

The Cycle of Addiction

Sometimes, struggling with addiction can feel like being stuck on a hamster wheel. A better understanding of the common cycle of addiction can reveal how to break free once and for all.

Substance Use & Abuse

When individuals begin abusing substances like drugs and alcohol, it can quickly graduate into addiction.

1

Loss of Control

At this part of the cycle, individuals might notice an increase in tolerance. They may begin making life changes to better accommodate their substance abuse.

2

3

Addiction

A full-fledged addiction means that withdrawal symptoms are likely, and it can feel impossible to abstain.

4

Recovery

Detox can be the first step, but that alone may not be enough to prevent relapse.

5

Relapse

If patients receive the right rehab and support, then recovery will be ongoing. Unfortunately, many people end up relapsing and repeating the cycle.