

Name _____

Understanding Withdrawal: The Effects of Alcohol and Drug Withdrawal

Short Answer

1. What is the difference between physical and psychological effects of withdrawal?
2. How do cravings during withdrawal impact individuals' ability to maintain sobriety?
3. Why is it essential for individuals going through withdrawal to seek support from healthcare professionals and support groups?
4. Can you explain why the duration of withdrawal can vary among individuals?
5. What are some strategies individuals can use to manage anxiety and depression during withdrawal?

