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fortunately addiction is a treatable disorder and long term recovery is possible while there is no cure addiction like other chronic conditions such as asthma or heart disease can be managed 1 the recovery from addiction process requires continuing care and support not just for days or months following active addiction but for years

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overcoming addiction is possible but it often requires a combination of approaches to achieve the best outcome treatment may include 10 11 medication and medication assisted treatment mat which can vary depending on the substance or substances you used

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you can totally overcome your addiction but it s much easier with help from experts your doctor can help you quit safely and a therapist can help you work through your feelings and address any underlying mental health issues

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addiction leads to changes in the brain that make quitting more difficult fortunately addiction is treatable and there are things that you can do to improve your success in overcoming your addiction

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5 action steps for quitting an addiction because change is so difficult it s useful to have a guide when attempting to kick an addiction to drugs alcohol or behavior research shows that the following steps can help you move toward your recovery goals

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the good news is that there are a number of effective treatments for addiction including self help strategies psychotherapy medications and rehabilitation programs you can use the strategies presented in this report to discover new ways to cope with life s difficulties

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