What Does “Tweaking Out” Mean?

By The Professionals At Robert Alexander Center

Individuals experiencing erratic, disorganized, or violent/aggressive highs may be called “tweakers” or described as “tweaking out.” This accompanies specific drug highs and can be dangerous for the individual and those around them.

Our addiction treatment programs at the Robert Alexander Center are designed to support individuals through detox, treatment, and life-long care. We believe that each client should have a program designed to the specific needs that can help them achieve their individual addiction goals for the future.

Contact us today to see how the Robert Alexander Center can support you or your loved one.

What does “tweaking out” mean?

“Tweaking out” is a slang term for a person who is high on methamphetamines. Methamphetamines are a stimulant that impacts the central nervous system by increasing or speeding up bodily functions. When an individual is high on meth, they often experience a disorganized, erratic, excitable high.

Meth use can cause an individual to experience:

- **Increased Blood Pressure and Body Temperature**
- **Faster Breathing**
- **Rapid or Irregular Heartbeat**
- **Loss of Appetite, Disturbed Sleep Patterns, or Nausea**
- **Erratic, Aggressive, Irritable, or Violent Behavior**

“Tweaking out” not only appears dangerous but can be dangerous for the user and those around them as well. Chronic meth use can lead to harmful and long-lasting health effects like mood swings, paranoia, hallucinations, and violent or reckless behavior. Meth-induced violence often increases with chronic use due to individuals developing a sensitivity to the drug.

If you suspect that your loved one is “tweaking out” using meth, you should contact the Robert Alexander Center. At RAC, our fully comprehensive addiction treatment plan can help people struggling with addiction learn the proper coping mechanisms and treatment for life-long sobriety.

If someone is “tweaking out,” are they an addict?

“Tweaking out” doesn’t necessarily mean that someone is an addict. However, because meth is an illegal drug, it does indicate problematic use. Individuals who experience problematic use should seek help, as use can quickly turn to addiction.

Individuals addicted to methamphetamines may experience the following symptoms:

- **Extreme Weight Loss**
- **Severe Dental Problems**
- **Itching or Twitching**
- **Anxiety**
- **Confusion**
- **Memory Loss**
- **Insomnia**
- **Violent or Reckless Behavior**
- **Paranoia**
- **Hallucinations**

If you notice the person “tweaking out” or experiencing these additional symptoms, it is important to get them help from a comprehensive addiction treatment help right away. Individuals who use methamphetamines are not only hurting their present selves but potentially hurting their future selves as well.

How to get Someone Help with Addiction Today

At the Robert Alexander Center, get expert treatment for lasting care in Mount Washington, Kentucky.

We believe in offering the most comprehensive rehabilitation program designed to support individuals through addiction treatment, comorbid mental health treatment, and family therapy. We work with individuals to create the best plan to support their sobriety goals.

Clients at the Robert Alexander Center have the ability to transition through comprehensive treatment with the same counselors and therapists. From detoxification to outpatient care, our clients are supported every step of the way.

Alternative and traditional therapies are combined with proper nutrition and physical fitness to encourage total body wellness while attending our recovery program. Through comprehensive treatment, our clients can work individually and in small groups to address their substance use disorder and any other comorbid mental health disorders related to anxiety, depression, mood or personality disorders, or trauma and PTSD.
Contact us today to see if our program is right for you.

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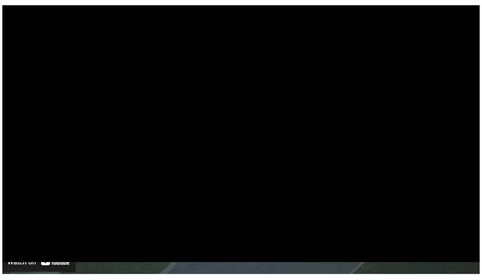
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