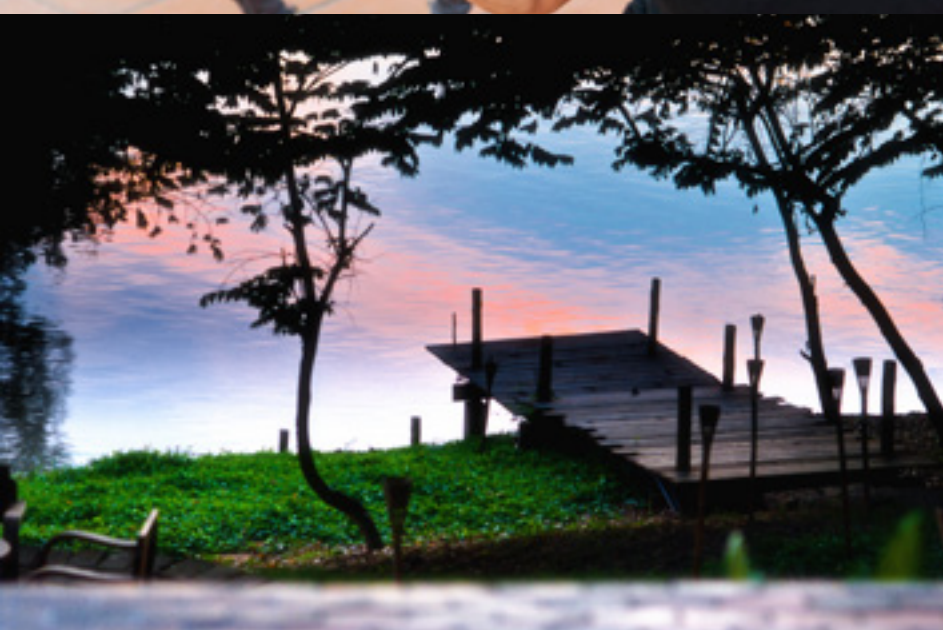




# 15 Benefits of Attending a Residential Rehab

1. **Bursting the Bubble factor:** “Bursting your bubble” The addict needs to be removed from the uncomfortable familiarity of their environment, so that they can gain a completely new perspective on their life.
2. **Brain-work:** Reclaim your brain, Intensive neural recovery from the hijacked brain “first aid of the brain”.
3. **Safe-base:** Medical assisted detox, alcohol and drug free environment, testing and blood work, 24/7 care, to process trauma and therapeutic issues.
4. **Prevention:** Halt the progression of the illness, arrest the cycle of damage to prevent further harm.
5. **Financial:** Weighing up the short term cost of entering our rehab program against the long term benefits and bigger picture of your life.
6. **Recovery University:** An intensive program gives you a basic education in what addiction is and the tools to keep you clean.
7. **Re-wiring:** Breaking habits generates new neural pathways by engaging in recovery rituals and treatment.





8. **Personal transformation:** A personal transformation process is achieved by working through an intensive and challenging program, upon discharge you will and re-enter the world much stronger.
9. **Peeling an Onion:** Therapy and self-disclosure is like removing layers of an onion with the public-self on the outside and private-self at the core, it can also cause you to cry a lot.
10. **Better Relationships:** Learning to manage relationships, anger and conflicts in a healthy manner.
11. **Self-investment:** Financially cost effective.
12. **Getting Structure in your Life:** The most difficult part of change is we tend to revert to what we've always done. "The familiar is seductive." Changing habits is the toughest part of long-term behavioral change.
13. **Learn Discipline:** Addicts lack discipline and will learn valuable self managing techniques but this requires help due to the hijacked brain.
14. **New Environment:** Sometimes, relocating to a different environment can change your perspective. From meeting new and interesting people from around the world with different ideals and cultures, to the inspiration of new landscapes, addicts sometimes need some beauty and change, and this is often found by travelling to somewhere you've never been before. Addiction is a highly repetitive condition that leaves people feeling like they're in a never ending cycle.
15. **Going to a rehab far from where you live:** You'll experience fewer triggers to use, because the brain forms contextual associations during active drug use, those associations can come back to haunt an addict when they see a person they used with, a building or street where they spent a great deal of time or other local triggers that cause the addict to feel a severe compulsion to get high.