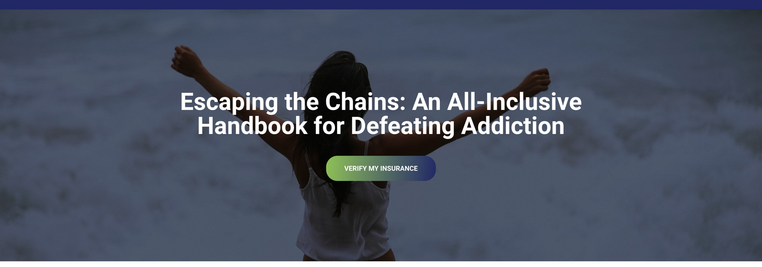

Escaping the Chains: An All-Inclusive Handbook for Defeating Addiction

VERIFY MY INSURANCE

Addiction is an illness that can destroy every aspect of your life. However, with the right strategy and help, you can defeat it.

Here's the strategy you need to use to escape the chains:

Recognize that you have a problem and need help.

Admitting you have a problem with addiction is a crucial first step toward recovery. It means that you have realized you're on the wrong path and are committed to making a change for the better. Getting into this headspace allows you to seek the help you need to defeat addiction.

Get the right treatment for your addiction

Once you've decided to seek help, you need to find the right addiction treatment. This involves getting the right diagnosis as well as the right rehab facility to guide you on your recovery journey. Not all rehabs are the same and there's no one-size-fits-all for treatment. You need to find an addiction treatment center that provides individualized treatment.

Additionally, you need to find a suitable treatment program. You can either settle for residential addiction treatment or outpatient care. Other programs are a blend of the two e.g., partial hospitalization and intensive outpatient treatment. You'll need to work together with your treatment provider to come up with a schedule that suits you.

Commit to staying sober

Once you've undergone detox, you need to commit to staying sober. This often involves a complete lifestyle and behavioral change. You need to learn how to take care of yourself e.g., eating nutritious meals, getting enough sleep, regular physical activity, and nurturing positive relationships. It may involve changing your environment from the negative one that led to your addiction to a healthier one. This is often the hardest part of beating addiction as your resilience will be tested.

Learn relapse prevention strategies and coping mechanisms

To stay sober, you need to learn how to avoid relapse. During your treatment, you'll learn the coping skills needed to identify and avoid triggers. The more prepared you are to deal with various situations, the more resilient you'll be in the face of temptation.

Cultivate a positive support group

Another important aspect of defeating addiction is surrounding yourself with the right people. You'll need to develop a network of individuals to give you the encouragement, support, and guidance you need to stay sober. This could be anyone from your friends and family to community support groups or people you meet at a sober living home.

Break the Chains of Addiction Now

Don't allow addiction to mess up your life. With help from the Findlay Recovery Center, you can escape the chains of addiction. We offer affordable, tailor-made treatment programs for both alcohol and substance abuse and we'll be glad to be part of your recovery journey. Contact us today to take the first step towards sobriety.

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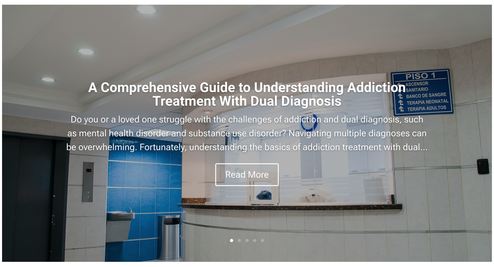

A Comprehensive Guide to Understanding Addiction Treatment With Dual Diagnosis

Do you or a loved one struggle with the challenges of addiction and dual diagnosis, such as mental health disorder and substance use disorder? Navigating multiple diagnoses can be overwhelming. Fortunately, understanding the basics of addiction treatment with dual...

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Get In Touch With Us Today

Pick up the phone, fill out a form or chat with us below to get started on your free consultation and treatment assessment.

Complete Pre-Assessment

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.

Plan Travel & Admit

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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GETTING HELP FOR ADDICTION HAS NEVER BEEN SO EASY

Get Help Now

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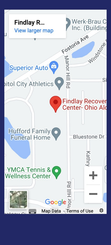
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