
Recovering from Addiction: Continuing with Counseling

The road to recovery can be tough. But working with a counselor can help make your recovery smoother. And it can keep you on track. A counselor can help you decide which lifestyle changes you want to make to stay sober. Also think about talking with a counselor about other issues you may want to work on. They can help you find resources for anger management, problem-solving skills, or assertiveness training.



Be aware of your triggers

Triggers are things that make you want to use again. They can include:

- People you used with
- Places, things, odors, and events that make you want to use
- Feelings like loneliness, anxiety, or depression
- Stress

When you know what your triggers are, you can plan ways to stay away from them when possible. To find your triggers, get a piece of paper. List the people, places, events, or feelings that could make you want to use again. Keep this paper. Add to it as needed. Work with your counselor on how to cope with these triggers without using.

Getting help

Once you admit that you have a substance use problem, there are many ways to find help:

- Contact your Employee Assistance Program or Human Resources department.
- Talk with your healthcare provider. Ask for a referral to an addiction specialist for an evaluation.
- Look online for local chapters of these groups:
 - Alcoholics Anonymous

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- Cocaine Anonymous
 - Marijuana Anonymous
 - Narcotics Anonymous
 - Smart Recovery
 - Look online for alcohol and drug treatment centers near you:
 - Visit the [Substance Abuse and Mental Health Services Administration's Treatment Finder at www.findtreatment.samhsa.gov](http://www.findtreatment.samhsa.gov) or call the National Helpline at 800-662-HELP (4357) or TTY 1-800-487-4889