

The Mistaken Beliefs About Relapse To Be Aware Of

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It is impossible to talk about recovery without talking about relapse. Addiction is a chronic disease, and, just like other chronic diseases, relapse is a part of the disease. For example, when an individual is diagnosed with diabetes, asthma, or high blood pressure, we expect that relapse will be a part of their disease. However, when we realize that someone is facing addiction, we often take a more hardline view of relapse.

We frame relapse as a failure when it may be a part of the disease itself. Just as someone battling cancer is more vulnerable to cancer returning, someone battling addiction is susceptible to using drugs and alcohol again. At [Evolve Indy](#), we understand addiction and relapse. We know how to help you build a firm foundation in recovery that can help you reduce the chances of relapsing, and we can also help you come back from a relapse.

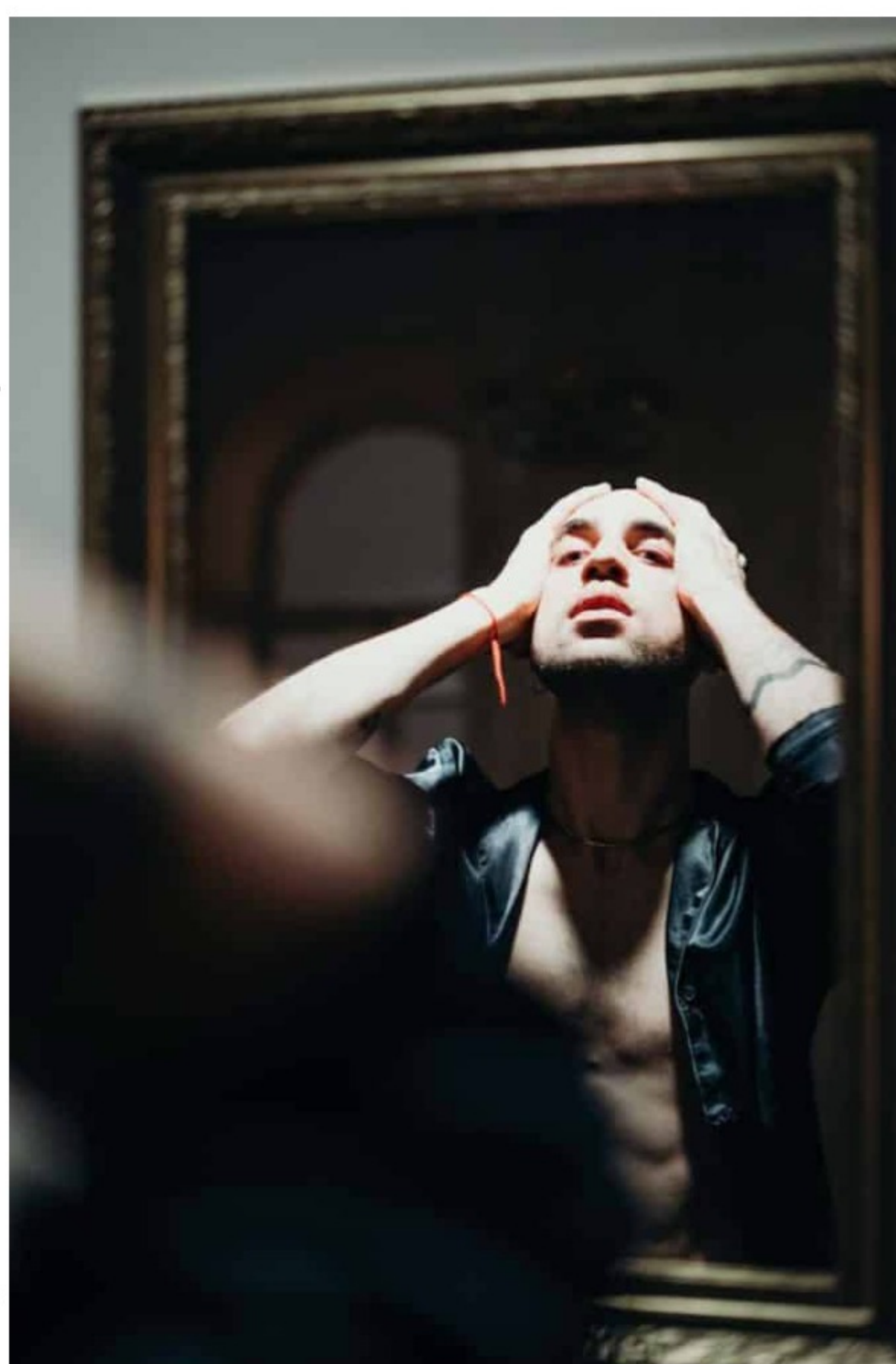


What is a Relapse?

One of the most common mistaken beliefs about relapse is that it begins at the moment someone starts using drugs and alcohol again. Most who relapse admit that it starts in the mind long before the drug or alcohol use begins. Still, what is a relapse? Some believe that the taking of any mind-altering substance equals a relapse. Others believe that it is only using your drug of choice that would signal a relapse. Still, others believe that only substances prescribed by a physician would not be considered a relapse. In the end, the answer is that it depends. It depends on how you define your sobriety.

Mistaken Beliefs About Relapse

Sadly there may be more mistaken beliefs about relapse than there are reasons to relapse. While it is critical to acknowledge that relapsing can be dangerous or fatal, that's not the whole story. The essential thing to know is that relapse does not have to be the end of your recovery. If you don't use drugs or alcohol for one year, you don't lose that experience if you start using again.



Relapsing does not eliminate the work that has been done in sobriety. You can start back up again right where you left off. You should examine your relapse to gain some valuable insights as to why you relapsed. Relapses are not a reason for shame, and they do not have to last long. Remember that you relied on drugs and alcohol to cope for a long time. It's not surprising that you returned to them, but you may be surprised to find that they're not the solution they used to be. While it is true that relapse does not have to be a part of your recovery, relapse doesn't have to be the end of your recovery.

What To Do if You or Your Loved One Relapses

At [Evolve Indy](#), we understand how challenging it can be to break free from addiction. We know that sometimes life can catch you off guard, and you may find yourself in the middle of a relapse without knowing how you landed there. Our compassionate and professional staff can help you find your way out. We care about your success, and we understand how to help you find long-term sobriety. Our programs range from residential to outpatient and incorporate a multi-faceted therapeutic and holistic approach. We will partner with you to create an individualized treatment plan that blends traditional and holistic therapies to best support you and your recovery. [Contact us](#) today to see how we can best help you and your loved one in the journey to sobriety. We are waiting for your call!

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