



## Withdrawal from Addictive Substances



### Overview

When you become dependent on alcohol or a drug, you need to have it just to feel normal. If you abruptly cut your use (or stop taking it completely), your brain and body need time to adjust. This process can be difficult. You can have very unpleasant symptoms. These can be dangerous, and even life-threatening. We call this process "withdrawal."

### Common symptoms

What does withdrawal feel like? During withdrawal, you'll likely have very strong cravings to use the substance again. You can also have symptoms like sweating, nausea, vomiting and shaking. You may feel nervous, irritable and depressed. If your withdrawal is severe, you can feel confused. You may see or hear things that aren't there. You may feel like harming yourself. And you can have seizures.

### How long does withdrawal last?

How long does withdrawal last? Well, this depends on a lot of factors. Things like your overall health, the substance and how long you've been using it all play a role. But in general, you can expect withdrawal to last from a few days to a week or more. During this time, it's helpful to have support from others. You may also benefit from medications to ease your symptoms and manage your cravings.

### Conclusion

Withdrawal is not an easy process. It's easy to slip up during this time and start using again. So don't try to do it alone. Ask for help. You may have a better experience if you get treatment at a detox facility. They have specialized programs designed to keep you safe as you recover and learn to live a sober life.



Actor portrayal

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