

Supporting A Loved One Through Withdrawal and Detox



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While it may be difficult to watch a loved one struggle through detox, this is the most critical time to be at their side. Your presence throughout this portion of recovery can be quite impactful to their success in overcoming withdrawal and re-adapting to a healthy lifestyle.

To help, we've put together some tips for how to support a loved one through the withdrawal and detox process.

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#1 Seek Professional Help.

- *Attempting detox at home, without clinical supervision, can be extremely dangerous. The symptoms and effects of withdrawal on the body and mind vary widely from person to person, and there's no way to predict how intense and uncomfortable the process may be.*
- *For this reason, seeking a professional, medical consultation is the best way to begin the recovery process to ensure that your loved one remains safe throughout the process. They will often recommend a medically-supervised detox facility for your loved one to attend.*

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#2 Put In The Time

- *The first few days (and sometimes weeks) will be exhausting, and often times, painful for your loved one. They will be faced with excruciating withdrawal symptoms and powerful cravings that will be difficult to overcome.*
- *During these early stages, you may consider taking time off of work or planning to dedicate extra time to being there with your loved one, as they'll need support, guidance, and accountability around the clock.*

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#3 Prepare To See The Worst

- *As you spend time with your loved one, you'll begin to notice changes in their behavior and demeanor that may concern you. Understand that the detox process will bring out the worst in them, both mentally and physically. Your loved one will exhibit flu-like symptoms, such as vomiting, sweating, a runny nose, irritability, and anxiety.*
- *Continue to remind yourself that these symptoms are temporary, and are quite common throughout this phase of recovery. Stay by your loved one's side and don't abandon them. Continue to show them love and support.*

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#4 Help Them Be Comfortable

- *While you can't completely remove the discomfort, there are some things you can do to help ease the pain and help your loved one to be as comfortable as possible. It may help to provide a quiet place for them to rest or suggest a hot bath. After checking with a medical professional, you can also help by providing over-the-counter medications such as antidiarrheals and pain relievers.*
- *Also, make sure that they maintain a diet that will complement the recovery process. Encourage them to drink plenty of fluids to stay hydrated, as well as eat light and easy-to-digest foods such as soup, noodles, rice, vegetables and fruit.*

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#5 Distract Them

- *Your loved one will experience intense cravings as the body rids itself of harmful drugs and chemicals. Do not allow these cravings to get the best of you or your loved one!*
- *Plan healthy alternatives and distractions to redirect your loved one's mind when they are experiencing cravings. You can do this by having games, activities, or mindfulness exercises prepared to distract them from these uncomfortable moments.*

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#6 Be Patient

- *Remember that the detoxification process is only temporary, and the most uncomfortable symptoms will last for only a few days to a week.*
- *No matter how distressing it may be to watch your friend or loved one experience such discomfort, remember that this is a battle that they must face in order to have a chance at a healthier, sober life.*

Additional Sources:

For more information and tips on supporting a loved one through the withdrawal and detox process check out the full article below:

[How To Help Someone Who Is Detoxing](#)



Ready to get sober? Let's make it happen.