

# Steps To Overcoming Addiction In Your Own Home

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The Findlay Program: Our treatment program is designed to help you overcome your substance-abuse for each of our clients. As part of our recovery program, we want to encourage clients to overcome their addiction in their own home, too. We believe that everybody has the ability to recover from addiction if they have the drive to come to ask for help in the first place.

Our treatment plans for our clients are handcrafted. We believe that each of our clients will be able to maintain sobriety for a lifetime with our help. Every single client that comes to our door who is struggling with addiction will be cared for by the experts at Findlay Recovery Center.

Whether for you or your loved ones, we are here to help you to find a sustainable recovery solution. Addiction can be frightening, and not just for you, but for your family. It could have consequences for your health, your financial security, and your relationships. No matter how bad things seem, there are always steps to overcoming addiction.

## Overcoming Addiction at Home

Many addicts choose to move into a rehabilitation facility when they are trying to cross the bridge towards sobriety. However, it's not always feasible for anybody to spend the money in a rehabilitation center as an inpatient. Sometimes, treatment is too expensive in a treatment center, and other times they may not have the personal or professional backing to be able to manage it themselves. It is, however, possible to overcome addiction at home and here are the steps towards that.

## Acknowledging Addiction

The very first step in overcoming addiction is to admit that there is a problem. This is actually a very difficult thing for an addict to do, because often they spend so long covering the addiction than admitting that there is a problem, so it's hard.

The treatment cannot be successful if denial is the driving factor, though, and it doesn't matter what substance you are addicted to. You need to recognize, acknowledge, and honor your behavior so that you can put a stop to it. It's a very good idea for now to be the time that you admit you have a problem to your friends and family. They are going to be instrumental in supporting you through this process if you are overcoming your addiction in your own home.

## Seek Professional Addiction Treatment

The very next step in overcoming addiction in the home, it's finding a treatment program. Well you can be at home in your recovery, you still need a treatment program lined up to help you to get through the steps. The good news is that there are plenty of outpatient treatment programs that can allow you to treat your substance-abuse at home with the help of a dedicated team. It also enables you to continue with your daily life, and there are highly popular community based programs such as Narcotics Anonymous and Alcoholics Anonymous that can offer you support.

With the right treatment program, you'll be able to identify the underlying causes behind the behavior.

Once you understand the things that trigger you to turn to your addiction for help, you'll be able to spot them when they arise and learn to avoid giving into those cravings. With the right coping strategies, you'll be able to deal with the symptoms of withdrawal and all the cravings occur after recovery.

## Prevent Relapse Of Past Addictions

It can be really difficult to prevent relapse. A lot of addicts do end up falling back into bad habits of their addictive behavior. However, once your main recovery program is underway you will be supported and taking steps to prevent future relapsing. The first step to achieve this is by ensuring that you have a good support system around you and if you're struggling with substance-abuse and need help with recovery, getting in touch with us is actually the best thing that you could do for yourself.

## Reach Out to Findlay Recovery Center

If you or your loved ones are seeking treatment for addiction and you would like to know the steps to overcoming addiction in your own home, reach out to us today. Our goal is to help anybody who contacts us because we believe in you.

If you are ready to get help then we are ready to help you and support you through this process. We won't tell you it's going to be easy. Our affordable drug and alcohol rehab center in Ohio is here to help you with tailor-made treatment plans for substance abuse.

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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

Video & Media

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### Dual Diagnosis

Depression

Anxiety

PTSD

Bipolar

Trauma

### Areas We Serve

Arkon

Cleveland

Columbus

Dayton

Toledo

### Addiction Treatment

Alcohol

Cocaine

Opioids

Heroin

Benzos

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Men

Women

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First Responders