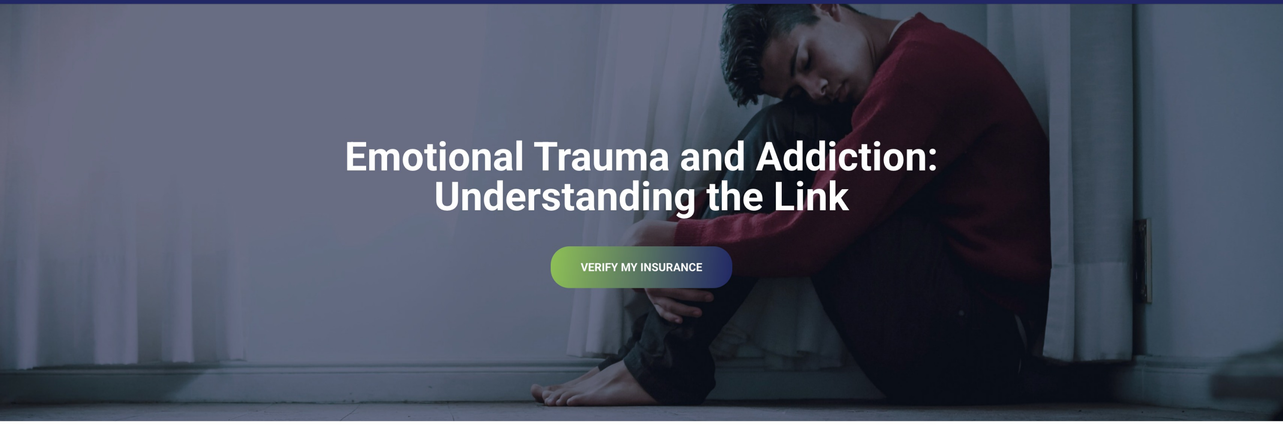

Emotional Trauma and Addiction: Understanding the Link

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Emotional trauma and addiction often go hand-in-hand, creating a vicious cycle that can be hard to break. For adults living with addiction, acknowledging and understanding the signs of emotional trauma is a crucial step toward recovery and healing. Here we will aim to shed light on the seven common signs of emotional trauma in adults struggling with addiction and provide actionable steps on how to seek help.

Chronic Feelings of Fear and Anxiety

Description

One of the most telling signs of emotional trauma is a perpetual state of fear and anxiety. This can manifest as a constant sense of dread, panic attacks, or general unease, even in safe environments.

Why It Happens

Traumatic experiences can wire the brain to stay in a heightened state of alertness, making it difficult to relax. For those battling addiction, substances may initially seem to offer a reprieve from these overwhelming emotions, creating a dangerous dependency.

How to Seek Help

- **Therapy**: Cognitive Behavioral Therapy (CBT) and Eye Movement Desensitization and Reprocessing (EMDR) are effective treatments for trauma-related anxiety.
- **Support Groups**: Joining groups like Narcotics Anonymous (NA) or Alcoholics Anonymous (AA) can offer a supportive community.
- **Medication**: Consult a psychiatrist for medication that can help manage anxiety symptoms while working on the root cause.

Emotional Numbness or Detachment

Description

Emotional numbness or detachment is another common sign of emotional trauma. Individuals may feel disconnected from their surroundings or loved ones and may struggle to experience a full range of emotions.

Why It Happens

This symptom often serves as a defense mechanism to protect oneself from the overwhelming pain of the trauma. However, it can lead to isolation and exacerbate addiction as individuals turn to substances to try to feel something—anything—again.

How to Seek Help

- **Mindfulness and Meditation**: Practices that focus on staying present can help individuals reconnect with their feelings.
- **Therapy**: Dialectical Behavior Therapy (DBT) can be particularly helpful in treating emotional numbness.
- **Creative Outlets**: Art, music, and writing can serve as therapeutic outlets for expressing suppressed emotions.

Unexplained Physical Symptoms

Description

Emotional trauma can manifest physically. Common physical symptoms include headaches, stomach aches, muscle tension, and chronic pain without any clear medical cause.

Why It Happens

The mind-body connection is powerful. Emotional trauma can trigger the body's stress response, leading to various physical ailments. Unfortunately, these symptoms often drive individuals deeper into addiction as they seek relief.

Search

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10 Essential Questions Professionals Should Ask Before Entering Residential Rehab

Do you need detox to quit oxycodone safely?

