

LIVING FREE

FINDING FREEDOM FROM HABITS THAT HURT

8 Common symptoms of withdrawal



Withdrawal from addictions of any kind can produce symptoms that range from temporary and frustrating to prolonged and serious. It takes time for the brain and body to readjust to the absence of the repeated, habitual stimulation of any addiction.

In the same way that it takes time and patience to regain energy and focus after fighting a bodily ailment such as the flu, it also takes time and patience to regain brain health, bodily strength, and emotional energy after fighting an addiction.

1. Depression
2. Restlessness, tension
3. Fatigue
4. Poor concentration
5. Cravings
6. Suicidal thoughts
7. Aggression
8. Insomnia

** This list does not include the physiological symptoms associated with withdrawal from specific substances such as drugs, alcohol, or nicotine. Work with your healthcare provider if symptoms are uncontrollable.*