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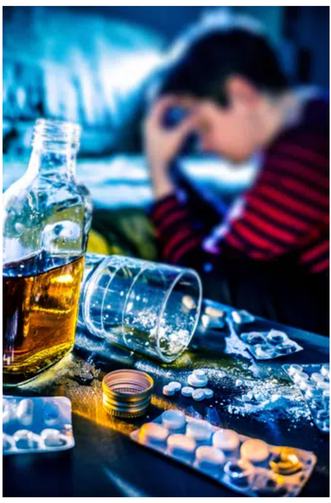

Get Support For Alcoholism Without Family Knowing

Louisville Addiction Treatment Center - February 28, 2022

Do you have a drinking problem and want to get support for alcohol addiction without your family knowing? Alcoholism is considered the most common addiction, and people suffering from this addiction generally look forward to getting rid of it.

By thinking that they won't be able to hide their drinking problem from their family, many turn down the idea of seeking treatment. There are several ways in which you can get support for alcohol addiction without your family finding out. Read on to know more.

How To Get Support For Alcoholism Without Family Knowing?

It's important to note here that alcoholism is a progressive disease, and so one needs proper treatment before the condition gets worse. It is not advisable to wait until your loved ones find out about it — the consequences can be severe.

When you're suffering from any addiction, it's not easy for your family members to notice the change in mood and behavior. However, when social situations become challenging even for the addict, then it becomes clear that there is a need to get professional help immediately.

The first step of getting support for alcohol addiction without your family finding out is to get evaluated for alcoholism by a medical expert. If you're addicted to alcohol, your body will show signs of withdrawal when the intake of the substance reduces or stops completely.

Getting treatment during this stage can prevent severe symptoms like seizures and delirium tremors. Because it puts your life at risk, you need to seek immediate help when the signs of withdrawal are visible.

Even before you're in the danger zone, it's always advisable to speak to your doctor about getting support for alcohol addiction without your family knowing about it. During this conversation, your doctor will let you know if he/she can go ahead with the treatment. If not, you will be referred to a rehab center where professionals can help you with the addiction.

Once you're evaluated and referred, it's time for your family members to find out about your problem.

Many rehab centers like Louisville Addiction Treatment Center let the patients' families know that their loved one is receiving treatment at their facilities.

The Process Of Rehab Starts With Detoxifying The Body

During this stage, you should be under strict medical supervision to make sure that withdrawal doesn't cause severe side effects.

As soon as your treatment starts, your family members can expect a positive change in your behavior. You will start showing interest in other activities apart from drinking alcohol, and this will let them know that you're on track.

In the initial stages of rehab, you might be tempted to go back to drinking alcohol

It's during this phase that your family members can support and encourage you a lot. They should make sure that they don't put any pressure on you and speak encouragingly about your recovery process. As you continue your treatment, the frequency of occasions when you use alcohol will reduce.

The mood and behavior changes will be easily visible because addiction doesn't just affect individuals but also their families. At this stage, your family members can appreciate small milestones in your life, like having dinner with them or coming out for a walk without drinking alcohol.

In time, you will start feeling better without the need to go back to the addiction. However, this doesn't mean that it's safe for you to stop taking medication and treatment procedures completely.

As a rule of thumb, alcoholics should continue with treatment until they feel confident about their abilities in staying sober.

Outpatient Treatment

During the initial stages of rehab, it's important for you to stay away from triggers that lead to drinking alcohol. This is possible when the addiction program offers outpatient treatment services.

If your addiction is not severe, then you can get therapy during this brief residential period. This therapy helps in treating the underlying causes of alcoholism along with providing support for alcohol addiction without your family knowing about it. During outpatient treatment, the rehab center assigns a counselor to meet you regularly.

This is beneficial as it provides time and space to open up about any problems that might interfere with your recovery process. At the same time, this will also allow them to provide suggestions regarding the challenges you might face after the treatment.

In case you need to continue with daily tasks and responsibilities, then outpatient treatment can be helpful as it lets you return home every day for a couple of hours.

In Closing

When you follow all the guidelines carefully, you can get support for alcohol addiction without your family knowing about it.

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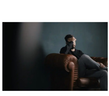

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