

Is My Addiction A Ploy To Avoid All Suffering?

by Evolve Indy | May 4, 2022 | Blog, Drug Addiction | 0 comments



Addiction is an illness where the brain becomes dependent on a substance to carry out its basic functions. It often interferes with the motivation, reward, or memory parts of the brain, leading the individual to keep craving the addictive substance, despite any negative consequences they incur.

But what causes addiction? Are those who are addicted just looking for a way to avoid suffering in their lives?

Why Do People Get Addicted?

There are several reasons why people end up addicted to one substance or another. They may start taking alcohol or drugs for the following reasons:

- To fit in or belong to a group.
- As a way of relaxing, letting loose, partying, and having fun
- Curiosity and experimentation
- To numb or escape the pain

A lot of people think that addicts are weak people who are merely seeking a way to avoid dealing with pain or suffering in their lives. Unfortunately, it's not that simple. Addiction affects everyone differently and the reasons for drinking or taking drugs vary widely.

Of course, some turn to drugs to seek an escape from some kind of pain in their lives. This could be emotional, mental, or physical pain. Perhaps they have an illness that causes physical pain and they need opioids to deal with it or maybe they feel anxious, depressed, or stressed about something in their lives and want to numb or relieve those feelings. Alternatively, the pain and trauma could have occurred in the past and addiction is a way to cope with it.

In such instances, addiction becomes a solution that causes more problems in the long run than it solves. While it may be a great way to distract yourself from suffering, it does not address the cause of the suffering, and so the problem recurs, leading to a negative cycle.

How Rehab Can Help

It might be tempting to try and beat addiction on your own but it isn't a good idea. Getting professional help both for detox and addiction treatment gives you a better chance of lasting sobriety. A good rehab facility such as [Evolve Indy in Indiana](#) can help you through:

- **Psychotherapy.** Our treatment programs –from residential and [partial hospitalization](#) to [intensive outpatient](#) and traditional [outpatient therapy](#)– all incorporate different psychotherapy methods. These include individual and group counseling, cognitive behavioral therapy, etc. these will help you identify the root cause of your addiction and help you work through it to recovery.
- **Helping you find healthier forms of escapism.** Part of treatment in our rehab facility involves equipping you with the necessary life skills to help you live a healthier life free from addiction. This includes teaching you healthy practices to help you manage your emotions and cope with stress or pain. These include meditation, yoga, exercising, journaling, etc. We also help you learn how to reach out to others for help and to form healthy relationships that can help you deal with negative emotions.

Contact us today and let's get started on your treatment and recovery.

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