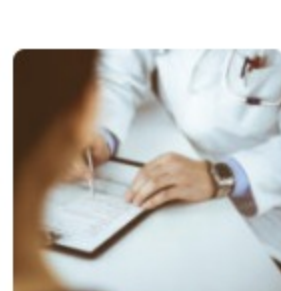


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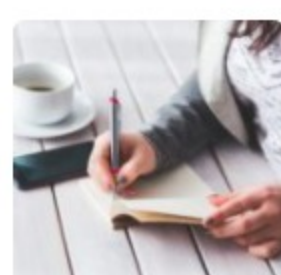
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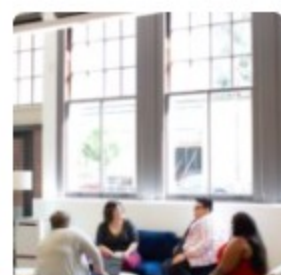
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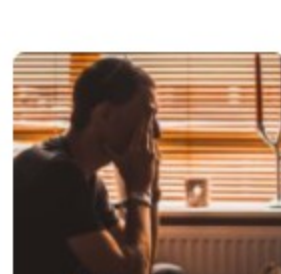
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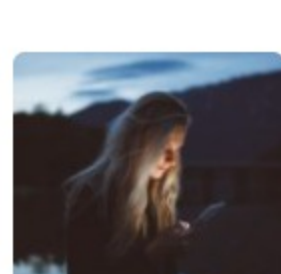
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3 Steps To Overcome Drug And Alcohol Addiction In Your Own Home

[Louisville Addiction Treatment Center](#) - [December 17, 2021](#)

Addiction can ruin lives. It can make you do things that you never thought you would do. It can literally transform you into someone completely different. It can make you very ill too, giving you a variety of preventable diseases. It can be very hard for one of your loved ones being forced to watch this transformation. However you can beat this addiction, but there are certain things you need to do to do it. The first thing above all others in order to beat a drug or alcohol addiction is the will and the want to do so. This has to be a sincere will, not a willy-nilly will just because something bad happened, and at that moment, you feel guilty and want to change. Change can only happen when you are fully invested in the process, and from there, you can begin weaning yourself off the physical addiction and developing a better way of thinking. Here are a few ways you can do this at home:

Acknowledgment

You are not going to get very far unless you actually see yourself as having a problem. Acknowledgment can actually be the hardest step for many people. Think about how often you have a drink or buy drugs. Do you panic when you do not have any? Are you getting into financial problems as a result of this habit? If the answers to these questions are pretty much every day and yes, then you are probably suffering from a physical dependency. If you are feeling brave, you could ask a loved one, a partner, or a family member for their opinion of your drinking or drug-taking. Try not to get upset with the answers as you need the honesty to see yourself through their eyes. Once you acknowledge the problem, begin making changes. Remove all the drugs, alcohol, and any paraphernalia from the house. Try and get rid of any obvious triggers too. Sit down and make a list of things that trigger you into needing a drink or a hit, for example. Being aware of the things that are contributing towards the problem will help you overcome it.

Professional Addiction Treatment

If you are serious, then you are going to need some outside help. Luckily there are many [treatment centers](#) that have some fantastic [outpatient](#) treatment programs which enable you to live a relatively normal life at home. They will support you and offer many different treatment methods, some traditional some non-traditional, depending on your specific addiction and personality type. There are also ways you can chat to them via [telecommunication](#) if you can not visit the center for whatever reason. Some of the treatments you will be able to practice at home. Something like Yoga and meditation is designed to relieve you from stress and help you develop a better and more healthy approach to life. It can help you combat withdrawal and cravings too. The treatment program you undertake will help you better understand yourself and why you have an addictive nature. You will begin to learn how to spot your triggers, and by understanding this, you can prevent them from occurring, and you will develop coping strategies for when these triggers occur. Remember that there are also many other forms of community treatment like Alcoholics Anonymous (AA) or Narcotics Anonymous (NA), which are there if you need that extra support.

Prevention of Relapse

Have you ever been through this process before and relapsed? Well, if so then you understand the importance of this step. Going through the process of getting clean and sober is great, but you need a long-lasting strategy. You will need a strong support network, friends, family members, someone from the AA or NA you intent to regularly see. Sometimes, someone less involved personally is a great way to achieve this. However, a loved one will see you more often and will pick up on certain behaviors that you need to remedy. As long as they are aware of your recovery process and you haven't tried to hide it from them, they will be able to help. Encouragement and the right kind of motivation can be enough to stop you from falling back into addiction. Also, remember therapies such as yoga, which you can incorporate into your life as a new and positive habit.

Addiction is a terrible waste of a life, and if you are reading this, then you already know that it is time to make you and your loved ones' lives better. Please take a look at our [admissions](#) page if you are ready to begin making that change today.

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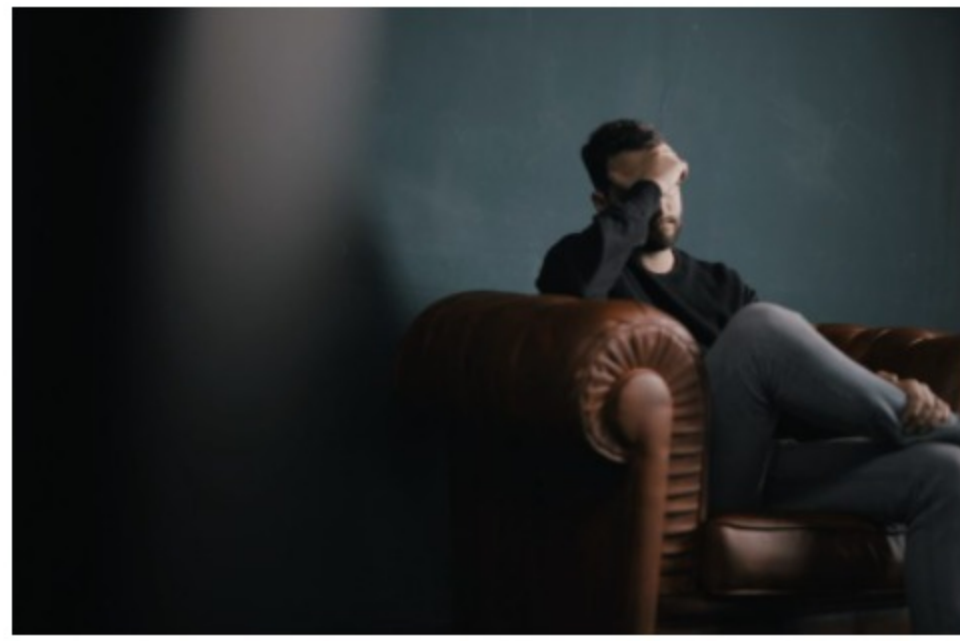


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