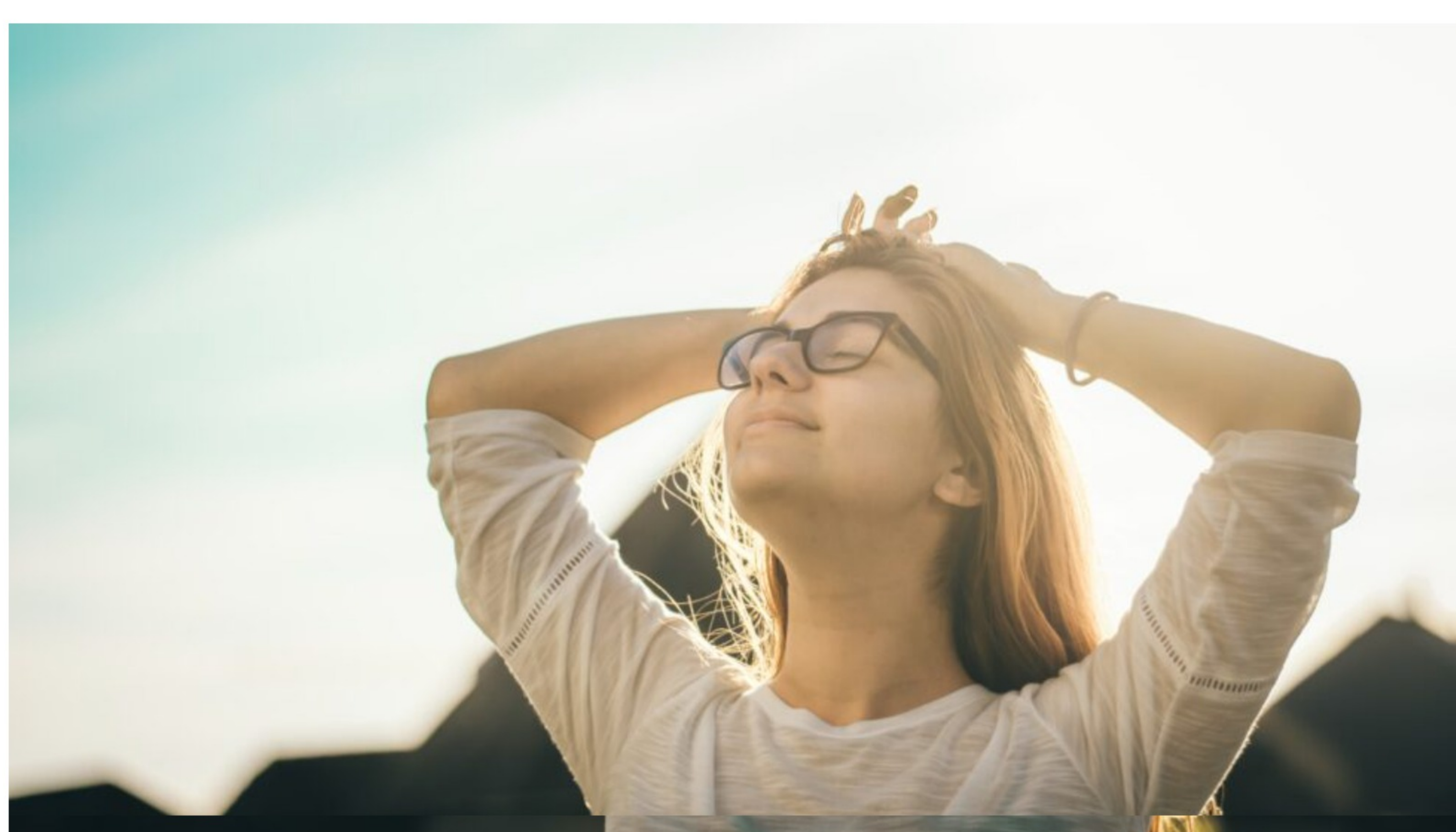


# The Four Phases Of Recovery From Alcohol And Drug Addiction

by impactwellness | Dec 14, 2023 | Blog



Addiction is a heartbreaking reality in our country. It leaves a trail of devastation in its wake turning healthy individuals into desperate versions of their former selves, tearing families apart and ruining communities.