Breaking the Cycle: Supporting LGBTQ+ Communities in Facing Substance Use

Is Anxiety Fueling Your Alcohol Use? Understanding the Connection

Explore Categories

Addiction

Addiction detox

Addiction Recovery

Addiction Rehab

Addiction Treatment

Addiction Treatment Center

Alcohol

Alcohol Abuse

Alcohol Addiction

Alcohol Addiction Treatment

How to Seek Help

- **Medical Evaluation**: Rule out other potential causes by consulting with a healthcare provider.
- **Integrative Approaches**: Practices such as yoga, acupuncture, and massage can help alleviate physical symptoms.
- **Psychotherapy**: Address the emotional root of physical symptoms with the help of a mental health professional.

Difficulty Forming and Maintaining Relationships

Description

Individuals with emotional trauma may find it challenging to form and maintain healthy relationships. They may struggle with trust, experience frequent conflicts, or engage in self-sabotaging behaviors.

Why It Happens

Trauma can distort one's self-image and perceptions of others, making it difficult to establish and nurture meaningful connections. Addiction further complicates this by introducing instability and unreliability into relationships.

How to Seek Help

- **Couples or Family Therapy**: These therapies can help mend and strengthen relationships affected by trauma and addiction.
- **Building Trust Gradually**: Take small steps to build trust with others, starting with low-stakes interactions.
- **Self-Help Resources**: Books and workshops on building healthy relationships can provide valuable insights and techniques.

Intrusive Thoughts and Flashbacks

Description

Intrusive thoughts and flashbacks are hallmark symptoms of Post-Traumatic Stress Disorder (PTSD), often experienced by those with a history of emotional trauma. These can be triggered by reminders of the trauma, causing intense distress.

Why It Happens

Trauma can leave an indelible mark on the brain, making it difficult to move past the traumatic events. Substances may initially seem to dull these memories but can ultimately make them more persistent and disruptive.

How to Seek Help For Emotional Trauma and Addiction

- **Trauma-Focused Therapy**: EMDR and Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) can be highly effective.
- **Grounding Techniques**: Simple exercises that focus on the present can help manage intrusive thoughts.
- **Peer Support**: Sharing experiences with others who have gone through similar trauma can be therapeutic.

Deep Sense of Shame or Guilt

Description

A pervasive sense of shame or guilt often plagues those with emotional trauma and addiction. This can stem from the trauma itself or the behaviors associated with addiction.

Why It Happens

Shame and guilt can create a destructive feedback loop. Feeling unworthy or responsible for the trauma can drive individuals deeper into addiction, using substances to escape these painful emotions.

How to Seek Help

- **Self-Compassion Practices**: Learning to be kind to oneself can help alleviate feelings of shame.
- **Therapy**: Specific therapies such as Internal Family Systems (IFS) can be effective in addressing deep-seated shame and guilt.
- **Group Therapy**: Sharing experiences in a non-judgmental setting can help normalize and reduce feelings of guilt.

Hypervigilance and Paranoia

Description

Hypervigilance and paranoia involve being excessively wary of one's surroundings, constantly feeling on edge, or suspecting others of malicious intent without basis.

Why It Happens

These symptoms are survival strategies that may have been adaptive during the trauma but become maladaptive in safe environments. Addiction can exacerbate these feelings, creating a sense of

Alcohol detox
Alcoholism
Alcohol Rehab
Anxiety
Benzodiazepine Addiction
Cocaine
Cocaine Abuse
Depression
Detox
Detox Center
Dialectical Behavior Therapy
Drug Abuse
Drug Addiction
Drug detox
Drug Rehab
Dual Diagnosis
Family
Heroin
Heroin Addiction
Heroin Withdrawal
Heroin Withdrawal Symptoms
Inpatient
Mental Health
Ohio
Opioid addiction
Outpatient
Prescription addiction
Prescription Drug Detox
Prescription painkillers
PTSD
Recovery
Rehab
Sobriety

constant danger and mistrust.

How to Seek Help

- **Therapeutic Interventions**: Therapies such as CBT can help retrain the brain to assess threats more accurately.
- **Medication**: Antidepressants or anti-anxiety medications may be prescribed to help manage these symptoms.
- **Healthy Lifestyle Changes**: Regular exercise, a balanced diet, and adequate sleep can have a positive impact on mental well-being.

