Get Sober With the Help of Alcohol Recovery Programs

By The Professionals At Evolve Indy

Deciding to get sober can seem like an overwhelming decision, and you may not even know where to start. You may have family members and friends telling you that you need to go to meetings or that you need to go to treatment. The truth is, you might want to do both, but you are the one who gets to make that decision. That's where alcohol recovery programs come into play.

Alcohol recovery programs are often a part of attending rehab because they can be an essential part of aftercare and a relapse prevention plan. At Evolve Indy, we understand the importance of incorporating alcohol recovery programs into your treatment plan. We are here to support you as you get and stay on the road to recovery.

Is Alcohol Addictive?

Whether alcohol is truly addictive is a source of much debate, but there is no doubt that regular alcohol use creates dependence. After repeated and everyday use, both your body and your mind will become dependent. You will start to believe that you cannot get through your life, or possibly even a day, without drinking. Regular use of alcohol rewires your brain's pathways, and when you stop using it, your body will rebel. While most people do not realize it, alcohol is the most dangerous drug from which to withdraw. During alcohol withdrawal, you may experience symptoms such as anxiety, increased heart rate, increased blood pressure, nausea, vomiting, and more. While many will experience only mild to moderate symptoms, some may experience more severe symptoms, which can be fatal.

Signs of Alcohol Addiction

Regular alcohol use affects your mind, body, and spirit. Therefore the signs and symptoms of alcohol addiction show up in many different ways. Regardless of what advertising tells you, there are no health benefits to using alcohol. The effects of alcohol, especially with regular use, are anything but healthy. While it may take years to see some of the long-term effects of alcohol, you may notice some of these effects sooner.

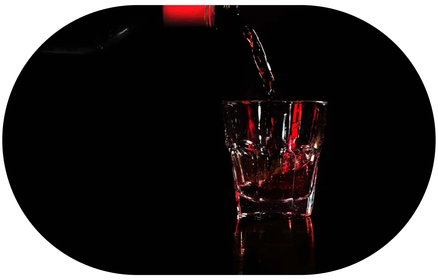
Alcohol is a depressant, so you may notice that you're feeling hopeless and sad. You may also notice that you feel more anxious when you are not drinking alcohol. More often than not, you may have an upset stomach, be diagnosed with high blood pressure, heart disease, circulation issues, gout, and more. And then there are the day-to-day issues that only you can assess. Ask yourself if your drinking is serving you and be honest with yourself as you ask yourself questions including:

- When I drink, do I drink for a longer time or more than I intended to?
- Have I tried to cut down on my drinking and been unable to do so?
- Is drinking causing problems in my relationships or at my job?
- Have I blacked out while drinking?
- Has drinking or being sick after drinking interfered with taking care of my responsibilities?
- Am I experiencing legal problems because of my drinking?

If you are honest with yourself and can say yes to more than one of the questions above, you likely suffer from alcohol addiction and could benefit from talking with someone at an alcohol recovery program.

How Alcohol Recovery Programs Help People Get Sober

Recovery programs work by offering the support of others who are facing the same or similar addiction. While we typically think of 12 step recovery groups such as Alcoholics Anonymous, AA is not the only recovery program available. Smart Recovery and Women for Sobriety are examples of other alcohol recovery programs. Whatever program you choose, you'll find yourself with others who are on the same journey. Some will be further down the road, and some will be just beginning. The magic lies in making a connection with others, sharing experience, discovering solutions, and finding hope.



Benefits of Getting Sober at Evolve Indy

At Evolve Indy, we have a wide range of programs to meet your needs to support your recovery success. We have a variety of programs offering differing levels of support. Our Midwest treatment center includes a Partial Hospitalization Program (PHP), an Intensive Outpatient Program (IOP), Outpatient Addiction Treatment (OP), Community Housing, and Family Therapy Addiction Treatment. Our programs offer expert-level therapy combined with multiple methods to treat the root causes of addiction. Contact us today to see how we can best support you on your path to sobriety.

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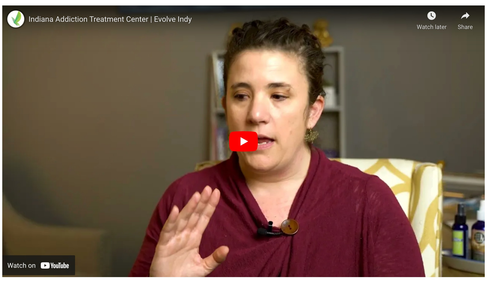
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