

7 Steps For Quitting Your Alcohol And Drug Addiction

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Alcohol and [drug addiction](#) are massive problems in society today. Alcoholism has the power to destroy lives – it can ruin relationships, cause job loss and even lead to death from alcohol poisoning.

If you have an addiction to alcohol or drugs, you may feel helpless when it comes to quitting. But there are ways you can start down the road toward recovery.



Here's how you quit drinking or using drugs for good:

1. Acknowledge You Have A Problem And Want To Change

It seems obvious, but many people who suffer from alcoholism or drug addiction don't believe they have a problem at all.

One of the biggest mistakes that most people make when looking to recover is this lack of motivation and not having any kind of desire in their hearts to stop what they're doing.

Without making the decision that you want to stop getting high or drinking, there's never going to be a time when you will, and your life will only continue down this road of self-destruction and turmoil. So make up your mind right now that you want things to change – because if not – then nothing is ever going to happen, and everything will remain exactly the same.

Alcoholism is often linked with denial; the person suffering from addiction doesn't see that his or her drinking or drug use is [causing problems](#) in their life.

If you're ready to be honest with yourself and acknowledge that drugs or alcohol are having a negative impact on your life, then it's time to quit.

2. Don't be ashamed of your addiction or what you're doing.

Unfortunately, millions of people worldwide are dealing with addiction in one way, shape, or form and are completely embarrassed by their actions because they think it makes them less than everyone else. Don't think this way!

Instead, take pride in the fact that you have decided to [seek help](#) and make a change for yourself. The more humble and honest you can be about your addiction, the easier it will be on yourself, and the sooner you will get better.

3. Get Support From Trusted Loved Ones And Friends

It's important for recovering addicts to surround themselves with positive influences. The people closest to you will play an integral role in your sobriety journey – so make sure they're on board with the plan of quitting drugs and alcohol together!

To create an effective support system, it's important for everyone to express what changes can be made to help you quit drugs or alcohol.

4. Alcohol And Drug Addiction Treatment Programs

If your loved one is struggling with addiction, it's important to get help right away. An alcohol and drug addiction [treatment program](#) can be an effective way to overcome the problem once and for all. There are many great programs out there that will give you the skills needed to live a sober life.

5. Look For Things To Keep You Busy

One of the hardest things about quitting drugs or alcohol is that recovering addicts are often left bored or dealing with amplified cravings when they're alone. It's here where relapse may occur if precautions aren't taken.

It's important for recovering addicts to find ways to keep busy and take care of themselves throughout the day. This includes sticking with a daily exercise plan, attending support groups, and meeting new people who can become positive influences in your life.

6. Know What Triggers Cravings For Drugs And Alcohol

Recovering addicts who understand what triggers their cravings will be better prepared to handle difficult situations that may arise. Conversely, a relapse could occur if you're not aware of what's actually triggering those cravings for drugs or alcohol.

Some common triggers include:

- Stress at work or home
- Boredom and loneliness
- Negative emotions such as fear, anxiety, or sadness
- Missing old friends who were once a source of drugs or alcohol Celebrating holidays and special occasions with drinks

7. Sober Lifestyle

Once you start recovering from your addiction to drugs or alcohol, it's important for you to surround yourself with people who are also living a [sober lifestyle](#). This is the only way you'll be able to ensure that all of your needs are provided for, and that temptation isn't lurking around every corner.

It takes time and commitment, but rehab can help you quit drugs or alcohol for good. With support from family, friends, and trusted professionals – as well as an effective treatment program – you'll be on the road to recovery before long.

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