

Do People Become Aggressive After Drug Rehab?

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Abuse of drugs can be detrimental to families for many reasons, including the fact that no one takes pleasure in seeing a loved one struggle with addiction or suffer the loss of friends, family, or a job, and the fact that some individuals exhibit hostile behavior while under the influence of drugs. This is a double-edged sword that helps to perpetuate the issue at hand.

Therapy for drug addiction can help individuals recover from relationships broken by the violence that came from their drug misuse. It can also assist those who abuse drugs to reduce their tendency to engage in violent behavior.

Addiction to drugs and aggression are linked

You need to remember that not all persons who take drugs are violent. Even among those who become violent while under the influence of drugs, some of those violent episodes are aimed inward rather than outward toward other people. This is something that you need to keep in mind. However, persons seeking drug recovery should be prepared to deal with underlying feelings of irritation, wrath, and anger while they are in treatment for their addiction.

To improve the [treatment programs](#) available, researchers are continuing their efforts to learn more about the relationship between drug addiction and aggressive conduct.

Abuse of addictive substances and aggression against others

The overwhelming majority of people who check themselves into [drug treatment programs](#) admit that they have engaged in violent or aggressive behavior toward another person while under drugs or alcohol. This is one of the most common reasons people seek help for their substance abuse problems.

Many people struggle to keep their feelings and impulses in check when they routinely take drugs. As a result, they may be more prone to behave rashly than other people. People who have not dealt with their anger issues may turn to drugs to cope with the underlying wrath and frustration that is a result of traumatic experiences. On the other hand, people who have dealt with their anger issues may turn to alcohol as a means of coping with the underlying wrath and frustration.

Self-harm

Some people only demonstrate aggressive impulses toward themselves while under the influence of drugs, a behavior known as self-harm. This may entail thoughts of self-harming activities, such as cutting or burning oneself. Therefore, a comprehensive treatment approach for addiction includes assisting patients in working through the traumatic experiences that led to the development of these feelings as one of its components.

Finding the Right Rehab Program for You

When looking for a [treatment program for addiction](#), a person needs to choose one that addresses the underlying causes of why someone drinks to excess or abuses drugs. This is because these factors drive someone to drink to excess or misuse drugs. Comprehensive treatment therapy tackles the addiction itself and any emotional trauma or mental sickness that the individual is self-medicating with alcohol or drugs. This is in contrast to standard treatment therapies, which only treat addiction.

The term "holistic" treatment can also refer to this method of treatment. Even though it may be unpleasant to do so, working through the issues that arise from aggression and anger is a necessary step toward attaining long-term recovery. Even though working through these issues is a vital component of establishing long-term sobriety, this is true.

We are here to help you or a loved one who is battling substance abuse in any form, and we are prepared to do so in a variety of ways. For a confidential assessment, [please get in touch with Evolve Indy](#) as soon as possible.

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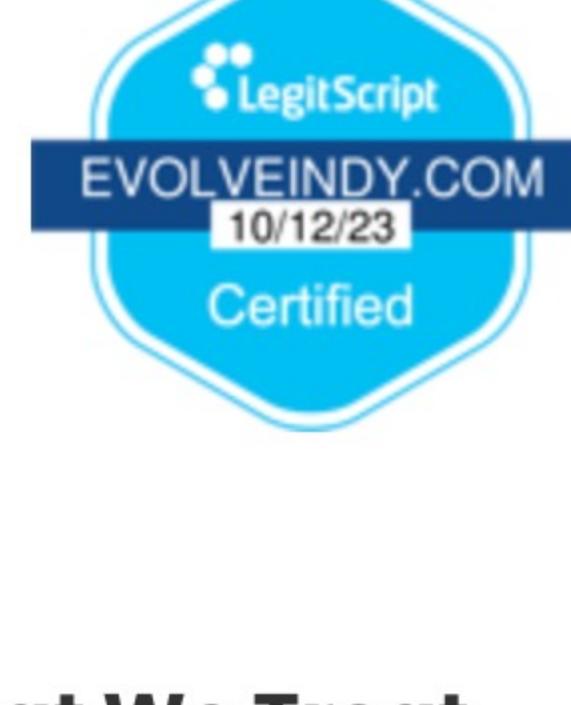
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