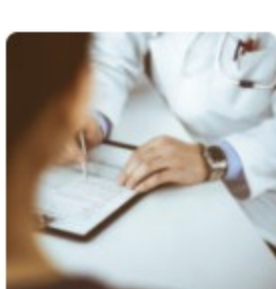


Blog

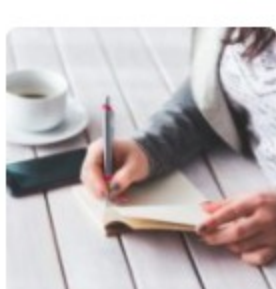
Home » News » Can A Drug Addict Fully Recover Without Going To Outpatient Rehab

Search

Recent Posts



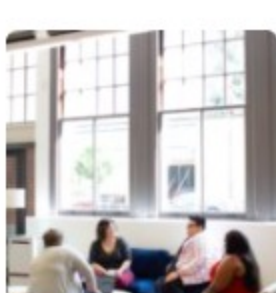
How Can I Get Checked-In Anonymously To An Addiction Treatment Center?
AUGUST 14, 2021 / 0 COMMENTS



What to Know Before Asking for Time Off Work for Addiction Treatment
JULY 21, 2021 / 0 COMMENTS



Intensive Outpatient Drug Treatment In Louisville
JULY 17, 2021 / 0 COMMENTS



Outpatient Drug Treatment In Louisville
JULY 13, 2021 / 0 COMMENTS



Why is Prescription Drug Abuse Common in the United States?
MAY 16, 2022 / 0 COMMENTS



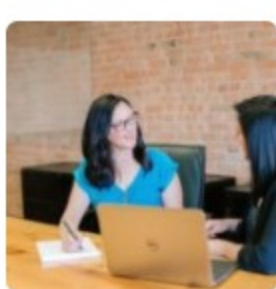
Why Are Quality Outpatient Drug Rehab Clinics So Expensive?
MAY 14, 2022 / 0 COMMENTS



What Is Viewed As Weakness In Drug Addiction?
MAY 12, 2022 / 0 COMMENTS



What Is The Difference Between Outpatient Therapy And Outpatient Treatment?
MAY 10, 2022 / 0 COMMENTS



What Is It Like To Visit With A Professional From A Outpatient Rehab Center?
MAY 10, 2022 / 0 COMMENTS

Newsletter

Get all latest content delivered to your email a few times a month.

Your Email

GO

☐ Accept GDPR Terms



Can A Drug Addict Fully Recover Without Going To Outpatient Rehab

Louisville Addiction Treatment Center - January 7, 2022

Can A Drug Addict Fully Recover Without Going To Outpatient Rehab? There are many people out there living with addiction and not living with it very well. These are the people who are convinced that they can beat it on their own, and the thing is, it's not that easy. It's nice to want to get through addiction alone, but it's not the easiest thing to do. These are the people that believe that all they need is willpower to get to sobriety, but there is more to it than that. Addiction is a disease, a very powerful disease, and when it takes hold, you're in the grip of it for life.

It's rarely the case that anyone can get through recovery alone, and maintaining sobriety requires a village of people around you to help you with it. There are different chemicals at work when it comes to drug addiction, and the ability for the body and the brain to regulate is all down to these chemicals. If you are living with addiction, you'll learn very quickly that going cold turkey isn't going to be a successful option. It can also be incredibly dangerous.



Drug addiction treatment centers are designed to make your recovery comfortable and safe, and they are designed around personalized treatment plans that work for you. They don't indulge in toxic relationships and environments and can help you to avoid the triggers that lead to relapse in addicts. Recovering addicts don't test their willpower with the occasional drink or drug use, which is why the help of a rehab center will make all the difference.

Why Recovery Is Much Easier With Professional Outpatient Rehab

Recovering from addiction always begins with the detox phase, and this is the hardest part of the program. In an outpatient treatment center, it's monitored and controlled in an environment that allows you to feel out your symptoms with support. When you alter your mood and emotions with drugs or alcohol, your brain changes, and a part of the detox program is in changing the brain back to where it needs to be. This reset causes symptoms that can be very tough on the body, and the withdrawal process is just that – a process.

It's far easier to get through withdrawal in rehab than it is alone at home. Rehab centers often incorporate CBT (cognitive behavioral therapies) to rebuild identity and self-esteem, address feelings and teach positive ways of thinking. Patients are taught coping skills that make sense, and mechanisms to prevent relapse as much as possible. They also teach you that your expectations should be realistic so that you can stay on the right track.

Getting Help

For a recovering addict, relapse can happen at any time. With the help of outpatient treatment centers like Louisville Addiction Treatment Center, you can start your recovery journey and get as much support as possible to get through rehab. Take time to research the right centers and you will get the help you need to fully recover.

PLEASE SHARE THIS

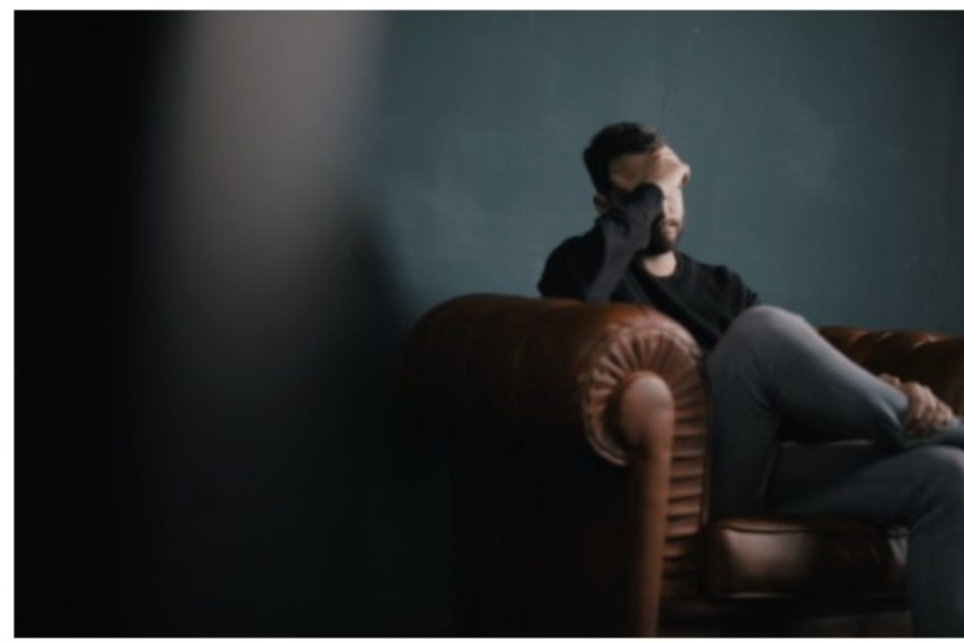


YOU MIGHT ALSO LIKE



Impact IOP Alcohol Addiction Intensive Outpatient Treatment In Louisville Services

July 15, 2021



Alcohol Addiction Outpatient Treatment In Louisville Services

July 19, 2021



12 Step Recovery Program In Louisville

July 21, 2021



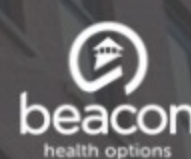
IMPACT OUTPATIENT PROGRAM

Impact Outpatient Program is an innovative, intensive outpatient program for substance abuse and co-occurring disorders, located just outside metro Louisville, in Mount Washington, Kentucky.

FOLLOW US ON



WE WORK WITH MOST INSURANCE



VERIFY BENEFITS

GET IN TOUCH



Mount Washington, Kentucky



(502) 912-1038

FIND US ON GOOGLE MAPS