

Various Stages Of Drug & Alcohol Addiction Recovery

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There are various stages normally associated with any kind of addiction recovery. Each stage has its own importance since it can teach many lessons, and there exist many tasks which one needs to complete to move on to the next stage. Three phases of drug and alcohol addiction recovery are as mentioned below:

Early Recovery

This stage of recovery has one chief lesson, which is that one should be self-conscious about not depending himself/herself onto some drugs or alcohol. Only if you remove this substance from your body for a while, your mind gets a chance to believe in the fact that the drug is not really helping you. In these early stages, when one should become aware of the consequences of addiction and make self-plans to get over it. All of these plans really help to achieve the final objective. Although different people tend to have different mentality, and as such there is no clear time span for this stage to end. It can even last till two years.

Middle Recovery

In this stage, one of the primary goals for anyone should be to maintain the self-restrictions planned during initial stage. Try to be as vigilant and strict to your plans as you can. This is the stage where one should also enlighten their knowledge on some of the lessons never learnt before, or if learnt, they might have forgotten. It is really crucial to be self-aware of the damages caused by indulging in such addictions, and you should also step forward to attain a balance in your lifestyle. It's time then to address this issue, and heal relationships with friends, family, God, and the society of course. The best indicator as to how much progress you are making can be known by the feeling of balance within your mind. The time span here again depends on how strictly you follow your plans.

Last Stage Recovery

Once you have successfully achieved security and stability in recovery, it's time you should start dealing with your essential issues. Maybe these issues are the real root cause of your problems, or they can even be traced back to your childhood. The point is that if you sort out the issues causing a lot of trouble in your life, then may be you won't get into any more addictions in future. While some of the more critical issues like low self esteem, issues related to abuse, or abandonment may better be discussed with some professional experts.