

# 6 Ways to Break the Chains of Addiction at Drug Treatment Centers

by Robert Alexander Center | Aug 13, 2022 | Blog | 0 comments



In the world of substance abuse, there are constant challenges and hurdles to overcome. A person can become so entrenched in their addictions that they feel trapped and unable to escape. Breaking the chain of addiction is a difficult process for many people; however, with determination and commitment, anything is possible.

Here are 6 of the best ways to break the chain of addiction at a [drug treatment center](#) and set yourself on a path to personal freedom:

## Be Honest with Yourself

The first step in any journey of self-improvement is honesty. No matter how much you might want to break the chain of addiction, if you aren't honest with yourself about the problem, you won't get very far. You need to be honest about your current situation.

You need to accept that you have a problem and that you need to deal with it. You need to be honest with your loved ones as well. You don't want them to be blind to the issue or think that you don't want help.

You want them to know what's going on and how they can help. You need loved ones around you who can offer support while also holding you accountable for your actions. Only then can you ever hope to break the chain of addiction.

## Change Your Environment

A big part of breaking the chain of addiction is changing your environment and social circle. If you are in an environment that promotes dangerous habits, you will find it extremely difficult to break the chain of addiction. You might be tempted to try and tackle the problem on your own, but you need the help of others.

If you have a group of friends who are also struggling with addiction, you will find it almost impossible to break the chain of addiction. You need to get away from that environment if you want a real chance of making a change. You don't have to leave your friends and family behind, but you need to get out of the situation that is promoting your bad habits.

If you are living with someone who is also struggling with addiction, you may need to find a new place to stay for a while. You need to remove yourself from the situation, find a [support network](#) of people who can help you, and get yourself on the right path.

## Find a New Activity

Part of changing your environment and social circle is finding new activities to replace the bad habits you want to get rid of. Part of breaking the chain of addiction is replacing the dangerous and destructive habits with healthy and constructive ones. If you are struggling with an addiction, you need to find a new and healthy activity to fill the void left by the addiction.

The new activity doesn't have to be something extraordinary or life-changing. It just needs to be something that you enjoy, something that you can look forward to. Find an activity that gets you away from your bad habits, that can help you avoid triggers, and that will help you focus on positive things.

Something like going to the gym, playing sports, painting, knitting, writing, etc. can help you stay away from the bad and focus on the good.

## Talk to Someone You Trust

Breaking the chain of addiction is very difficult on your own. You need the help of others, and you need to seek professional assistance at some point in your journey. Talk to someone you trust. Someone you know who has your best interests at heart.

Someone who can listen to your struggles without judgment. Someone who can help you find a path to recovery. You don't have to tell your story to everyone or go to a therapist's office, but you do need to have someone you can trust and who can help.

If you are in a situation where you feel like you need help but aren't sure where to turn, talk to someone you trust. Don't be ashamed. You don't have to get clean or stay clean alone. You can have the help you need and deserve. You don't need to break the chain of addiction alone.

## Find a New Hobby or Activity

As we mentioned above, a great way to break the chain of addiction is to find a new hobby or activity. Something that gets your mind off the things you want to avoid, while also helping you stay away from negative influences. If you are currently in an environment that promotes your bad habits, you need to get away.

You need to change your environment, and a great way to do that is to find a new hobby or activity. Something that gets your mind off the problem, while also helping you avoid your bad habits. Something that you can focus on and enjoy. It doesn't have to be something grandiose or life-changing.

It can be something simple, something that you enjoy and look forward to. Focus on your new hobby or activity. Get away from your bad habits and the environment that promotes them. Break the chain of addiction and start to move forward.

## Build a Support Network

You don't have to do everything on your own, and you don't have to break the chain of addiction alone. You need support from others. You need people who can help you and hold you accountable for your actions.

You need people who can give you advice, who can offer different perspectives, who can help you get out of your own head. Addiction is a very personal battle. It is often a battle that you fight on your own and with the voices in your own head.

You need others to help drown out the negative thoughts, to help you focus on the positive, and to help you [break the chain of addiction](#). Build a support network of people who will be there for you, who will listen to you, and who will offer advice and assistance when you need it. You don't have to go through this alone. You don't have to break the chain of addiction alone. You need others and others need you.

## Conclusion

Breaking the chain of addiction is one of the most difficult things you will ever do. It is a challenge that will test your resolve and determination like few other things are capable of.

At times, it will feel impossible, but with the support of loved ones and a willingness to do what it takes to get better, it is possible. You just need to find a way to break the chain and get out from under the weight of addiction.

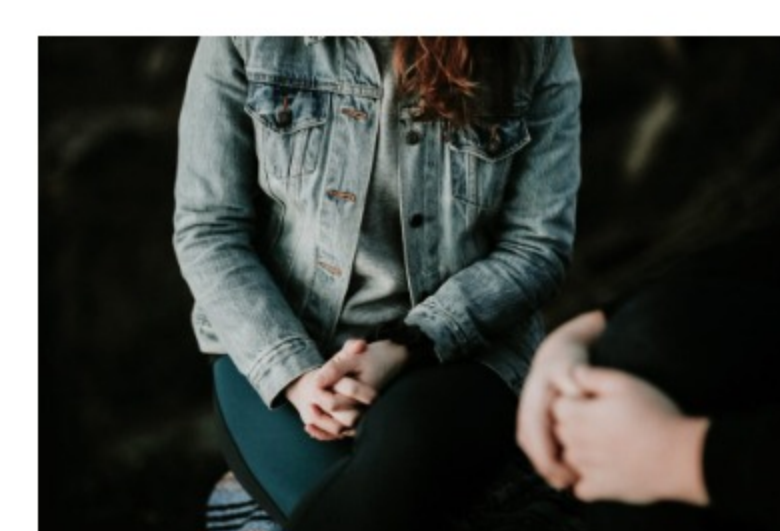
You need to find a way to break the hold of your bad habits, to find new and better ways to cope with life, and to forge a brighter future for yourself.

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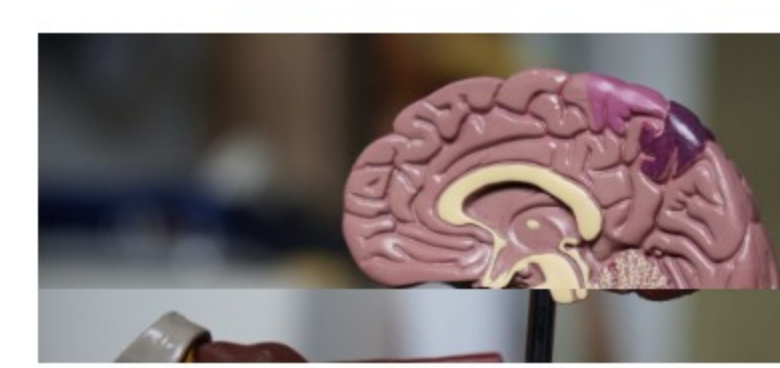
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The Robert Alexander Center for Recovery is a brand new, state-of-the-art addiction treatment center in Kentucky, offering evidence-based treatment for substance abuse.

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