Local Rehab Explains: What Is a Dry Drunk

April 30, 2024

SARASOTA, FL - April 30, 2024 -
Sarasota, FL ? Clean Recovery Centers is a local rehab whose latest blog installment explains what is a dry drunk. Their program has helped hundreds to get clean, live clean, and stay clean here in the Suncoast area.

??Dry drunk? is a term created by the founder of Alcoholics Anonymous (AA). It is used to describe someone who has stopped drinking but is still exhibiting behaviors they did when they were. Oftentimes, the person has not dealt with the causes of their alcohol use, leading to negative behaviors. They may still experience cravings for alcohol and reference memories when they were drinking. Though not always the case, a dry drunk may be on the path of returning to alcohol,? the article reads.

One of the causes of dry drunk syndrome is post-acute withdrawal syndrome (PAWS). PAWS can last as long as 2 years after the person has stopped drinking and symptoms range in severity and frequency. Addressing PAWS through therapy, support groups, and medical professionals is the best form of treatment. Another cause of dry drunk syndrome is the person refraining from drinking while not changing their behaviors. They may have gone to treatment and/or entered AA, but they do not continue to build on their success and revert to negative coping strategies. This is especially true for those who have not addressed their past traumas or mental health conditions that led to their alcohol use disorder.

Behavioral symptoms of dry drunk syndrome can sometimes mimic narcissism, even if the person did not exhibit these behaviors before. Common behavioral symptoms include needing to be the center of attention, having a victim mentality, resenting those who helped you stop drinking, frustration involving the past and the future, reminiscing and glorifying past use, ignoring problems alcohol use caused, and jealousy of both those who still drink and those who are finding success in their recovery.

?Not everyone who experiences dry drunk syndrome will experience a return to use. However, the longer the person does not accept help, the more likely a return to use will occur. Loved ones who are worried about a family member or friend experiencing dry drunk syndrome should try to talk about options for help. Refer the loved one to a therapist or a local AA chapter for guidance. When talking to the loved one about seeking help, always remember they are a person first. Alcohol use disorder takes a toll on mental health, and recovery can be an emotional rollercoaster. Avoid stigmatizing language and be compassionate and firm. The term dry drunk often carries a stigma, and directly accusing the loved one of having it may send the wrong message. Instead, refer them to resources explaining the term and how it may help them understand what is going on within themselves,? the article continues.

The best way to overcome dry drunk syndrome is to recognize and address it. Figure out the cause, whether it is PAWS or unresolved trauma. Therapy and support groups can change the way of thinking and allow the person to fully recover.

Clean Recovery Centers is a leading provider of addiction treatment along the Gulf Coast. Their staff can diagnose and treat mental health conditions at any phase of treatment. They understand that alcohol use disorder and mental health often go hand-in-hand, and they work with each individual to provide treatment for their exact needs.

To learn more about Clean Recovery Centers, call (888) 330-2532 or visit their website.

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For more information about Clean Recovery Centers - Sarasota, contact the company here:Clean Recovery Centers - SarasotaTerri Boyer(727) 766-0503info@cleanrecoverycenters.com6000 Deacon PlSarasota FL 34238

Clean Recovery Centers - Sarasota

In Sarasota, we specialize in phase two of the Clean Recovery Centers? three-phase treatment. Co-occurring mental health conditions are common for those with substance use disorder. In this phase, called action,

Website: https://www.cleanrecoverycenters.com/locations/sarasota/

Email: info@cleanrecoverycenters.com

Phone: (727) 766-0503

