GRAND FALLS

Latest Posts

for Addiction Treatment

and Recovery

Cocaine

Dual Diagnosis

Top Evidence-Based Practices

Exploring Attachment Styles:

Their Influence on Addiction

Understanding the Benefits of

Exploring the Common Stages

Top 6 Benefits of Integrative

Addiction Therapy for Treating

of Addiction Recovery for

Integrative Care for Treating

Comorbid Conditions

Reviews

Search

Steps to Take for Quitting Alcohol

by Grand Falls Recovery Center | Mar 5, 2023 | Addiction



Drinking is considered part of socializing in this country, so much so that people can have trouble identifying if they have a problem with drinking.

However, suppose you notice that you're unable to stop drinking despite any negative consequences you experience in your relationships, work, or health. In that case, you might be suffering from Alcohol Use Disorder (AUD). Left unchecked, AUD can steadily progress and take over your life, ruining your relationships and finances while consuming your energy.

To stop this, you need to quit alcohol.

Steps to Quit Drinking

Completely quitting alcohol will require you to put in effort, energy, time, and commitment. The following steps can help:

Commit to Making Changes

The first thing is to make up your mind that you have a problem and are going to deal with it. This may involve making hard decisions such as cutting off some friends as well as avoiding some places and functions. You'll also need to be determined to replace your drinking with healthier habits.

Go for Detox

Once you've decided to quit drinking, you need to go for detoxification. This allows your body to purge any toxins from alcohol, leaving you with a clear mind for treatment. Detoxing car bring about uncomfortable withdrawal symptoms, so it's advisable to do it under medical supervision.

Enroll in an Addiction Treatment Program

You'll need professional help to beat alcoholism. Attending eithe inpatient or outpatient treatment will equip you with the tools and life skills you need to live a sober life while avoiding relapse. Rehab also allows you to examine and deal with the root cause o your addiction, enhancing your recovery.

Have a Plan

You need a plan to quit alcohol successfully. This needs to take into account your triggers and stressors and how to avoid or deal

with them. You also need to come up with a plan for daily living allowing you to integrate healthy habits to ward off cravings and temptations.

Build a Social Support Group

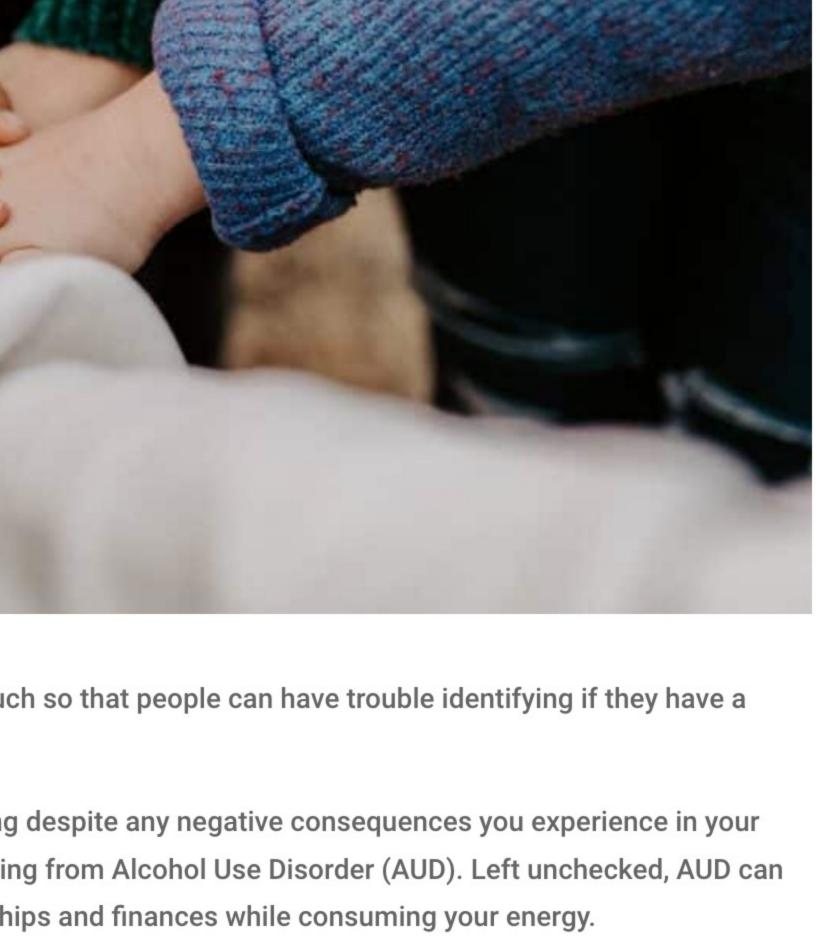
You'll also need a robust support group not only to encourage and motivate you but also to hold you accountable for your actions. You can build a support group from people you encounter in rehab or by joining an addiction support group such as Alcoholics Anonymous (AA).

Find Your Path to Freedom from Addiction

Quitting alcohol can be challenging, but it's possible with the right help and support. We at the Grand Falls Center for Recovery are committed to providing affordable and comfortable addiction treatment services to those who need them.

As a premier addiction treatment center in Missouri, we take care to have knowledgeable, professional staff along with worldclass amenities to provide high-quality services to our clients. We also offer different levels of care to treat co-occurring disorders or for those who want to go into detox, inpatient, or aftercare programs.

Reach out to us today, and let's help you reclaim your life from alcohol addiction.



0	
an	
er	
nd	
Iu	
of	
al	

Site Map	Treatment	Contact	What We Treat
Home	Detox	5615 W. 32nd Street	Heroin
Who We Are	Inpatient	Joplin, MO 64804 1-855-904-5910	Opiods
What We Treat	Dual Diagnosis		Cocaine
Who We Help	Aftercare		Alcohol
Privacy Policy			

Who We Help	Areas We Serve
Men	Jefferson City
Women	Springfield, MO
LGBTQ	Kansas City
Professionals	Chesterfield



