

5 Essential Skills For Detoxing From Addiction

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As difficult as the recovery process can be, it is a necessary step in your journey to recovery. To begin your recovery, you have to first admit that you have a problem with addiction. The next is to seek help to beat that addiction.

Fortunately, there are several rehab facilities in the country ready to help you get better. As one of the premier addiction treatment centers in Ohio, the Findlay Recovery Center prides itself on providing affordable services to those who need them. We have a range of treatment programs including detox and both residential alcohol and drug treatment programs. We also offer treatment to those with dual diagnoses.

As part of our treatment services, we emphasize teaching our clients various life skills to help them not only detox from addiction but also go on to live fulfilling, sober lives after leaving rehab. These life skills are vital in helping those in recovery to reclaim and rebuild their lives after regaining control over the addiction that had taken over.

They include:

1. Communication skills.

Addiction often causes a breakdown in communication skills in an addict's life. Drugs and alcohol can alter your mood and personality, making you an almost different person. The high followed by the crash and withdrawal symptoms can also stretch your emotions to the limit, making you short-tempered, frustrated, or depressed, none of which is good for communication. These mood swings and negative emotions, coupled with the strain of addiction, can lead to resentment, fights, and misunderstanding, especially between you and your loved ones.

In rehab, you get to learn how to become better at communicating. You learn how to articulate your wants and needs or express your anger and frustration in healthy ways. In group or family therapy, you learn how to listen to others even when what they're saying might make you angry, sad or uncomfortable. By gaining better communication skills, you can go on to develop healthier relationships with others.

2. Emotion management skills.

While there's very little you can do about what happens to you, you can control how you react to it. Most addicts, however, seek solace from addictive substances when faced with tough situations that trigger uncomfortable emotions. They prefer numbing their emotions when things get rough. Others use drugs to self-medicate to hide the pain from past trauma or to try and deal with mental health issues such as depression and anxiety.

Rehab imparts skills that can help you face situations head-on instead of avoiding them. You learn to identify your triggers and stressors and then how to manage them in healthy ways. Instead of seeking comfort and numbness from drugs or a bottle, you learn to feel your emotions and listen to what they're telling you.

You also learn healthy ways to handle stress and express your emotions such as taking up a hobby, spending time with family and friends, meditation, journaling, or practicing mindfulness, among others.

3. Social skills.

Another key skill to learn in rehab is how to interact with people in different situations. Maybe you knew how to navigate different social situations before and addiction took that away. Or maybe you turned to alcohol or drugs to help you loosen up and have fun or perhaps used them to mask your social anxiety and insecurities. Regardless of the reason, your addiction messed up how you socialize with others and part of your treatment involves learning these skills.

To do this, we encourage you to participate in group therapy where you can learn to open up to others and listen without judgment. Addiction support groups are also ideal for this as they provide a safe space for you to interact with others who are in the same situation as you. These groups give you the chance to receive emotional support, build your confidence and make new friendships.

4. Self-care.

Addiction brings upheaval into an addict's life. In between getting high, keeping the habit a secret, and dealing with withdrawal symptoms, most of those battling addiction just don't have enough time to take care of themselves.

Once you check into detox and then rehab, you begin reclaiming this part of your life with our help. We encourage you to start developing healthy habits and routines to rebuild your life. This includes simple basics like grooming and personal hygiene to making nutritious food choices, maintaining a regular sleep pattern, and exercising.

Part of self-care also includes learning to identify triggers and stressors that distress you and either avoiding or managing them. For instance, avoiding people you used to drink or do drugs with. We also encourage you to prioritize your mental health by joining addiction support groups, spending time in nature, meditation, and generally having a more positive mindset.

5. Problem-solving skills.

A lot of people who are struggling with addiction also have poor problem-solving skills. They fail to identify problems in their lives and have no clue how to solve them. As a result, those issues spiral out of control, becoming more demanding and stressful. When this happens, such people often opt to seek refuge in drugs or alcohol instead of doing the hard work of resolving these issues.

At rehab, you'll learn how to work out problems instead of avoiding them. This is a critical skill that you'll put to use both in your professional and personal life after rehab. You'll need to know how to identify and isolate a problem, look at it from different angles, then come up with different scenarios to solve it. This can be challenging in the beginning but stick with it and it gets easier with time. The decision to break free from addiction is a bold one. To follow through, you need all the help you can get. Contact our Ohio addiction treatment center today and we'll help you find the best options for your treatment.

