Is Hitting Rock Bottom Needed To Begin Addiction Recovery

by Louisville Addiction Treatment Center | Sep 4, 2022

Addiction can be a challenging and isolating struggle, but it is important to remember that you are not alone. If you are seeking addiction treatment in Louisville, Kentucky, there is hope.

"Hitting rock bottom" is a phrase that has become synonymous with addiction. It's believed that a person struggling with addiction has to get to this point before they can be ready for treatment and recovery.

With regard to addiction, rock bottom refers to a person's lowest point. This is when the most damage has been done and things can't get worse. Rock bottom is meant to be so uncomfortable and jarring that it sparks change. It acts as shock therapy where the addict realizes how bad their life has become that they start looking for ways to turn things around, normally by seeking out addiction treatment.

It's Different For Everyone

Rock bottom is different for everyone. While for one person it may mean losing their marriage or job for you it may be getting involved in a car crash because of drinking. Expecting your rock bottom to show up in a particular way may be counterintuitive. It may not happen according to your expectations and you may end up wasting valuable time waiting for this moment to happen before seeking treatment.

If you're battling addiction, your loved ones may also fall for the idea that you'll only be ready for treatment after you hit rock bottom. They may fall into the trap of trying to stage an intervention or issue ultimatums trying to help you get there.

However, hitting rock bottom is not a prerequisite to becoming sober. You don't have to wait for things to get to their worst before you can go for addiction treatment. That perfect "aha" moment may never come. Meanwhile, your life and health may be getting worse as your addiction worsens.

Don't Let Addiction Win

You don't have to wait to sink to your lowest point to enter alcohol or drug addiction treatment. You can reach out for help whenever you're ready.

At Impact Outpatient Program in Louisville Kentucky, we understand how addiction works. We understand that fear is what holds people back from seeking out the treatment they need to beat addiction. This could be fear of going through withdrawal symptoms, fear of confronting emotions that they've been suppressing using addiction, or fear of change, among others.

Don't let this fear keep you from living the life you deserve. You deserve to live a full life free from addiction and at Impact IOP, we can help you make that a reality. We offer personalized intensive outpatient programs and outpatient addiction treatment programs that are designed to be affordable and flexible. We also offer a telemedicine option so that you can still attend your therapy sessions virtually if you're unable to make it in person. Our simplified same-day admissions process means that you can get started on a treatment program within 24 hours.

It doesn't matter whether you've hit rock bottom or not, what matters is that you want to get better. Reach out to us today and take the first step toward recovery.

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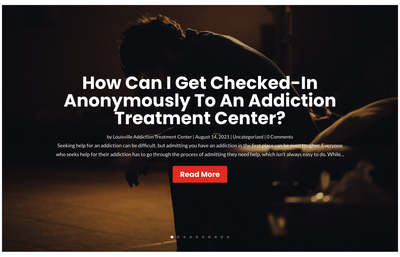

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