

Woman Determination To Break The Cycle

DR DETOX TO REHAB

STEPS TO BREAKING FREE FROM THE CYCLE OF ADDICTION

- 1 Step**
Admit you have a problem
The first step to healing is to admit that you have a problem. Denial is a key component of the continuation of addiction. Believing that you can stop whenever you want is a sign of denial. It's a telltale sign of addiction.
- 2 Step**
Reach out for help
Your next step is to reach out for help. If you choose to go on this alone, your chances of success are almost none. Find a treatment program that fits your needs and start your journey.
- 3 Step**
Get detox
To rid your life of drugs and alcohol, you must first rid your body of the toxins. The process of detoxification is important to breaking the cycle of addiction. Stabilizing your physical health sets an important foundation for the psychological healing you're about to do. Once you decide to enter rehab, staff clinicians are ready to help you through this process.
- 4 Step**
Participate in therapy
Recovering from the cycle of addiction is hard work. Earnest participation is important for long-term recovery. That's partly because it includes addressing the root of the addiction. Treatment includes various types of therapy, such as individual therapy, cognitive behavioral therapy, family therapy, group therapy, and more.
- 5 Step**
Establish healthy coping mechanisms for addiction triggers after treatment
During those therapy sessions, you'll discover your addiction triggers. This allows you to develop an aftercare plan that includes healthy coping skills. That's why it's so important to know what your triggers are. Powerful cravings are a common danger in early recovery. The aftercare plan is crucial for maintaining recovery after treatment.

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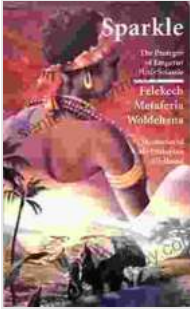
Sparkle: A Woman's Determination to Break the Cycle: Memories of My Ethiopian Girlhood by James M. Lundberg

★★★★☆ 4.4 out of 5

Language : English

File size : 807 KB

Text-to-Speech : Enabled



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|----------------------|-------------|
| Screen Reader | : Supported |
| Enhanced typesetting | : Enabled |
| Word Wise | : Enabled |
| Print length | : 397 pages |
| Lending | : Enabled |



This book is a must-read for anyone who has ever struggled with addiction, trauma, or abuse. It is a story of hope, resilience, and the power of the human spirit.

The author, a woman named Sarah, shares her personal story of overcoming addiction and trauma. She writes about the challenges she faced, the mistakes she made, and the lessons she learned.

Sarah's story is both heartbreaking and inspiring. She writes with raw honesty about the pain she experienced, but she also shares her hope for the future. She believes that anyone can break free from the cycle of addiction and trauma, and she offers practical advice for how to do it.

This book is a powerful reminder that we are all capable of change. No matter what we have been through, we can heal our wounds and create a better life for ourselves.

What You Will Learn From This Book

- How to break free from the cycle of addiction and trauma
- How to heal the wounds of the past

- How to build a strong and healthy support system
- How to find hope and meaning in life

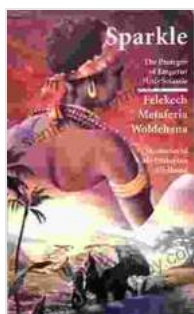
Who Should Read This Book

- Anyone who has struggled with addiction, trauma, or abuse
- Anyone who wants to learn more about the power of the human spirit
- Anyone who is looking for hope and inspiration

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