

How Can I Get Help With Staying Sober After Addiction Rehab

Posted on October 19, 2020

It takes a lot of courage to admit that one has a problem with addiction and to check themselves into rehab to kick that addiction. However, recovery is a lifelong process and completing an [addiction treatment program](#) is just the beginning.

The next stage in your recovery journey is transitioning back into your normal life. This is the tricky part. Life in rehab is sheltered. There are no drugs and no triggers so it's easier to concentrate on your recovery. Once you leave the addiction treatment facility, you have to contend with the triggers and the temptation to use. Having adequate support during this stage, especially in the early days after leaving rehab, is crucial to avoid relapse.

Here are some of the ways you can get the help you need:

From friends and family.

Your loved ones have been there for you since the beginning and they can be a source of invaluable support. They can keep you accountable and provide valuable feedback that can help you achieve your goals after recovery.

By regularly attending [AA](#) or [NA](#) meetings.

Alcoholics Anonymous and Narcotics Anonymous meetings are available in almost every town and city in the country and attendance is free for the public. It's advisable to attend these meetings several times a week at first to get the support you need. We at the [Robert Alexander Center for Recovery](#) can help link you up with AA or NA meetings near your locale in Kentucky.

By joining an outpatient drug or alcohol treatment program.

If you feel that you need some sort of structure to your day after discharge from rehab, you can choose to attend an [outpatient drug or alcohol treatment program](#). Outpatient treatment sessions run for a few hours a day then you can go back home. This arrangement is beneficial for those transitioning from intensive addiction therapy to their regular lives.

By going to private therapy.

Attending some private therapy sessions can also be a great way to get the support you need to stay sober after rehab. Trained addiction therapists can help you continue with the recovery objectives you had and they can also help you work on any underlying issues that might trigger a relapse.

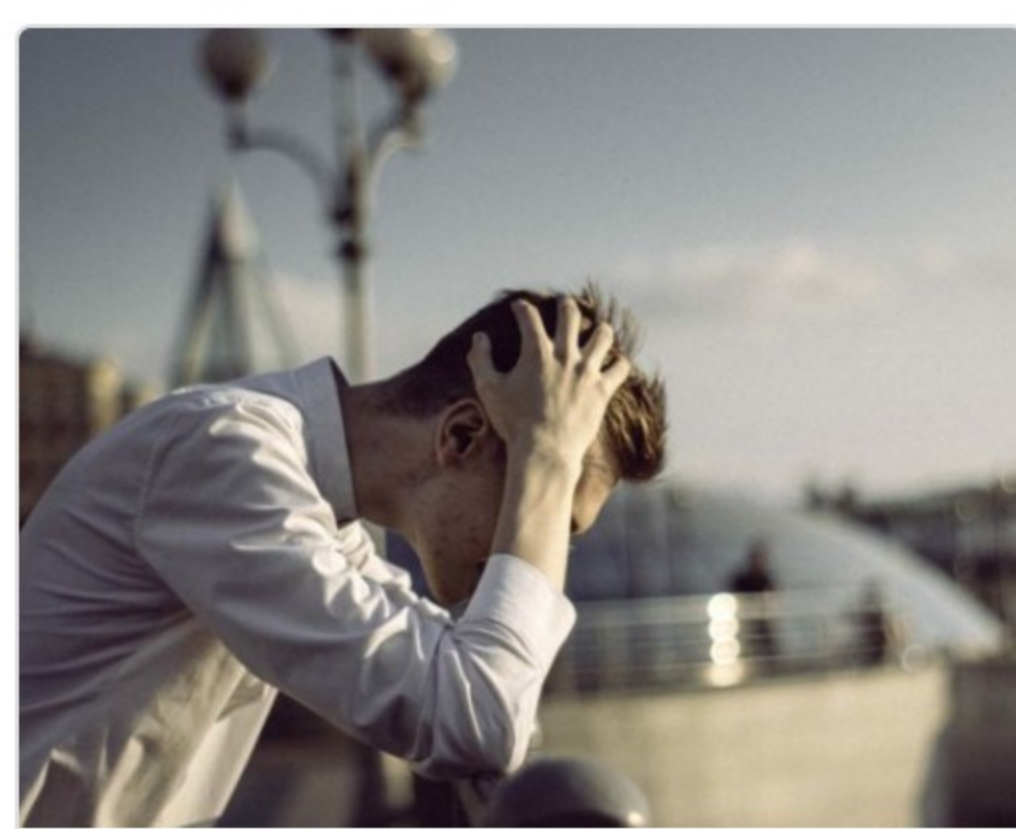
Putting the coping skills learned in rehab into practice.

As part of the treatment program in rehab, you were no doubt taught some coping skills to help you deal with triggers and other emotions you might face e.g. stress, anger, anxiety, depression, etc. Once you rejoin the real world, you should use these skills to keep your life on track. For instance, maintaining clear communication in your relationships can help you avoid stress or anger which may tempt you to start using or drinking again.

These are some great places to start if you're looking for help with staying sober after addiction rehab. For more information on how we can help, call us at (502) 443-9950.



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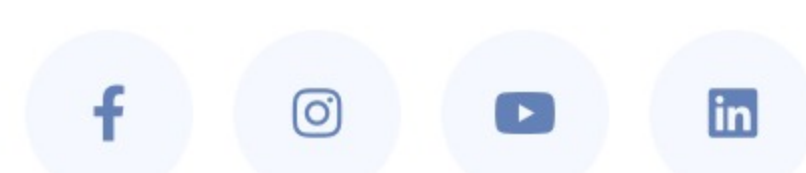


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P: 1-844-328-8406

The Robert Alexander Center for Recovery is a brand new, state of the art addiction treatment center in Kentucky, offering evidence-based treatment for substance abuse.



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130 Hope Street Mount
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