

# Returning to Work after Addiction Treatment

By [Marc Kantor](#)

Every year, thousands of white-collar professionals enter treatment for addiction to alcohol and drugs. In treatment they are taught new skills for living productive and fulfilled lives without mind-altering substances. After completing a 30- to 90-day inpatient program, possibly with some additional time in a less restrictive sober living community, they return to work.

<https://psychcentral.com/blog/archives/2014/07/08/returning-to-work-after-addiction-treatment/>

## Home After Rehab: The Guide to Finding the Right Place for Recovery

If you've decided to relocate after entering addiction recovery, it's important to find the right home that will promote your continued sobriety and overall wellness. You'll want to find a place that helps you create a healthy, consistent routine without throwing you into the paths of old triggers. You'll also want a loving environment to rebuild your relationships and bond with your family, a place where you can heal and focus on your recovery.

Let this be your guide to finding the best new home to keep your addiction recovery on track. It will discuss considerations to make about your new neighborhood, the home itself and offer advice on ways to make your new environment promote a healthy life. As you explore your options, be sure to keep your partner informed about your thoughts and make each decision a joint consensus.

### The Right Neighborhood

We recognize that depending on where you live or are relocating to, meeting every one of these standards can be a challenge. Take each factor into consideration and decide with your partner which ones are most important to your family. Share these priorities and any other concerns with your real estate agent, as well as which compromises you're willing to make.

One of the most important qualities of your new neighborhood should be that it's nowhere near the places you regularly used drugs and alcohol before your

recovery. Whether it's the bar you frequented after work or the park where you met your dealer, give yourself as much distance from them as possible. You may not always be able to avoid them, but the less frequently you have to pass them, the better. It's much easier to focus on your sobriety without having to run into reminders of your past.

This might mean keeping distance from friends or family you once used substances with — if they are still using, it could put your recovery at risk. Talk to your sponsor about how to best handle these kinds of situations, and take their words to heart. It might be best to keep your distance for now, but leave the door open for communication later when you're in a stronger place in your sobriety.

<https://www.redfin.com/blog/finding-a-home-after-rehab>

## 5 Ways to Survive the Holidays Sober

By Erin Bahadur

When I first entered recovery, I was convinced that there was no way I could handle celebrations, weddings, and especially the holidays without alcohol. I literally couldn't see a future where I didn't have a drink in my hand. Less than a week after I entered rehab, I volunteered at a local concert selling beer and wine to customers because I had already made the commitment.

It may not have been the best decision, but I made it through without taking a drink. Ten days after I got clean, I attended one of my best friend's weddings as a bridesmaid. No drinks were had.

After 5.5 years in recovery, it's become almost second nature to avoid alcohol at all costs. Most of my family members know I don't drink and it's no longer an issue. Even though I've stopped fixating on my "need" to relax with a cocktail (or 12), I still remain vigilant about occasions that could involve a heavier amount of drinking.

[http://www.huffingtonpost.com/erin-bahadur/5-ways-to-survive-the-holidays-sober\\_b\\_8683978.html](http://www.huffingtonpost.com/erin-bahadur/5-ways-to-survive-the-holidays-sober_b_8683978.html)

# Staying Sober in the face of Temptation

Living a sober lifestyle can be a daily challenge, and when you are invited to parties and events it can be difficult to withstand the temptation presented in the form of an open bar or a well-meaning host who wants to make sure every guest has a drink in hand. It's important, therefore, to have a plan in mind before attending these events that covers how to avoid that temptation, how to handle any situation in the moment, and how to deal with peer pressure.

While it won't be easy, there are ways you can stay on a sober track no matter where you are. The key is to be prepared and surround yourself with people who support you and understand the lifestyle you're trying to attain.

Read on for a guide to attending parties and events while staying sober.

## STEP ONE: PREPARE

One of the most important parts of living a sober life is preparing for any contingency. This can include anything from researching the event you'll be attending to bringing your own drink, and it's also important to think about how you want the evening to go. Remembering that you're in charge of your own actions goes a long way toward staying on the right path. Some of the ways you can prepare for a party or event include:

<http://www.drugrehab.org/staying-sober-temptation-parties-events/>

## Finding Friends After Addiction Rehabilitation

[Finding sobriety](#) can be a challenging process in and of itself. Fighting to work toward being clean, working on becoming a better version of yourself and working on mending relationships is a lifelong process. However, it can also bring up intense feelings of isolation, both in physically coping with their sobriety and emotionally, desperately feeling unable to connect with others. Completing sobriety thus poses a unique question to a newly sober addict: "How do I make friends sober?"

Many relationships formed prior to [rehabilitation](#) can be considered toxic – friends that consisted of a recovering addict's drug dealer and perhaps even other "friends" that used with the addict prior to his or her treatment. It's important to note that these "friendships" were, in fact, never friendships at all. Rather, they were relationships of convenience – the

addict and his or her "friends" were merely the demand with the dealer being the supply. Once that demand has dried up, the relationships that once were become obsolete.

<http://health.usnews.com/health-care/for-better/articles/2017-02-10/finding-friends-after-addiction-rehabilitation>