The good news is that it's possible to break free with proper treatment. That said, recovery from addiction doesn't happen overnight. When you decide to go into a [treatment program](#), you embark on a lifelong transformative journey. This journey is marked by distinctive phases, each presenting unique opportunities for growth

## Recognition and Acknowledgement

Recovery begins when you become aware you have a problem with addiction. You may have hit the proverbial wall in your life forcing you to acknowledge your addiction and reflect on your life. Maybe your partner decides to walk out or you receive a warning from your employer. Alternatively, you may have a health problem that compels you to face reality. Whatever it is, acknowledging you have a problem and accepting that you need help is a powerful catalyst for change. It may also trigger a mix of emotions ranging from fear and shame to hope and determination.

## Early Abstinence

Once you acknowledge you need help to overcome addiction, the next stage is finding an appropriate treatment program and committing to treatment. Most rehab centers will first have you undergo [detox](#) before proceeding to a treatment program. Detoxing can be uncomfortable and demanding and you'll experience withdrawal symptoms, cravings and mood swings. This is the toughest stage to overcome and you may be tempted to quit.

During this stage, you'll receive professional support such as medical supervision or counseling. You'll start working with a trained counselor to identify and address the root causes of addiction.

## Maintaining Abstinence

The third phase focuses on maintaining abstinence and developing the coping skills needed to maintain a sober lifestyle. You'll get into an addiction treatment program and get started on counseling and therapy to address the psychological aspect of addiction. In addition to coping skills, you'll also learn to identify and manage triggers and stressors, communication skills to help improve your relationships as well as strategies to avoid relapse. You'll also be encouraged to form a support network where you can share experiences and receive encouragement.

## Advanced Recovery and Growth

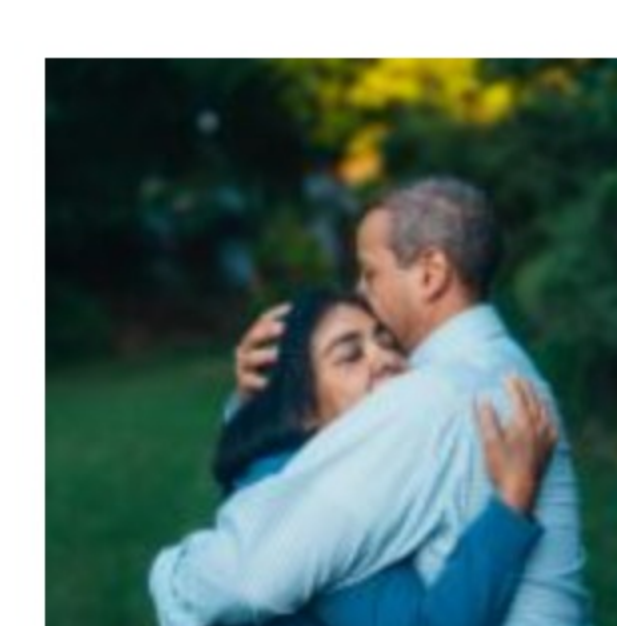
After about five years of abstinence, you'll enter advanced recovery which is the fourth and final stage. By this time, you'll have taken all the tools and skills learned during rehab and used them to rebuild a productive and fulfilling addiction-free life. You're committed to ongoing self-improvement and personal growth through education, hobbies or career advancement and are also engaged in different activities in the community. In short, you become a productive member of society with a sense of purpose and connection. Recovery from addiction is a lifelong, dynamic journey and the [Impact Wellness Network](#) would love to help you through every stage. [Our locations](#) throughout the Midwest in Indiana, Ohio and Kentucky, are strategically placed so you can get help wherever you need it. Don't hesitate to [contact us](#) to learn more about how we can help you overcome addiction.