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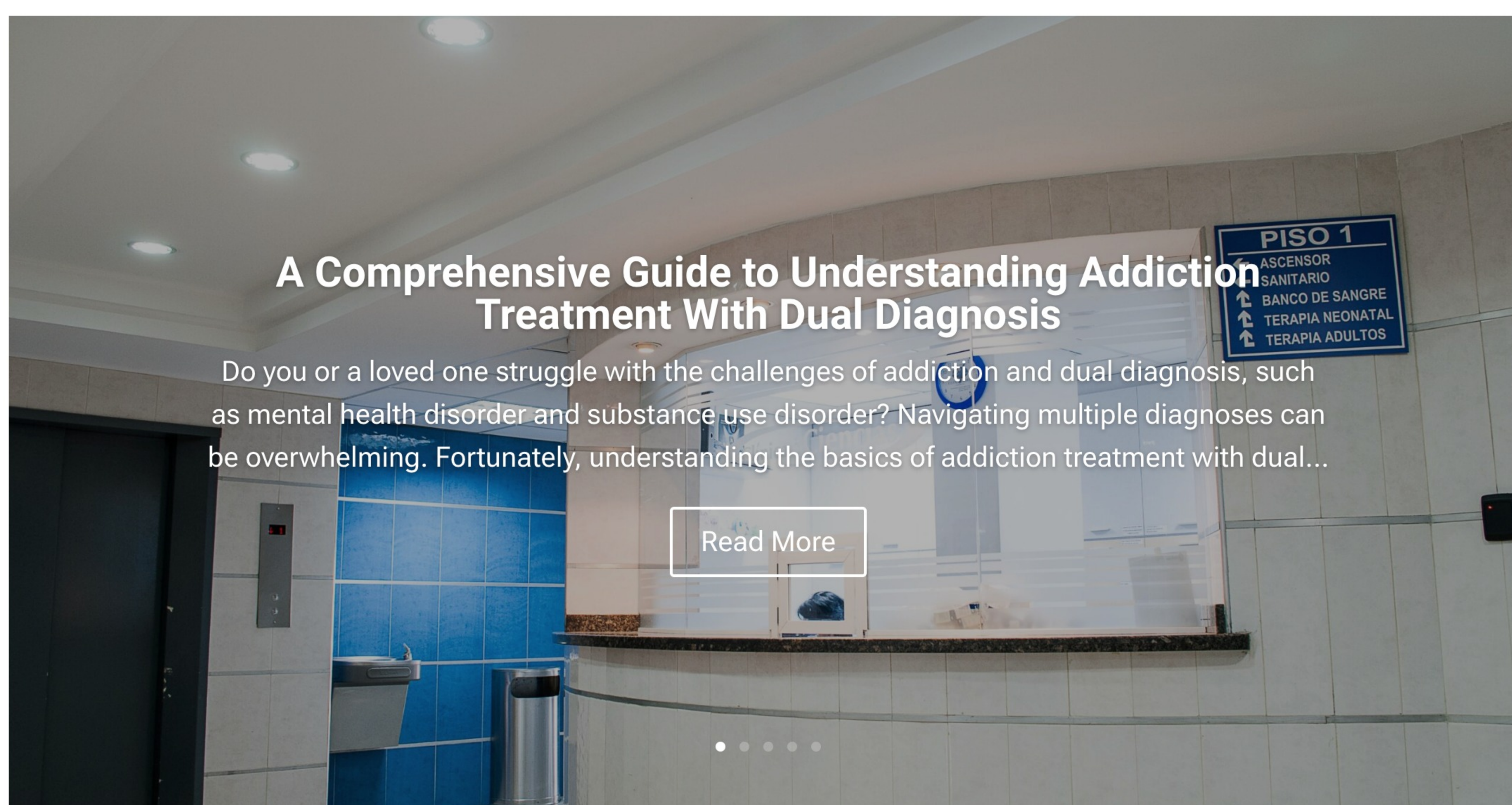
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Once you reach a Findlay Recovery Center treatment coordinator, we will do a simple pre-assessment to make sure we're a good fit for you.



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Our caring treatment advisors will help plan travel & anything else you need before you enter our drug rehab program in Ohio!

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Contact Details

1800 Manor Hill Road
Findlay, Ohio 45840
1-855-605-2135



Hours of Operation

About Our Company

Findlay Recovery Center is a drug & alcohol treatment center in Findlay, Ohio that offers evidence-based, detoxification and residential inpatient treatment at an affordable rate.

