Going to addiction rehab and starting treatment is a time full of hope. Maybe you've been struggling with alcoholism or substance abuse for a long time and finally decided to turn your life around. Your family has also watched you sinking into addiction and now they're excited and hopeful that things are about to get better.

Committing to a quality addiction treatment program is one of the best ways to give yourself a fighting chance against addiction. You get to examine what led to the addiction, learn new ways of thinking, socialize with others in the same situation and start the hard work of rebuilding your life.

During these first few months, progress seems swift and you can see the results of the effort you put in. Unfortunately, this can lead you to have unrealistic expectations about the recovery process and your life after treatment. Having unrealistic expectations can set you up for failure and disappointment, leading to more stress and increasing your chances of relapsing.

Some unrealistic expectations include:

- Expecting your loved ones to regain their trust in you and for your relationships to go back to normal.
- Expecting to feel better immediately after you enter treatment.
- Underestimating how much work you have to put into recovery.

Expecting recovery to take a positive trajectory throughout.

• Expecting addiction recovery to be quick and easy.

## Managing Expectations of Addiction Rehab

to identify and manage your triggers and stressors, thereby helping to prevent relapse.

Here's how you can keep your expectations around recovery realistic:

- Set realistic short and long-term recovery goals. Think about where you want to be a few months or years from now and write that down. Keep reviewing your goals to ensure you remain on track.
- Realize that recovery is a process. Recovering from addiction is a lifelong journey and it won't end after treatment. You have to keep at it and some days will be harder than others.
  Commit to self-care. Taking care of yourself is a great way to further healing. This includes meditation, finding ways to express your creative side, and
- building healthy relationships with sober friends.
   Learn about addiction. Arming yourself with information about the addiction helps give you realistic expectations about your recovery. You'll also learn how
- Accept that things will take time to get better. Progress in recovery can sometimes feel slow and this can get frustrating. In times like this, it's important to remind yourself that it will take time to fix relationships and your health. You'll be alright as long as you keep working towards your recovery goals.
- Commit to completing an addiction treatment program. Whether you're going through a drug addiction treatment program or a residential alcohol treatment program, commit to seeing it through to the end.

Don't let addiction destroy everything you hold dear. At Findlay Recovery Center in Ohio, we can help you make the positive changes needed to beat addiction.

Contact us today and let us help you make a full and lasting recovery from addiction.

