What Do Drug and Alcohol Withdrawal Symptoms Feel Like?

By The Professionals At Robert Alexander Center

Quitting drugs isn't as easy as it seems. People may think that all you have to do is to stop taking the drug of choice and your addiction is over. However, that's not how addiction works. In this article we will explore what withdrawal symptoms feel like for someone who has been abusing drugs or alcohol.

Addiction is dangerous because the body often develops tolerance and dependence on the drug. Since the drugs take produce highs, the body keeps craving more. Eventually, it adapts to the drug and becomes dependent on it to create a stable environment in the body. When the drug is suddenly removed, an imbalance occurs and you experience withdrawal symptoms.

People react differently to different drugs and the withdrawal symptoms you may experience depend on:

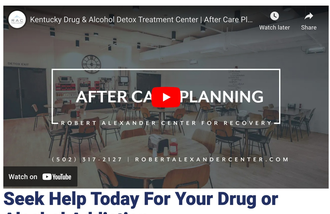
- The type of drug you used
- How long you used the drugs
- What amount you used
- Whether you took the drug with other substances
- How healthy you are
- Whether or not you have any pre-existing physical or mental health conditions

What Does Withdrawal Symptoms Feel Like?

Withdrawal symptoms can range from mild to severe and some can be debilitating. Drugs such as stimulants, benzodiazepines or opiates are difficult to kick on your own and may require detoxification at a drug rehab center.

While some people may experience withdrawal symptoms affecting one part of their bodies, others may suffer from a combination of them. Here are some ways your body may react to drug withdrawal.

- Physical – common body reactions include sweats, shakes, numbness or tingling in the fingers or toes, fatigue or lethargy. Muscle spasms and pain are also common.
- Gastrointestinal – quitting drugs may result in nausea, loss of appetite, vomiting or stomach cramps.
- Psychological – drug withdrawal can affect your mental health and wellbeing leading to changes in mood, anxiety, nervousness, hallucinations, delirium and paranoia.
- Behavioral – You may become irritable, frustrated, agitated or quick to anger as your body tries to adjust to living without drugs.
- Sleep problems – Sleep problems are another common group of withdrawal symptoms. This may include nightmares, insomnia and interrupted sleep.



Seek Help Today For Your Drug or Alcohol Addiction

Withdrawal symptoms can get serious enough to be life-threatening. That's why it's always advisable to seek professional help when trying to quit using drugs.

The Robert Alexander Center for recovery in Kentucky is dedicated to providing a safe and comfortable environment for those in recovery. We offer a variety of addiction treatment programs including intensive outpatient and outpatient programs for those unable to attend residential treatment at our facility. We also emphasize family therapy to give our clients a safe and supportive home environment to help them in their recovery.

If you're tired of addiction ruining your life and would like to start living clean, get in touch with us today. We'll be glad to help you.

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