

Think Your Addiction Is Not As Severe, But Still Want Substance Abuse Treatment?

It's not uncommon to find many of those struggling with addiction and substance use in denial. You may think that your addiction isn't as severe and give yourself all kinds of excuses to keep using drugs or keep drinking. You may tell yourself that you don't drink during the day or that you still hold down a job and have everything in control. Perhaps you've even managed to keep your habit a secret from your family and friends.

There are two problems with such thinking:

- You're likely not being objective about yourself and your habits.
- Addiction is a progressive disease. While you think you have control over using or drinking now, it's likely to keep getting worse as you become more tolerant of your drug of choice.

Things May Be More Serious Than You Think

You may think your addiction is not as severe but the situation may be more serious than you think. No one wants to think of themselves as an addict but if you continue using substances or drinking alcohol even though you're faced with some negative consequences, then you have no room for denial. Sure you can tell yourself that you can quit whenever you want but very few people manage to do so.

Additionally, you need to consider the risks you're exposing yourself to. If you are using illicit substances then you risk getting arrested. Even worse, you can't be sure about the drugs you're taking. Maybe they've been laced with toxic substances that make them more dangerous. You are also risking death from an accidental overdose, especially if taking opiates.

Available Treatment Options

You may be denying the seriousness of your addiction in an attempt not to go to rehab. However, depending on the extent of your addiction, you may not be admitted to a residential program. There are other addiction treatment options available that allow you to carry on with your daily life. These include:

Outpatient Treatment.

Outpatient rehab programs are for those with low-level addiction. This program is ideal for you if you have a strong support system at home, can maintain relative stability at rehab, and don't require intensive 24/7 care.

Partial Hospitalization.

Admission to a **Partial Hospitalization Program** would allow you to receive intensive treatment without having to stay overnight at a rehab facility. These programs employ a variety of addiction therapy options including individual and group therapy as well as **family therapy and counseling**.

Intensive Outpatient Programs.

After successfully going through PHP, you may enroll in an **Intensive Outpatient Program**. Here you'll have more freedom to resume your daily life while still progressing through addiction treatment.

Get the Help You Need Today

Don't bury yourself in denial about your addiction. The first step towards getting better is admitting you have a problem, then finding help to overcome your addiction.

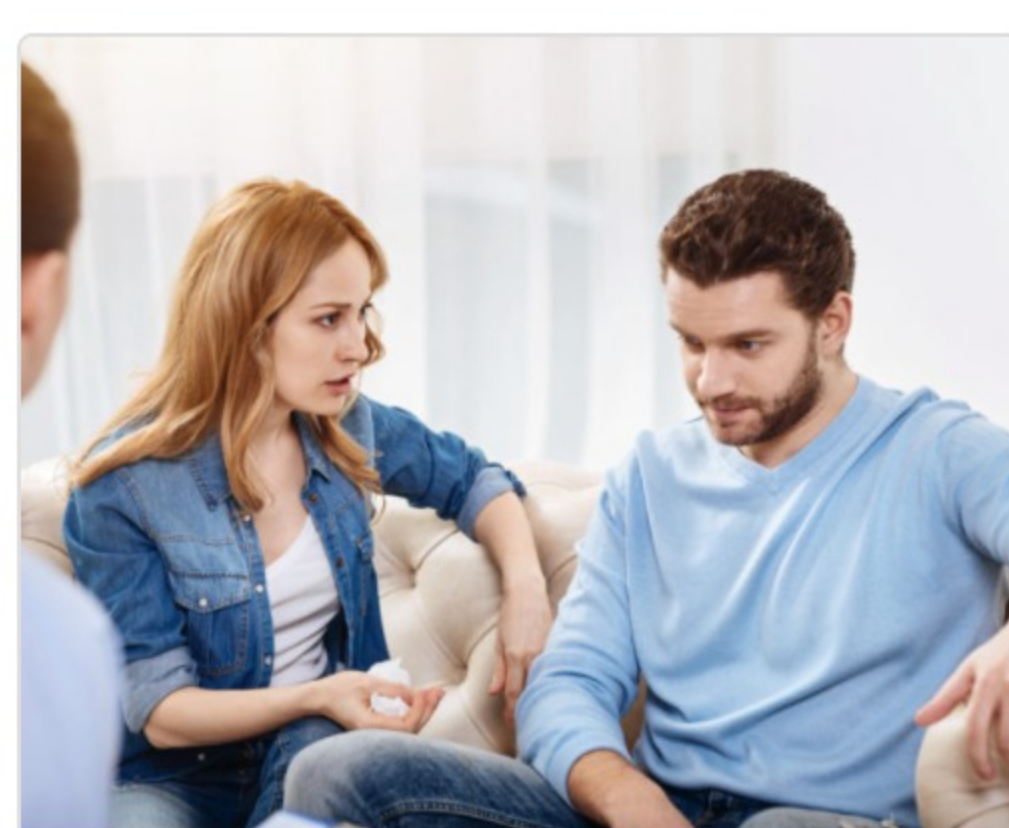
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Evolve Indy is a Joint Commission Accredited, Premier Drug & Alcohol Treatment Facility in Indianapolis, Indiana Offering Evidence-Based Treatment for Substance Abuse.

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