



How to Overcome Addictions Safely and Effectively

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Addictions affect nearly every part of your life. Unfortunately, addictions also become progressively worse the longer you have them.

Some of the most common addictions include addictions to alcohol, drugs, food, smoking, shopping, and gambling. No matter what addiction you're dealing with, you're trapped, and that addiction will continue to control your life until you learn how to overcome it.

Even though there are many different kinds of addictions, they're all similar in one respect: ***they control you instead of the other way around.*** When you're addicted to something, you may actually feel like a *slave* to the addiction, but *you* are the one who should be in control of your life!

If you're suffering from an addiction, it's good to know that there are techniques that can enable you to safely and effectively overcome it.

Here are several key tips that can help you effectively overcome an addiction:

- 1. Commit yourself to change.** First of all, if you're tired of living the erratic life of an addict, make a commitment to yourself to change your life. Yes, it's a difficult road, but you *are* worth the effort! ***You deserve to have a better life.***
- Look at all the benefits of beating the addiction to see clearly how much better your life will be without it. Write these benefits down on paper.
 - Choose the better life! Commit to making this positive change. Make a solemn contract with yourself to do everything in your power to overcome your addiction.

- Designate your life as your top priority.

2. Request the support of family and friends. One of the most important things you can do to succeed in your goal is to get support. If you try to do this all on your own, you're more likely to fail. ***You need all the support your friends and family can offer.***

- They can keep you accountable for your actions.
- They can guide you to any help you need.
- They can provide emotional support to bolster your resolve.

If you find that your family and friends aren't giving you the support you need, either distance yourself from the negative attitudes, or explain what you need from them in order for you to succeed.

3. Consider joining a good support group. Joining a local support group can be helpful as well, especially if your friends and family don't fully understand the challenges you're facing.

It's enlightening to talk with others going through the same experience as you. It helps to give you a better perspective on what's happening in your life and shows you that if others can do it, you can do it too.

- Don't be afraid to speak up and tell your story, struggles, or fears to the group. Most support groups require their members to maintain privacy so the participants will feel comfortable sharing.

4. Look for professional help. Seeking professional help is an excellent choice, and for some serious addictions, ***it may be the only way to recover.***

- Medications are available that can help with certain addictions, but in order to use them, you'll need to have a doctor prescribe them and oversee your treatment as you progress.
- Even if you're not using medications, having a professional guide you through a treatment and therapy plan can ensure your success.
- Many insurance companies will now pay for addiction treatment. In addition, some doctors and clinics offer their rates on a sliding scale so your payments are based on your income. Don't let a lack of funds prevent you from getting the treatment you need!

5. Don't quit when you make a mistake. You may stumble from time to time, but this doesn't mean you should throw up your hands and quit. Remember it's a step in the process, and if you fall, you need to get up and keep on going.

It *is* possible for you to overcome your addictions safely and effectively! Using these techniques can help you conquer your demon once and for all and bring you a better, happier life.