

# Is Addiction Trying To Escape Basic Human Suffering?

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Some people have fun, others do so to numb some kind of pain they're experiencing. Those in the latter group often have a harder time beating addiction unless they get to the root cause of their pain.

Using addiction to escape human suffering is often counterproductive. While it works in the short term, giving the addict respite from the painful parts of their daily life, it often leads to more problems in the long run. This is because of how addiction works.

When you first start taking alcohol or a drug, it gives you a high – a euphoric feeling of wellbeing. However, this often wears off, leaving you with unpleasant withdrawal symptoms. You have to take the substance again to get high. With time, your body develops tolerance, requiring you to take an ever-increasing amount of alcohol or the drug to attain the same high. Eventually, you end up addicted.

Addiction often has adverse effects on an individual, contributing to physical, mental, and emotional problems. You started out looking for an escape from trauma or pain and ended up creating more problems for yourself.

## Can Rehab Help?

To beat addiction and get your life back on a healthy track, you have to be willing to admit that you have a problem. You also have to be willing to put in work to get and remain sober or clean. It is nearly impossible to take these steps on your own. That's where rehab comes in.

Starting from detox to outpatient treatment and aftercare, the addiction treatment process is designed to give those battling addiction a chance at rebuilding their lives. At the [Findlay Recovery Center in Ohio](#), we use the following to help clients find better ways to handle their pain:

- **Psychotherapy.** This is a key part of our drug and alcohol treatment programs. We use individual or group therapy to help clients uncover the root causes of their addiction –helping them uncover what pain they're escaping and why. Over the course of several sessions, we help them gain skills to help manage their pain in healthy ways.
- **Healthier ways of self-expression.** While not as exciting as getting high, there are other ways people can use to cope with the stress of their daily lives. We help clients discover creative ways of expressing and managing their emotions including journaling, meditating, immersing themselves in nature or picking up hobbies such as painting or music.
- **Developing healthy, supportive relationships.** We also guide and encourage those in recovery to make and maintain healthy relationships with friends and family. This way they can receive the emotional support they need to not only beat addiction but also rebuild sober lives.

[Reach out to us](#) today to see how we can help.

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- How to Find Comprehensive Substance Abuse Treatment That Fits Your Needs as a First Responder
- Tips for Building a Sober Support System During Residential Inpatient Substance Abuse Treatment
- Exploring Supportive Housing Options for Aftercare and Sober Living Programs
- Understanding the Role of Medication Assisted Treatment in Opioid Addiction Recovery
- 6 Things to Expect When Entering a Residential Inpatient Treatment Program
- 10 Steps to Coping with Withdrawal Symptoms During Detox for Benzos

## 7 Tips for Avoiding Temptations and Setbacks After Drug and Alcohol Treatment

Navigating the post-treatment phase of drug and alcohol addiction is both a challenging and rewarding journey. However, with careful planning, support from those around you and an understanding of relapse prevention techniques, avoiding temptations after treatment can...

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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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### Site Map

Home

Who We Are

Treatment Services

Tour Our Facility

Admissions

Privacy Policy

### 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.



### Who We Are

Tour Facility

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Lastest Articles

Careers

### Dual Diagnosis

Depression

Anxiety

PTSD

Bipolar

Trauma

### Areas We Serve

Arkon

Cleveland

Columbus

Dayton

Toledo

### Addiction Treatment

Alcohol

Cocaine

Opioids

Heroin

Benzos

### Who We Help

Men

Women

Professionals

LGBTQ

First Responders