Local Rehab Links Alcoholism and Verbal Abuse

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NEW PORT RICHEY, FL - November 27, 2023 -
New Port Richey, FL ? Alcoholism and verbal abuse have often been linked, and Clean Recovery Centers' latest blog dives into the concept. A leading provider of addiction and mental health treatment along the Suncoast, Clean Recovery Centers has helped many find recovery and educate communities on alcohol use disorder.

?Alcohol is a depressant, meaning it slows the brain and causes cognitive impairment. While many know the common signs of this ? slurred speech, stumbling, and trouble focusing ? cognitive impairment affects personality and mood as well. When drinking due to stress or frustration, those feelings become amplified by alcohol. Anger increases and can cause lashing out, in some cases a form of verbal abuse. In fact, alcohol use (both acute and chronic) has been seen in approximately half of all violent crimes and sexual assaults worldwide. Verbal abuse from alcohol use disorder is a form of domestic violence, and seeking help is your best bet if you?re experiencing something like this,? the article states.

When drinking alcohol, emotions tend to be exacerbated. Simple disagreements can turn into heated arguments, leading to verbal abuse. Mental health conditions such as depression and anxiety can also become worse with drinking alcohol. This can lead to frustration and anger and is often released on the person closest to the one drinking.

Alcohol lowers inhibitions, meaning making rational decisions is more difficult. High-risk behaviors are common with alcohol consumption, such as drinking and driving or unprotected sex, but this also includes overexpressing anger. This can cause verbal abuse to take place, whether of a loved one, friend, or random stranger.

?Alcohol can seem to alter the personality of the person consuming it. When inhibitions are lowered, the brain cannot properly process situations. The smallest mistake can seem like a catastrophic event, triggering rage. Even if this is not a personality trait normally, alcohol and lack of inhibition can create this change.

"It is important to note that our personalities are based on core values and beliefs, which are present whether we are drinking or not. Alcohol can make it difficult to connect with these values, creating a change in our personality. This change is not present when you?re no longer drinking, but the feelings and emotions need to be addressed. Something has caused these emotions ? a life event, past trauma, or a mental health issue ? and if not dealt with, they can begin to emerge even without alcohol,? the article continues.

Verbal abuse can make it difficult to address the person drinking. Mind games and false reassurances can create a sense of promise even when it is not fulfilled. The person drinking may also shift blame because they can?t stop themselves once they start. This type of manipulation can cause negative mental health side effects for both parties. Prioritizing individual needs is key during these times, and seeking professional help may be necessary.

Clean Recovery Centers understands how difficult alcohol use disorder can be for all parties involved. Their family program encourages loved ones to be a part of the recovery process to help encourage understanding and mend relationships. Each location at Clean has housing options certified by the Florida Association of Recovery Residences, and offers different treatment paths to address mental health as well as alcohol use disorder.

For those wanting to learn more about Clean Recovery Centers, call (888) 330-2532 or visit their website.
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Clean Recovery Centers - New Port Richey

Clean Recovery Centers in New Port Richey, Florida is a drug and alcohol detoxification and residential level 1 treatment facility for substance use disorder.

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