Reach Out to Findlay Recovery Center Today

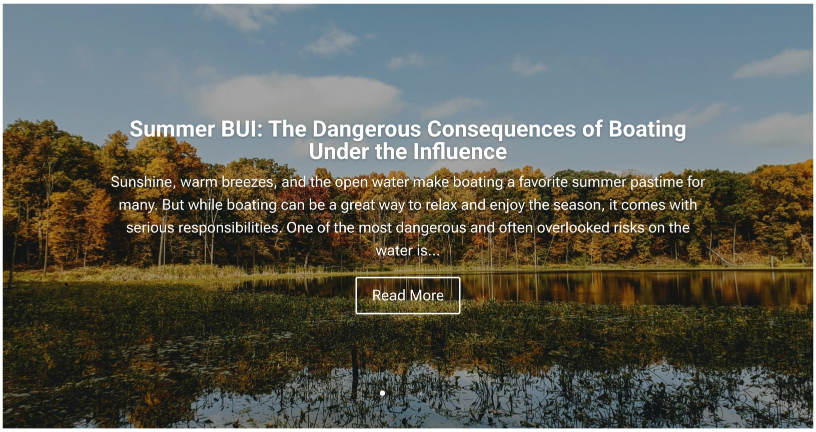
At Findlay Recovery Center, we understand the complex and interconnected nature of emotional trauma and addiction. Our team of experienced professionals is equipped to provide personalized treatment plans that address both issues simultaneously, with compassion and understanding.

We offer a range of therapies, support groups, and holistic approaches to help individuals heal from their past traumas and overcome addiction for good. Reach out to us today to learn more about our dual diagnosis treatment options and take the first step towards a healthier, happier life. Remember, you are not alone in this journey, and recovery is possible with the right support.

DRUG RESIDENTIAL TREATMENT PROGRAM
ADDICTION TREATMENT CENTER
Findlay
RECOVERY CENTER

state page

Substance Abuse



Summer BUI: The Dangerous Consequences of Boating Under the Influence

Sunshine, warm breezes, and the open water make boating a favorite summer pastime for many. But while boating can be a great way to relax and enjoy the season, it comes with serious responsibilities. One of the most dangerous and often overlooked risks on the water is...

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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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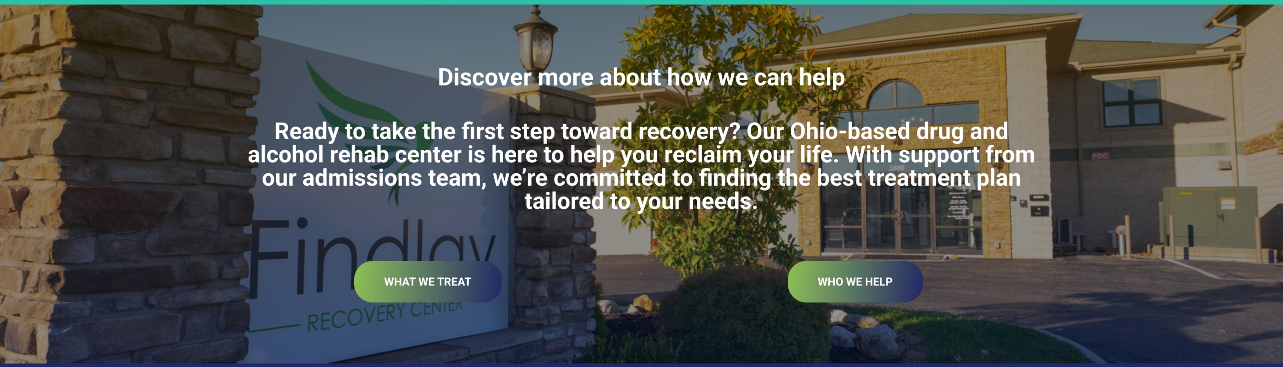

Discover more about how we can help

Ready to take the first step toward recovery? Our Ohio-based drug and alcohol rehab center is here to help you reclaim your life. With support from our admissions team, we're committed to finding the best treatment plan tailored to your needs.

WHAT WE TREAT

WHO WE HELP

IWN

VERIFIED BY Psychology Today

THE JOINT COMMISSION NATIONAL QUALITY APPROVAL

LegitScript Certified

BBB ACCREDITED BUSINESS

Findlay RECOVERY CENTER

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.

Hours of Operation

Open 24 Hours a Day, 7 Days a Week

Get In Touch

1800 Manor Hill Road Findlay, Ohio 45840

1-855-605-2135

View larger map
12
Windstone Dr
Findlay Rec
Ohio Addic
Westshore Dr
Eastshore Dr
Bluestone D
Google
Map Data
Terms

Treatments

- Detox
- Residential
- Partial Hospitalization
- Mental Health
- After Care
- Dual Diagnosis

Who We Help

- Men
- Women
- Professionals
- LGBTQ
- First Responders

What We Treat

- Alcohol
- Cocaine
- Opoids
- Heroin
- Benzos
- Meth
- Oxycodone
- Percocet
- Xanax

Areas We Serve

- Arkon
- Cleveland
- Columbus
- Dayton
- Toledo
- Kentucky
- Ohio
- Cities We Serve
- States We Serve

Mental Health

- Depression
- Anxiety
- PTSD
- Bipolar
- Trauma
- Dual Diagnosis

Who We Are

- About
- Tour Facility
- Video & Media
- Admissions
- Careers
- Blog
- Privacy Policy
- Site Map