

Rebuilding TRUST After Addiction



*You Must Be Patient
With Those Who Stay Cautious
And Guarded Around You*

REBUILDING TRUST

DETOXIFICATION

BEING PATIENT

ENCOURAGEMENT

REBUILDING TRUST

Addiction causes you to lie to those you care about. Once you decide to take responsibility for your actions and make an effort to get clean, Rebuilding Trust is a major step towards a full recovery. During your addiction, you can cause all sorts of negative emotions to surface and now you must take the steps to repair them.



DETOXIFICATION

Undergoing detoxification and counseling is a great first step to prove that you are serious about not only improving your quality of life, but the quality of life for those around you as well. Prove to them that you wish to change, grow, and evolve.



BEING PATIENT

Maybe you lied about a Relapse and they found out. Maybe you begged for their forgiveness, only to fall short once again. Addiction Recovery is a steep path and previous failures make it hard to convince someone that this time you are serious. You must have patience with those around you as they observe your new behaviors.



ENCOURAGEMENT

A relationship won't heal without hope and faith in the other person. They should Encourage the addict for doing something right instead of punishing them for past behavior. Keep a level of cooperation between trusting the addict enough to give him support yet not too much trust where they could take advantage of the situation.



GET HELP AT



If you or a loved one are in the midst of recovery from drugs or alcohol, we can help you find rehabs, counselors, or therapists who can help you and your family and friends continue on your path to clean living. Contact us today.