

The Four Stages of Alcohol Recovery



STAGE 1

Treatment Initiation

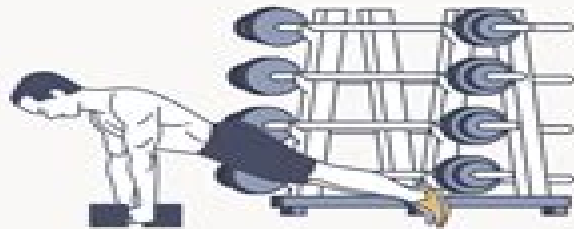
Accepting treatment
Facing alcohol use disorder
Commitment to long-term sobriety



STAGE 2

Early Abstinence

Managing withdrawal
Identifying triggers
Dealing with cravings



STAGE 3

Maintaining Abstinence

Following an alcohol-free lifestyle
Living a healthier life
Avoiding relapse



STAGE 4

Advanced Recovery

Creating long-term goals
Finding fulfillment and happiness
Life after treatment

Alcoholism Time And Recovery

Tao Wei



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