

# What To Expect When Detoxing From Cocaine

JULY 14, 2022 – BY TAYLOR TIMOTHY



Cocaine is a powerful drug which leads to many changes in experience, behavior and temperament. It also has a lot of long-term health effects for you mentally and physically. And of course, as we all know, it is also incredibly addictive.

Because of this, the process of detoxing from cocaine can be quite difficult for most people, and the more addicted you are, the worse this can feel. It is still absolutely worthwhile, but you do need to be prepared for some of the effects of detoxing from cocaine. So here are some of the most important things to be aware of.

## Trouble Concentrating

One of the most common problems you might have in cognitive terms is having trouble concentrating. This can be mild or severe, depending on the person, but either way it is something that can prove to be quite frustrating. After a while, however, your concentration will not only get back to normal, but improve to your pre-cocaine levels.

## Hostility

It can bring up a lot of anger when you are detoxing from cocaine, and this can lead to a very hostile attitude towards other people which can be most unwelcome. If you find that you are getting hostile when you are detoxing from cocaine, just try not to act on it, and remember that the feeling will pass. In general, it's wise to take your emotions with a pinch of salt at this time.

## Depression

A very common occurrence when someone is detoxing from any drug, cocaine included, is to feel depressed. This again will go away eventually, but depression can be a pernicious thing which can seem to sap all the life out of things, so it's important that you are doing something about it if it gets tough. Speak to your therapist or doctor if you think you might need help.

## Anxiety

At the same time, you might also have anxiety, which can be mild or extreme. In mild cases, it might be a general underlying sense that things aren't quite right (and your addiction might be trying to suggest that taking more cocaine will make it okay again) or at the severe end, it could be full-blown paranoia and excessive worry. All in all, this is yet one more thing that proves to go over time, so it's something you'll have to try and ride out. And again, seek help if you need it.

## Craving

You are always going to get some craving when you are detoxing from something, but these will go away in due course. In fact, most people find that cravings do not last as long as they thought they would when detoxing. But for now, the thing to do about them is to ride them out and let them be. Try to gain some distance from them and see them as just feelings that are coming and going. This might give you power over them that can prove very useful.

For more help with your cocaine addiction, contact us today.

Cocaine Detoxing

[← Prev Post](#)

### Leave a Reply

Your email address will not be published. Required fields are marked \*

Your Comment \*

Your Name \*

Your Email \*

Save my name, email, and website in this browser for the next time I comment.

