



Rehab Experts Reveal How Alcoholism Denial Delays Recovery

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Point Pleasant, WV ? Hope for Tomorrow recently published a blog post breaking down the role alcoholism denial has in delaying recovery. Many people often make excuses to justify how much they drink and say things like they can ?stop any time,? it?s not that much,? or that they are ?drinking to have fun and unwind.? When people deny they have an alcohol use disorder, it can be a serious barrier for individuals to receive the care they need to achieve recovery. While someone outside might notice the concerns, the person may not. There are many reasons why this happens.

?While denial isn?t an official symptom in the DSM-5 that is used to diagnose alcohol use disorder, it is common in people whose drinking habits have developed into an addiction. No one wants to admit they have a problem. In the case of alcohol use disorder, people rely on alcohol to cope with something else going on in their lives. It provides them with relief. The last thing they want to do is risk losing that relief, even if they know it?s harmful. Some people with alcohol use disorder refuse to admit the damage their drinking is causing even to themselves, continuing to tell themselves that it?s fine so they can preserve their destructive coping mechanism,? the blog post states.

There are many signs that someone is denying an alcohol use disorder. These include blaming, comparing, defensiveness, dismissiveness, lying, and rationalization. Why someone does this can come from many different reasons. This is because each person is unique in their motivations or rationales for why they might believe they don't have an alcohol use disorder. However, common reasons often include shame, a fear of change, a fear of judgment, an enabling environment, a lack of awareness, not wanting to lose a coping mechanism, or fearing consequences.

Secondary denial is the denial of loved ones of someone with an alcohol use disorder. In other words, it is when someone notices a loved one's drinking habits and believes that it isn't that bad. The concern with this is that it can indirectly prevent someone from getting help because it often results in a tendency to protect the person from the consequences of their behavior. Once someone has accepted their loved one's alcohol use disorder, they are in a better place to help them. Supporting a loved one through their road to recovery involves approaching every conversation with empathy, asking questions about their drinking, introducing them to treatment options, and remembering to take care of themselves.

The good news is, treatment for alcoholism (alcohol use disorder) is available for your loved one. It may take time for them to accept they need it. Patience is key. Sometimes, it's the consequences of their actions that make someone with an alcohol use disorder see reason and seek help. Other times, it's the determination of someone like you expressing their concern and desire for them to get treatment that is the final push they need. Any reason to go into treatment is a good one, and everyone is worthy of recovery. Alcohol rehab will be here whenever your loved one is ready, the blog post continues.

Hope for Tomorrow provides treatment for people with alcohol use disorders in the Point Pleasant area. They are highly inclusive as they can accept pregnant women, couples, and veterans. They can also accept highly complex, medical, and low-functioning patients that other facilities won't take. The staff is passionate about helping their patients receive the best possible care.

To learn more about Hope for Tomorrow, contact them at 877-679-8162 or visit their website.

Treatment today for a brighter tomorrow.

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For more information about Hope For Tomorrow-Point Pleasant, contact the company here: Hope For Tomorrow-Point Pleasant Cristina Villalon (304) 902-8532 beckley@myhopefortomorrow.com 3471 Ohio River Rd Point Pleasant WV 25550

Hope For Tomorrow-Point Pleasant

Hope for Tomorrow's Beckley facility stands as a beacon of hope and healing in the heart of West Virginia, offering a comprehensive range of addiction treatment services designed to support those on their journey to recovery from drugs or alcohol.

Website: <https://myhopefortomorrow.com/locations/point-pleasant-wv-main-office/>

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