



# How Do You Know If You Need Rehab

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Addiction is a complex disease, and it’s challenging for people who do not experience it to understand. If your loved one is in the throes of an addiction, you see the fallout of the issue rather than the compulsion behind it. People neglect to get the help that they need because they are often unsure if they are even dependent on a specific substance in the first place. Some people are addicted to alcohol or drugs, but they don’t realize it at first because they are still functioning well in their everyday lives.

**So, it begs the question: how do you know if your problem is bad enough to need an addiction treatment center?**

The truth is that if you [think you should get help](#) – even the slightest worry or glimmer that you might need it – then you need to consider that you do have a problem. There is a very thin line between using drugs or alcohol recreationally and abusing it. That line is very easy to blur, and it often is! Let’s take a look at some of the signs that your social consumption has blurred into a full-blow addiction:

## Your Health Is Suffering

Apart from the obvious cost implications, alcohol consumption and the use of drugs is detrimental to your health. You’re introducing substances in your body to alter the way that your brain works, and that is going to have long-term effects on you. Your body starts to get used to more and more of the substance that you’re ingesting, and this can lead to more than severe depression. There is a whole host of physical issues that you could possibly deal with when you are addicted to alcohol or drugs, including cravings, heart problems, stomach cramps and organ failure.

## It’s All You Can Think About

When you are trying to work, but all you can think about is the next time you can drink or take a hit, it’s a problem. You shouldn’t have constant interruptions in your day due to a substance – it would show that it’s ruling your life if you do. Neglecting your responsibilities is the beginning of the end of the control that you have over your life.

## You Want To Ask For Help

When you begin to build a tolerance for a particular substance, people around you start to take notice. It’s easy to get defensive about the problem and try to hide it, but while you are doing this, you know you need help, and you want to ask for it – you don’t know-how. You know you need the help, but you also may not be ready to [go through detox](#) quite yet.


The thing is, there is help out there. You can connect with professionals to help you through detox and assist you in your transition to better health. Call (502) 443-9950 today to speak to the professionals at the [Robert Alexander Center For Recovery](#). You deserve support, and we’re here to give it to you.

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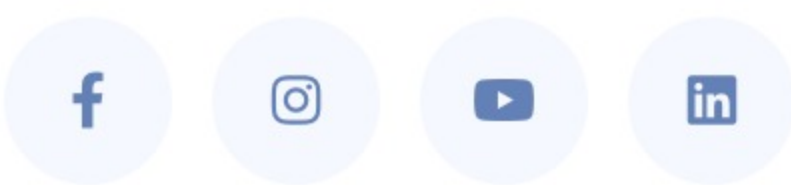


Where Does Alcohol Dependency Occur In The Brain?



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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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