Post Comment

### Search

Search Site

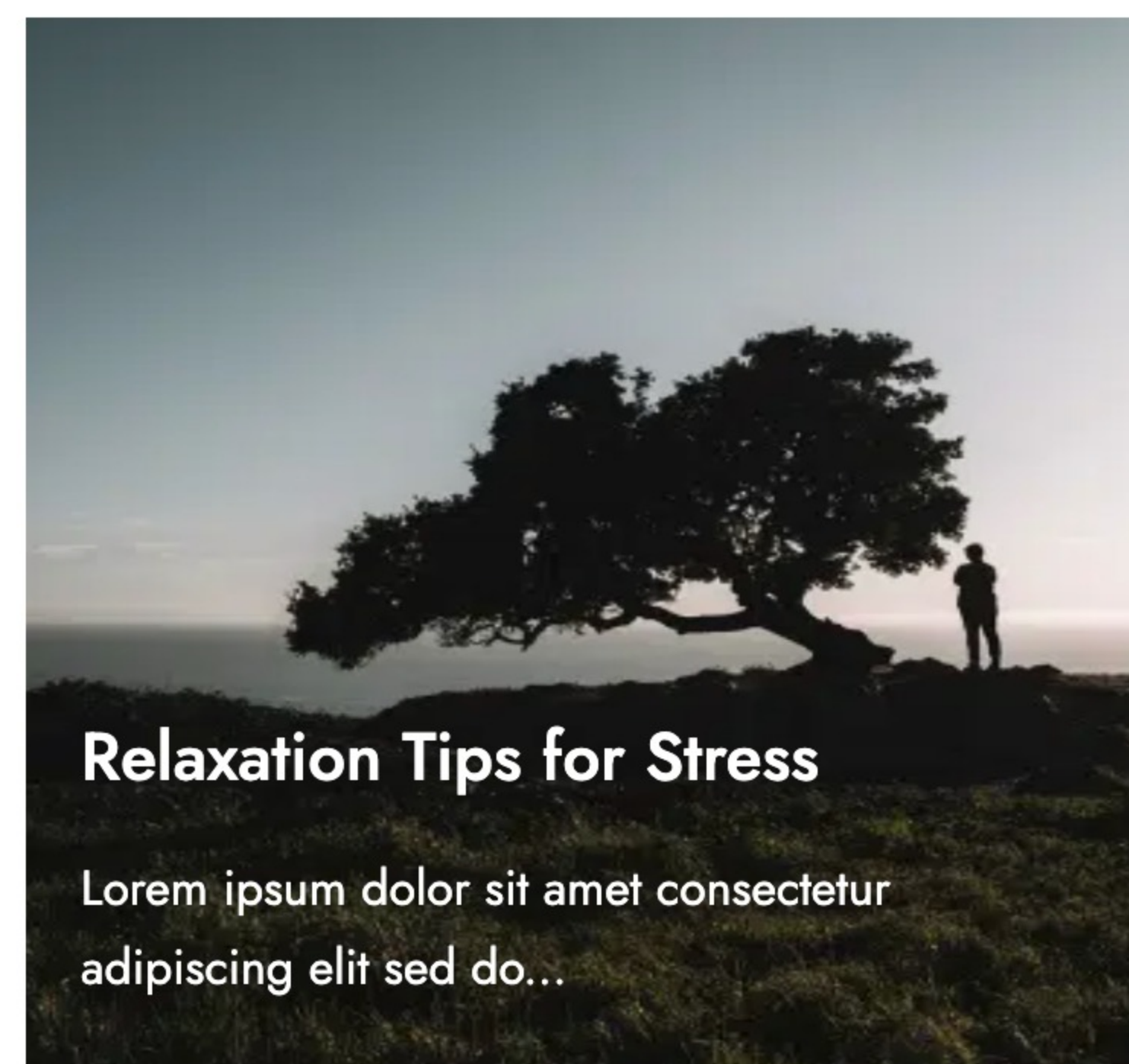
### Popular Blog Posts

### Categories

- ADDICTION (58)
- REHAB (27)
- UNCATEGORIZED (13)

### Tag

- Addiction
- Addiction Recovery
- Addiction Treatment
- Addiction Treatment Center
- Addicton
- Aftercare
- Alcohol Addiction
- Binge Drinking
- Brain Health
- Branson Missouri
- Cocaine
- Cocaine Abuse
- Cognitive Behavioral Therapy
- Columbia Missouri
- Coping Skills
- Dallas Texas
- Detoxing
- Dialectical Behavior Therapy
- Drug Addiction
- Drug Addiction Treatment
- Drug Treatment Centers
- Dual Diagnosis
- Escaping
- Family
- Fayetteville Arkansas
- Fentanyl
- Fentanyl Addiction
- FMLA
- Fort Worth Texas
- Inpatient Rehab
- MDMA
- Mental
- Motivational Interviewing
- Narcissists
- Opioids
- Opioid Withdrawal
- Physical
- Prescription drugs
- Rational Emotive Behavior Therapy
- Recovery
- Relapse
- Sleep
- Support Group
- Trauma-Focused Therapy
- Treatment



### Share:

### Instagram

[instagram-feed num=4 cols=2 class=feedOne showfollow=false]

Lorem ipsum dolor sit consectetur elit do tempor incididunt ut aliqua. Lorem ipsum dolor sit consectetur elit do tempor.



### Follow Us



#### Quick Links

- [Home](#)
- [Who We Are](#)
- [What We Treat](#)
- [Who We Help](#)

#### Our Services

- [Detox](#)
- [Inpatient](#)
- [Dual Diagnosis](#)
- [Aftercare](#)

#### Contact Us

5615 W. 32nd Street  
Joplin, MO 64804  
1-855-904-5910  
[info@grandfallsrecovery.com](mailto:info@grandfallsrecovery.com)

