

Steps To Getting Back To Your Family After A Drug Addiction Rehab?

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Drug addiction can impact more than the individual. It could also affect your **family and friends**, damaging relationships and breaking trust within your closest circle. They will see you at your worst and hope you get help, but even patients who have sought help can find it difficult for things to be the same following a rehab program.



Continued Support

Addiction recovery does not end as soon as you leave the rehab facility. Like other recovery programs, many people require continued support to ensure the lessons and techniques learned during the addiction rehab stick.

There are many types of support to consider, including group or individual therapy, which can provide a secure place that allows you to recognize the benefits of kicking an addiction. Everyone is different, so find a support system that works for you.

This continued support also demonstrates your willingness to stick to your newly sober lifestyle, which goes a long way toward proving to your nearest and dearest that you are serious about making a change.

Avoiding Triggers

You may need to make lifestyle changes that help to avoid triggers that could lead to a relapse. If you fall back into the same habits, there is a strong risk that you will end up in rehab again.

It can be difficult to avoid triggers, but through the program, you should have realized what your primary reasons for drug abuse are. Again, everyone has different triggers, so it is crucial to find trigger avoidance tactics that work for you.

A New Social Life

One example of trigger avoidance is transforming your social life. In many cases, drug addiction arises through exposure by others, whether friends or coworkers. Those who have completed rehab but fall back into the same social circles will find it more difficult to remain sober, with many believing that one sample of drugs or alcohol won't hurt.

If you are striving to prove to friends and family that you have changed and are dedicated to making a difference in your life, a new social life is essential. This can include moving away or seeking out different sports or hobbies that will give you a positive outlet rather than the negative one caused by drugs.

Making Amends

Making amends is one of the most challenging parts of taking steps to get back to your family following rehab. There may be some things said that you cannot take back or actions that you are ashamed of. However, shame can help demonstrate how sorry you are.

Some family members will welcome you back with open arms, whereas it could take longer to repair relationships with others. This is all part of the process, and it's something all recovered addicts should accept. What matters is proving yourself to them.

Treatment Options

Evolve Indy provides a range of **treatment** options to help patients overcome addiction and take the first steps back to their families following our drug addiction rehab program. We provide an **intensive outpatient** and **supportive outpatient program**, as well as providing **partial hospitalization** for patients who may not require long-term stays.

Get in touch today to learn more, **Contact** Evolve Indy at 1-855-495-1063

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