

Is Xanax Addictive?

by Robert Alexander Center | Jan 20, 2022 | Blog | 0 comments



Xanax is highly addictive and can be extremely dangerous. As a 'downer,' Xanax slows down the system and can lead to overdose.

Being addicted to [Xanax](#) means that you need to get help from a medical professional that can offer structured detoxification and addiction treatment with supportive care and expert therapeutic staff to help mitigate the flooding return of symptoms after stopping use. At the Robert Alexander Center, we can help with that. Our clients work through a specialized addiction treatment program designed to provide the most supportive, innovative, and caring environment for recovering addicts.



[Contact us today](#) to see how one of our individualized treatment plans can help you change your life.

What is Xanax?

Xanax is a classification of medication known as a benzodiazepine, which acts as a central nervous system depressant. Individuals can be prescribed Xanax for anxiety and panic disorders. Xanax should create a mellowing calm feeling in individuals if it is taken as prescribed.

Symptoms of Xanax use include:

- Drowsiness
- Irritability
- Difficulty Focusing
- Dry mouth or excessive saliva
- Drastic weight changes
- Changes in eating habits or appetite
- Nausea
- Changes in sex drive or ability
- Joint pain

If these symptoms occur or persist, individuals are encouraged to speak with their doctor about how the drug is working for them. Additionally, Xanax has many contraindications for other medications and physical health indicators for individuals who have multiple other health problems.

Is Xanax Addictive?

Xanax is highly addictive. As a benzodiazepine, the drug impacts the central nervous system by suppressing it and causing a decrease in anxiety and panic attacks. While this is beneficial for those with anxiety and panic disorders, it can cause a tolerance to the drug, a physical dependence, and addiction.

Xanax can quickly become addictive through misuse. Misuse of prescription medication occurs when an individual takes too much of the drug, takes it to get high, and when it is not taken as prescribed.

When an individual takes too much of a drug or takes it at too frequent of a rate, the body can develop a tolerance for the medication leading to excessive use every time. When the body develops this tolerance, it can lead to dependence on the drug to feel anything at all.



Taking a prescription medication to get high, especially benzodiazepines like Xanax, is especially dangerous because of the known health concerns and contraindications that individuals may not be aware of. Persons who take Xanax are regularly monitored by their doctor to ensure that their body continues to function correctly. Without this monitoring, an individual who just takes the drug to get high could end up damaging their body as well.

Finally, those who take Xanax in a way other than prescribed run the risk of developing an addiction due to misuse. For example, if individuals crush the drug or dissolve it in water to make it work more quickly, that can be dangerous and cause significant side effects. Additionally, this type of misuse occurs when an individual combines medications that should not be. If an individual is also drinking while using Xanax, not only can it lead to extremely dangerous suppression of the central nervous system, but it can also give the brain a false high and increase other risks.

What are the Signs of Xanax Abuse?

Individuals who abuse Xanax may experience more severe symptoms and longer-lasting effects of the drug.

How to Get Treatment for Xanax Addiction

Treatment for Xanax addiction can be difficult for an individual to go through as it is about detoxing from the drug and figuring out how to manage the anxiety and panic attacks that it is meant to cure. Additionally, if an individual is misusing the drug to get high, there are additional concerns about the development of a mental health disorder related to drug use.

Getting treatment for a [Xanax addiction](#) should include detoxification and therapeutic treatment. Based on the extent of the addiction, this can vary from inpatient residential treatment to weekly outpatient care through individual and group therapy. Intake specialists can determine this as they determine the extent of the addiction.

At the Robert Alexander Center, our clients have access to [comprehensive detoxification](#) and [treatment at various levels](#) designed to be the most supportive. Through traditional evidence-based cognitive behavioral therapy and a combination of alternative self-care and mindfulness therapies, our clients can successfully achieve long-term sobriety with our innovative programming.

At the Robert Alexander Center, we believe in expert care for lasting recovery.

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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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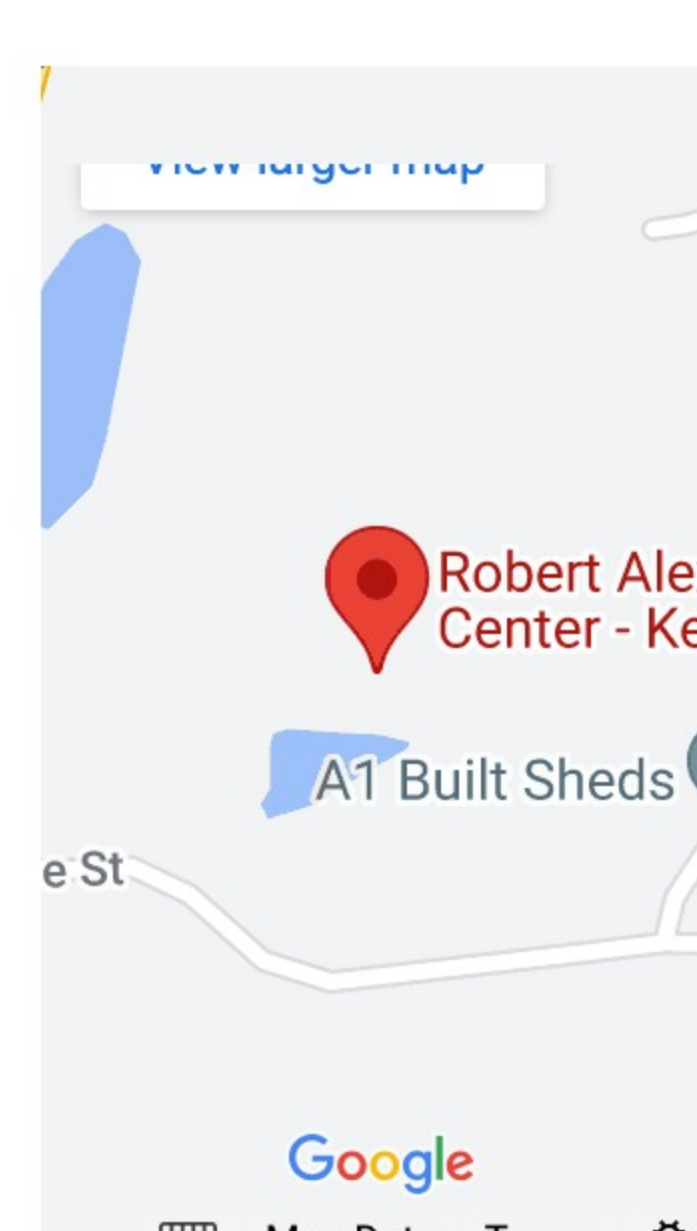
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