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- Aftercare
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- Detox program
- Financial stability
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- Holidays
- Impatient Addiction Treatment
- Inpatient
- Inpatient.
- Intake plan
- local
- MAT
- Medication-assisted treatment
- Motivational Interviewing
- New Years
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- Opioid addiction
- Opioid clinics
- Opioid treatment
- Outpatient
- Professionals
- Recovery
- Relapse prevention programs
- Residential addiction treatment
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- resources
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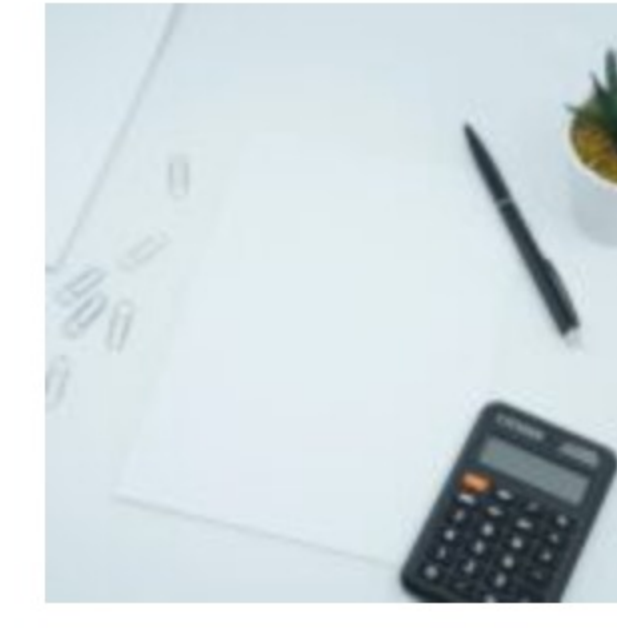
Learning to Forgive: Finding Peace and Letting Go of Resentment in the Journey of Sobriety

The process of learning to forgive can be a long and difficult road, but it is one that ultimately leads us to peace. The ability to forgive those who have wronged us not only allows us to move on from the hurt but also teaches us skills for healthier relationships in the future. At times... [Read more](#)



Discovering Your Passions: Exploring Hobbies and Interests to Enhance Your Life in Sobriety

Embarking on the journey of sobriety is a transformative experience that opens doors to self-discovery and personal growth. One of the key elements in maintaining a successful and fulfilling sober lifestyle is the exploration and cultivation of passions and interests. We will delve into the importance of discovering your passions, how hobbies can enhance your... [Read more](#)



Navigating Financial Wellness and Stability After Addiction Treatment: A Guide to Taking Care of Your Finances

Embarking on the journey of addiction recovery is a commendable and transformative experience. However, the challenges don't end with the completion of a treatment program. Achieving financial stability post-treatment is often an overlooked aspect of recovery. We'll explore the importance of taking care of your finances after addiction treatment and provide insights into navigating financial... [Read more](#)



The Importance of Self-Reflection: Taking Time to Pause, Reflect, and Grow in Sobriety Through Treatment

Embarking on the path to sobriety is a transformative journey that involves not only breaking free from the chains of addiction but also fostering personal growth and self-discovery. Amid the challenges that come with rehabilitation, the importance of self-reflection cannot be overstated. We will dive into the significance of taking time to pause, reflect, and... [Read more](#)



Creating a Vision for the Future: Setting Goals and Building a Life Beyond Alcohol Rehab

Embarking on the journey of alcohol rehabilitation is a courageous step toward a healthier and more fulfilling life. As individuals navigate through the process of recovery, it becomes crucial to not only overcome addiction but also to envision a future that is free from the constraints of alcohol dependency. Creating a vision for the future... [Read more](#)

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Multiple Locations in KY, IN, OH, MO, and VA



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- [Blog](#)

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- [Missouri](#)
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