

Real Deal Northeast Dallas Sober Living Homes Can Help to Prevent Relapse

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Real Deal Sober Living Homes Dallas TX is pleased to announce that their sober living home in Dallas can prevent relapse and also help those who have relapsed. Those who enter a sober living home automatically become part of a halfway house with other patients who are on the road to recovery. This arrangement has been observed to be extremely beneficial, especially when contrasted with living alone or living with a family. This is because family members are not people in recovery and will typically not fully understand how to deal with addiction. Living alone is even more risky because there is no one to turn to, especially when one is having thoughts that could be extremely detrimental to one?s life.

There are several benefits of a person struggling with an addiction living at the Real Deal sober living home. Stephen, spokesperson for Real Deal Northeast Dallas Sober Living, says, ?The community in sober living is one of the biggest factors (compared to living alone or with family) in producing long-term recovery. Because the community is available 24/7, residents always have the option to reach out for help, bounce ideas off of each other, find advice, or enjoy some sober fun. Not only does the community benefits residents in the short term, but it also offers friendships that last a lifetime. Many of our residents have made bonds that are still important today. In fact, some of our residents, after a period of sobriety, decide to get a place with a sober

companion they met in sober living. Making good friends can be a game-changer for long-term recovery.?

Another important benefit of staying at the Real Deal sober living home is accountability. This is because structure can help people?s lives in many ways. It shows a person how to follow a schedule, how to be consistent, and how to remain grateful. This principle of structure is automatically transferred to other areas of a person?s life. Thus, from family relationships to employment, structure will play an important in rebuilding a person?s life.

Another benefit of living in the Real Deal sober living home is health and fitness. Aside from providing the key ingredients for success in recovery, such as structure, accountability, and community, the program goes further and emphasizes the importance of diet and exercise. Proper exercise and diet are not only relevant to structure, community, and accountability, but also offer significant benefits to the patient?s confidence and ability to maintain happiness.

At the Real Deal sober living home, they conduct randomized urinalysis and breathalyzer testing to make sure that all residents are really honest about their sobriety. Live-in managers ensure that all of the needs of residents are met and they also lead daily meetings. A good routine is also provided since this is essential in recovery.

Founded in 2016, Real Deal Northeast Dallas Sober Living was established by a young man who had spent years in jails, institutions, and hospitals and had moved from Austin to Dallas. His vision was to create a company that is focused on those aspects that truly worked for And recovery. He was tired of the usual focus on avoiding drugs and alcohol because that was only a minor element of real recovery. The result of his vision was the creation of Real Deal, which is a company that is focused not just on helping the patients who are struggling with alcoholism and addiction get away from dangerous substances but rather to enable them to find purpose in their lives. Their services are based on the philosophy that: avoiding drugs and alcohol is just a minor part of recovery; culture creates change; the way people view themselves is evident in how they treat others; without fun, people cannot expect to remain sober; and the community depends on accountability.

Those who are interested in learning more about the services provided by Real Deal Northeast Dallas Sober Living can check out their website, or contact them on the phone or through email. Those who would like to get updates on the sober living home provider can check out their press releases, such as https://www.pressadvantage.com/story/49222-real-deal-sober-living-northeast-dallas-helps-clients-give-up-be

ing-an-alcoholic-start-living-sober.

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For more information about Real Deal Northeast Dallas Sober Living, contact the company here:Real Deal Northeast Dallas Sober LivingStephen(469) 599-2162contact@rdsoberliving.com10219 Sunridge Trail, Dallas, TX 75243

Real Deal Northeast Dallas Sober Living

We are a group of highly structured, highly productive sober living homes. Our focus is not on just avoiding drugs and alcohol. That creates misery. And we want to create a life more than that.

Website: https://rdsoberliving.com/dallas-tx/addiction-treatment-center

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