

Preparing For Your **Residential Addiction Treatment**

The decision to come to residential addiction treatment is born out of courage, love, and commitment to creating a better future for you and your loved ones. As you get ready to begin your journey toward recovery, it is common to struggle with both big and small questions about preparing for your time in treatment. How will I tell my sister? Should I tell her? Can I bring my vitamins and prescription meds? Is it fair of me to take so much time for myself? Do I need to bring toothpaste?

A lot of these questions can be answered by exploring the following resources addressing some of the most common concerns people have about preparing for residential addiction treatment.

What to Pack

If this is your first time in residential care, you may be wondering what you should bring with you to treatment. This guide offers helpful tips for what you should and shouldn't pack.

How to Tell People You Are Going to Addiction Treatment

Telling people you are going to residential addiction treatment can be an intimidating but valuable process. Choosing the right approach for you regarding how and to whom you tell allows you to share the news in an honest and positive way.

The Importance of Taking This Time for Yourself

Many people feel guilt and shame about taking the time to come to residential addiction treatment. Removing those internal barriers is essential to allowing yourself to fully commit to healing, and recognize the value of recovery.

– Take the Next Steps –

Starting on the path to recovery can be both exciting and difficult, but by finding answers to the questions you are asking yourself and preparing yourself both practically and emotionally, you can alleviate many of your anxieties and move forward with confidence. If you have additional questions or would like more personal guidance prior to your stay at a residential addiction treatment center, we encourage you to contact us at any time.

Please reach out to us at 888-475-8177.