be successful if you are in denial about your physical dependency. Whether it is drugs or alcohol, you need to recognize your behavior and resolve to put a stop to it. Ask friends and family for their perspective. If they tell you your behavior warrants treatment, it is time to seek help.

Recovery cannot begin until you admit the problem and take steps to solve it. Start by removing all drugs and alcohol from your home and making a list of things that trigger your substance abuse. Cultivating an awareness of what makes you act in this way can help you avoid negative patterns of behavior.

If your loved ones are unaware of your addiction, now is a good time to tell them. Telling your closest family and friends will give you someone to talk to when you are struggling with your addiction, as well as someone to check in on you throughout your recovery.

2. Seek Professional Addiction Treatment

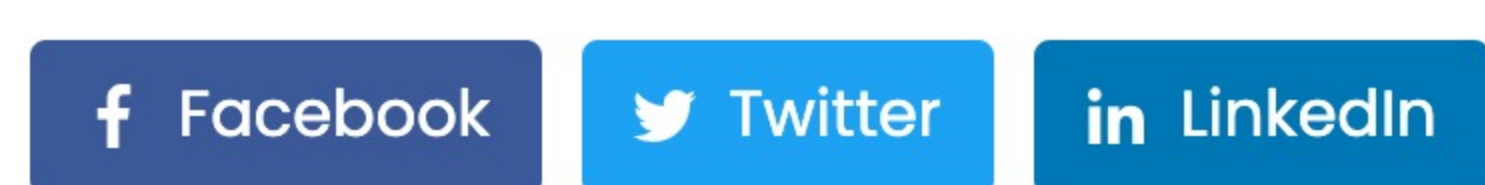
Once you have admitted your addiction, it's time to find a **treatment program**. There are plenty of outpatient treatment programs that allow patients to treat substance abuse at home while continuing with daily life. There are also highly popular community-based programs such as Alcoholics Anonymous and Narcotics Anonymous that can offer support.

Your treatment program will allow you to identify the underlying causes of your addictive behavior. Knowing your triggers will help you to spot them when they arise and avoid giving in to your cravings. Your treatment will provide you with coping strategies for dealing with withdrawal and cravings after recovery. Regular therapy or counseling sessions can help you work through any mental health issues associated with your addiction. In some cases, medication may be an option.





3. Prevent Relapse Of Past Addictions

Once the main recovery program is underway, you must take steps to **prevent future relapse**. The first step to achieve this is by building a strong support foundation. Having supportive friends and family around to provide encouragement and motivation makes recovering addicts far less likely to fall back into their old ways.

If you are struggling with substance abuse and need help with recovery, **get in touch**. Evolve Indy is a drug and alcohol recovery treatment center based in Indianapolis, Indiana. Find out how we can help you overcome your addiction.



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Call us at: 1-855-495-1063

Evolve Indy is a Joint Commission Accredited, Premier Drug & Alcohol Treatment Facility in Indianapolis, Indiana Offering Evidence-Based Treatment for Substance Abuse.



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