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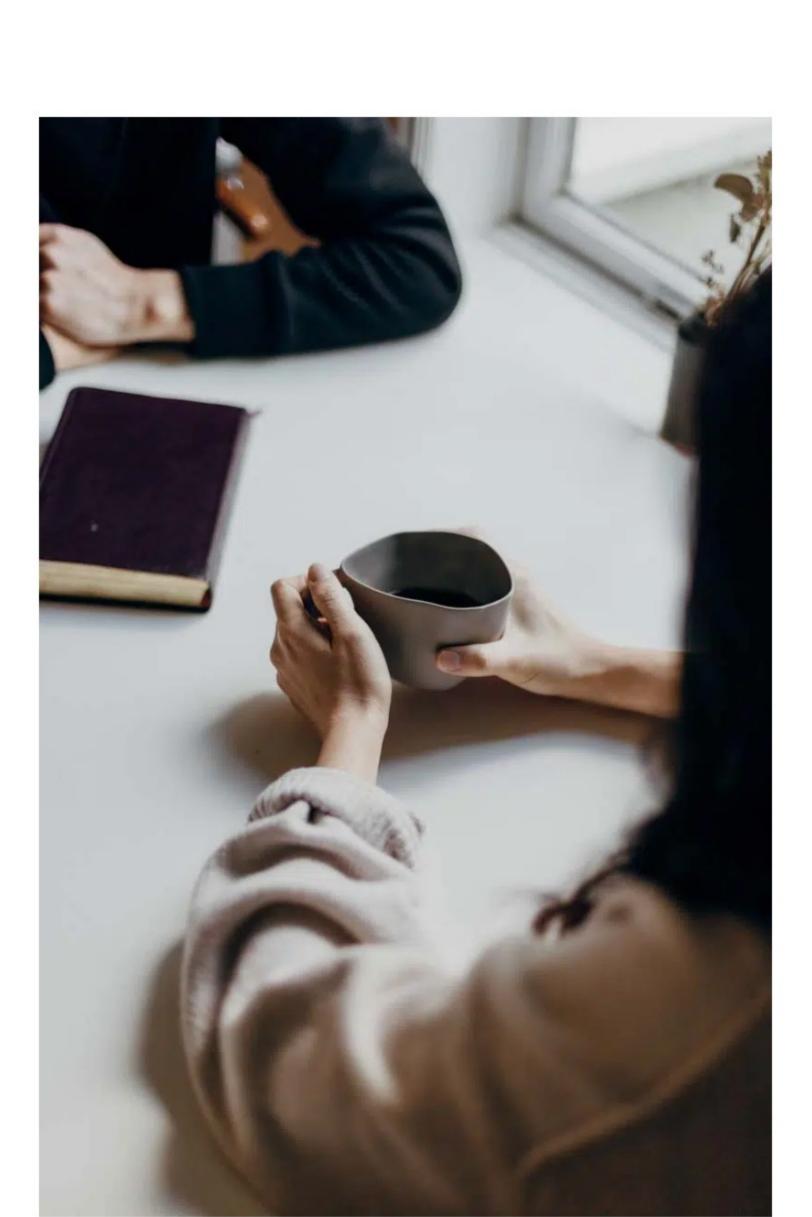
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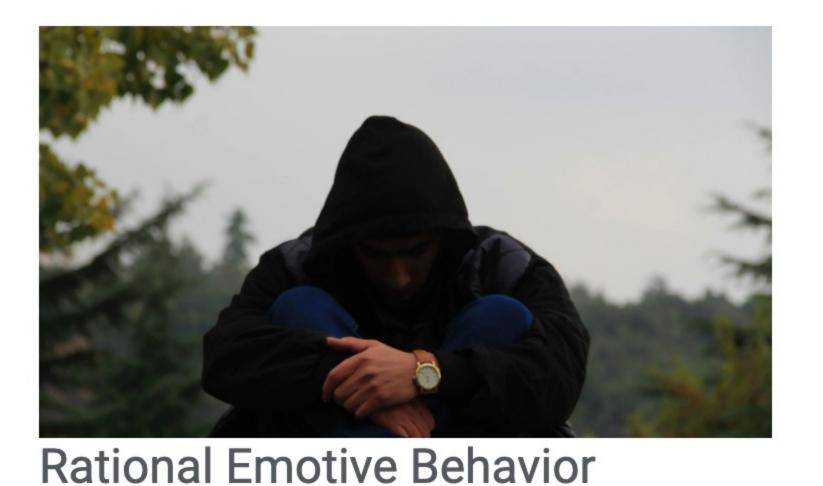
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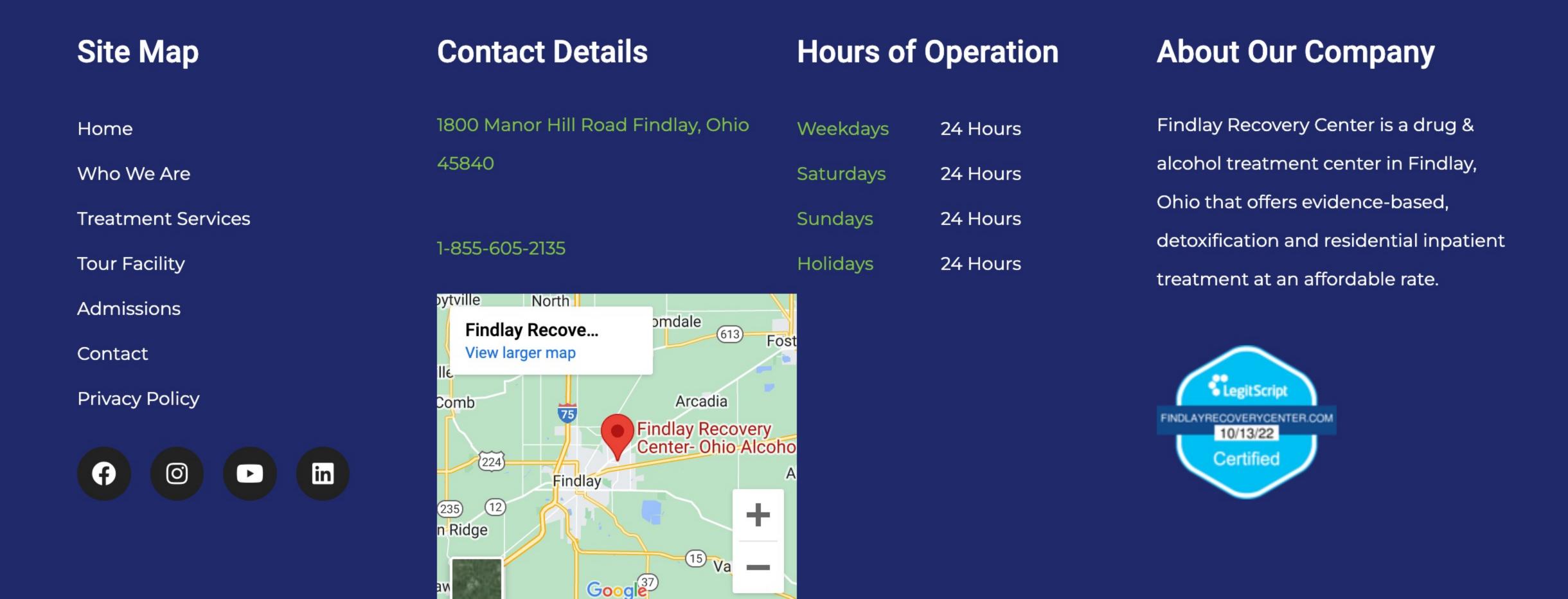
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