

# The 7 Most Common Obstacles to Seeking Addiction Treatment

Understanding that you or a loved one has an alcohol or drug abuse problem can be difficult to come to terms with. However, the sooner you can identify the problem and seek out treatment – the better.

Beating a drug or alcohol addiction is not something that comes easily though. There are many obstacles that will get in the way of a full recovery. The best way to get past them is to know what they will be ahead of time, prepare for them, and then conquer them. Below are some of the common barriers addicts will face when trying to defeat their addictions.



## Denial

Addictions don't happen overnight. Instead, recreational drug or alcohol use, over time, can lead to an addiction while the user may not even be aware that this line has been crossed. As well, some users who think they might be addicted, believe it is only themselves they are hurting. That's not the case, however, and substance abuse can affect relationships with family and friends and even put their jobs in danger. The first step of beating addiction is admitting that you are addicted.

## Fear

Admitting that you have an addiction means facing it, and that can be very scary. Many addicts will experience various fears including fear of judgment when others find out, fear of letting down their loved ones, fear of losing their job, and fear of change. Addicts are people of habit, and picturing your life without your substance of choice - and the friends and/or parties that come with it – can be a very scary thought. No one said that beating addiction would be easy, but it will be worth it. List your fears, understand them and overcome them.



## Lack of Support

Since facing addiction can be a scary thought, it's important to have a good support group that will get you through these tough times. Whether this group is family, friends, other recovering addicts, a spiritual advisor or an online support group – having people that will encourage you and be there for you at the hardest times is an incredibly important step to recovery.

## Privacy Concerns

For those suffering from addiction while maintaining a job, having word get out that you're in treatment might make you feel embarrassed, or you may be worried that it could cause damage to your professional image. First off, getting treatment shouldn't be embarrassing. Taking the steps to take care of yourself should make you proud. And as for not wanting to damage your image, getting the treatment you need now is far better than letting the addiction get worse, and allowing it to get in the way of your day-to-day work – which could be far more damaging.

## Life Interruption

Responsibilities such as a job, kids or other family obligations are often used as excuses to not get involved in treatment. For those in early stages of addiction, outpatient treatment, meaning attending group meetings or solo therapy sessions while maintaining an otherwise regular lifestyle, is a great option. However, those who are highly addicted benefit more from an inpatient program to allow them less time alone, and therefore less time to abuse their substance of choice. That being said, if you are struggling with addiction, you need to understand that taking a leave from your job, or asking friends or family to take care of your family obligations is necessary to ensure a better future for you – and everyone around you.

# Triggers

If you're serious about changing your behaviours and ceasing your drug or substance abuse, it is incredibly important to remove yourself from people, places and situations that trigger these behaviours. Hanging around with the same group of friends, or going to the same hang-outs that you frequented when using, will only encourage substance abuse. Many addicts, however, find this to be one of the hardest parts of getting sober because their lives may suddenly feel empty. You need to accept the fact that your life will change considerably, especially at first, and be prepared to deal with those feelings. Talking to other recovering addicts and substance abuse counselors will help immensely.

# Affordability

For those requiring inpatient treatment, it's no secret that it can be very expensive. While some addicts may be fortunate enough to have insurance that covers treatment, that's unfortunately not the case for most. Making recovery a priority, however, is very important – and it's worthwhile to compare several facilities. Some facilities overseas are able to offer highly-qualified professionals and world-class facilities at a fraction of the usual cost due to cheaper living and operational costs in those countries. In any case, spending the time and money to ensure you are healthy and stable, is money well spent in the long-run.

