



SICK AND TIRED OF BEING SICK AND TIRED?



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Restless, Irritable or Discontented?

Has life got you down? Feeling stressed? Unhappy? Do you suffer from chronic anxiety and/or depression? Do you have that restless, irritable, discontented uneasiness? Do you find yourself attempting to cut down or limit the amount you drink? Do you feel shame, guilt or remorse associated with drinking, smoking cigarettes, or using other drugs? If you've answered 'Yes' to several of these questions, you may be a problem drinker or suffering from alcoholism or other drug addiction. Completing an honest [self assessment](#) will help you determine if you have a problem.

Chronic, Progressive & Fatal

The bad news is that, untreated, addiction, whether it be to alcohol, other drugs, or behaviors such as gambling or sexual compulsion, always gets worse. Addiction is chronic, progressive, and untreated, ultimately fatal. The good news is that recognizing you have a problem, and opening yourself to professional help, can arrest your problem and begin the process of complete recovery.

D.E.N.I.A.L

One of the hallmark symptoms of alcoholism and other addiction is denial: Don't Even Know I Am Lying. Your spouse, other family members, boss, or coworkers may express their concern about your drinking or use of



drugs. If you find yourself explaining why you don't have a problem, your explaining, rationalizing, or minimizing are actual signs of addiction. Non-alcoholics don't attempt to explain that they are not alcoholic. Non-alcoholics don't attempt to control how much or how often they drink. If you find yourself expressing sentiments like: "It's not that bad!", "I've got it under control", "I'll cut back" or "I'll never do it again"...you definitely have a problem. And it will get worse.

But once the denial starts to lift, a moment of clarity comes when you start to realize that maybe, just maybe, the mounting negative consequences indicate a problem. This glimpse of inner truth is when everything starts to change. You can never 'not know' what you now know. It may be your time to ask for help.

Can't Stop Starting

In the early stages of addiction, attempts to control consumption are usually successful for varying periods of time. Perhaps you have stopped drinking for a few days, weeks or months. Stopping just 'proves' that it wasn't that bad, that you 'have it under control'. But inevitably, at some point, you find yourself with a drink or drug in your hand, and wonder how it started again. The mad cycle starts all over. Sometimes slowly, sometimes quickly, but the progression is always the same. You can still stop. But staying stopped, not starting again, that is the problem. You want to learn how to stop, and stay stopped, with peace of mind and serenity.

Asking for Help

If you think you may have a problem, you are not alone. Conservatively, at least 15% of the general population suffers from some form of substance use disorder or other addiction. We all see hurt, misery, suffering, and deaths as results of addiction in our communities and daily in the news. But you don't have to become such a statistic. Recovery starts with asking for help. And, for you, recovery can be 100%!

You alone can do it; but you can't do it alone! If you could stay stopped and find peace, contentment and joy, you would have. Perhaps you've tried relieving stress, exercise, psychiatrists, religion, or the support of family and loved ones. You may have found periods of temporary relief. But somehow you find yourself inevitably repeating the same cycle of unhappiness. If you are 'sick and tired of being sick and tired', it's time to seek professional help from people who understand and know how to help you.

There is Hope

There is a recovery saying: 'You don't have to take the garbage truck all the way to the dump!'. You may still have two cars in the garage, a responsible career, a loving family, or the respect of your community. Your finances and legal standing may still be intact. You don't have to wait for



the negative consequences to mount. If ignored, it is guaranteed that every aspect of your life will get worse. It doesn't have to. There is hope.

Asking for help brings the hope of not only arresting this progression, but of bringing a bright future beyond your dreams. A professional alcohol & drug rehab will assess the various aspects of your life that are, or could be affected, and help you recover fully in body, mind and spirit.

Your energy will return. You will experience a sense of hope, and love of life. Relationships heal. Marriages strengthen. Joy begins to return to your family. Children gain a new respect for their loving, fully present, sober parent. Financial or legal problems are resolved with dignity. You find that life becomes worth living. Life in recovery can be amazing, and it can be yours!

Treatment Choices

There is a wide variety of quality and expertise across the plethora of addiction treatment centers or drug rehabs. Treatment institutions range from state operated, insurance driven, religious organizations, medically orientated hospital settings, to the expensive California style luxury rehab with all of the pampering.

Another option is to get away from all that is familiar for a fresh perspective and start at life. Perhaps privacy from employers or agencies such as insurance is important to you. If so, a private facility where you will be treated individually as a person with unique needs is important.

Serenity Vista is private rehab abroad, located in tropical get-away Panama. Working with no more than 6 guests at a time, we offer individualized, compassionate treatment, addressing all aspects of your life.



Taking the First Step

Congratulations for the courage to give consideration to your situation. Recognizing you may have a problem creates an opening to arriving at a solution. Your first step to move forward can be as simple as beginning to explore treatment options.

See what the right fit is for you and your needs. Please [contact us](#) to learn more about the types of treatment options available.

