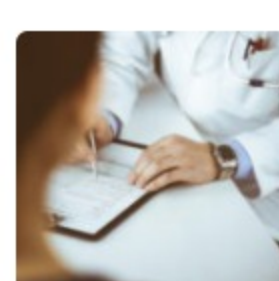


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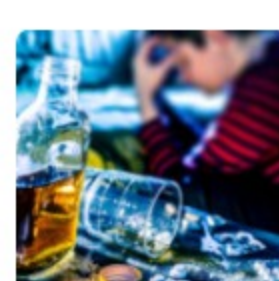
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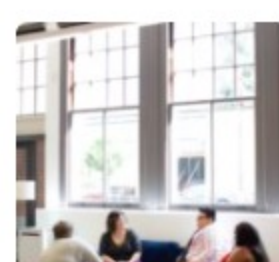
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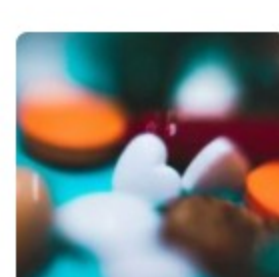
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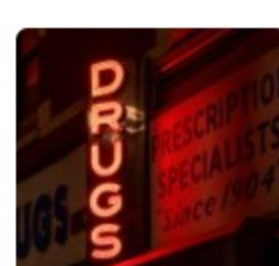
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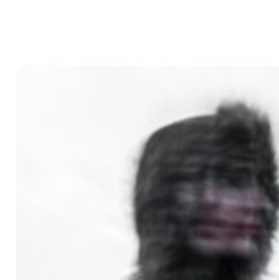
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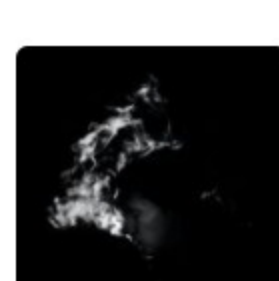
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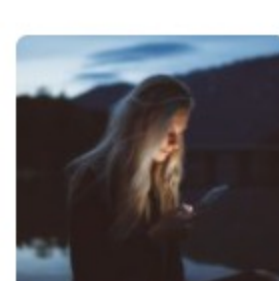
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Do People Become Mean After Drug Rehab

Louisville Addiction Treatment Center - October 25, 2021

Successfully getting through a rehab program is a huge accomplishment that should be celebrated. However, staying sober after a program like this takes lifelong work.

If you think that a treatment program will fix your problems, you have underestimated how severe what you have been through is. It will take time to get back to where you were before your addiction began, and you may experience mood swings and other difficulties as you adjust to returning to your life. You may need to adjust to friends, family members, and co-workers seeing you differently now. Once you leave rehab, you might need to find new friends. If you go back to old friends who also have a drug or alcohol habit, you're more likely to relapse. Other outpatients have to seek new careers or find new routines. Whatever decisions you make that is a good one, you are supporting your decisions to take more control over your future.

Maintaining A Sober Life

After you have been through detoxification and inpatient rehab, you will return to your normal life. This includes going back to work, hobbies, family, and friends. All of these things can set off cravings and new temptations.

Most relapses happen in the first six months after rehab. If you can understand what tempts you, you can more effectively protect yourself against the coming challenges. Develop healthy relationships with drug-free people. They can encourage you in a healthier lifestyle, create positive distractions, and support more positive changes. This is very helpful for someone who has left treatment and is trying to maintain sobriety.

You need to have a plan in place for your continuing care before you leave rehab. It will be much easier to manage the next phase of treatment if you know where to start. Contacting a [treatment provider](#) can put you on the right path.

Different Types Of Continuing Support

Life after rehab should be continued progress towards lifelong sobriety. Completing rehab is a big step, but you will need continuing support to avoid relapsing. After rehab, there are several options for continued support, which all encourage a better life. This could include joining social groups for recovering addicts that help members to stay clean. The sense of accountability can remind members to make the most of their treatment experience while celebrating their new lifestyle. You could also join a church or get involved with new hobbies that encourage positive focus. This can take your mind off of past destructive behaviors and keep you in the moment. The Louisville Addiction Treatment Center offers several [services](#) to help you.

Intensive Outpatient

The [intensive outpatient](#) program helps those addicted to drugs or alcohol who are finding it hard to find a sustainable path to long-term recovery.

Outpatient Program

The outpatient program is a step-down level of care program that brings together the foundations of the core program, on a less intense basis.

Multiple Pathways

Our outpatient program offers multiple pathways to recovery through traditional and evidence-based programming at our treatment center.

Telemedicine

We also offer virtual, [telemedicine](#) sessions to all our clients. This makes it easy to fit treatment into your everyday life without having to miss out on things.

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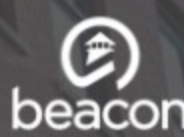
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