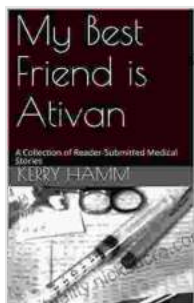


My Best Friend Is Ativan



My Best Friend is Ativan: A Collection of Reader-Submitted Medical Stories by Kerry Hamm

★★★★☆ 4.4 out of 5

Language	: English
File size	: 1124 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Print length	: 309 pages
Lending	: Enabled



In the depths of my addiction, Ativan was my best friend. It was the one thing that could make me feel okay, that could silence the relentless chatter in my head and the overwhelming anxiety that consumed me. It was my confidante, my protector, my escape.

But as my addiction spiraled out of control, Ativan became my worst enemy. It stole my life away, robbing me of my health, my relationships, and my sanity. It turned me into a shell of the person I once was, a slave to a substance that had once been my salvation.

My journey to recovery was long and arduous, but it was the best decision I ever made. With the help of therapy, support groups, and medication, I was able to break free from Ativan's grip and reclaim my life.

Today, I am grateful for every day that I am sober. I am grateful for the people who have supported me on my journey, and I am grateful for the strength that I have found within myself. I am living proof that recovery is possible, and I am here to share my story in the hope that it will inspire others who are struggling with addiction.

Ativan: A Deadly Friend

Ativan is a benzodiazepine, a class of drugs that are used to treat anxiety and insomnia. Benzodiazepines work by slowing down the central nervous system, which can produce a calming effect. However, benzodiazepines are also highly addictive, and they can have serious side effects, including:

- Drowsiness
- Impaired coordination
- Memory problems
- Confusion
- Difficulty breathing
- Coma
- Death

Ativan is especially dangerous when it is combined with other drugs, such as alcohol or opioids. This combination can lead to respiratory depression, which can be fatal.

The Downward Spiral

I first started taking Ativan when I was in college. I was struggling with anxiety and insomnia, and my doctor prescribed Ativan to help me cope. At first, Ativan worked like a charm. It helped me to relax and sleep, and it made my anxiety more manageable.

But over time, I started to need more and more Ativan to get the same effect. I was taking it more frequently, and I was taking higher doses. Before I knew it, I was addicted.

As my addiction progressed, my life began to fall apart. I lost my job, my relationships, and my health. I was constantly anxious and depressed, and I was having panic attacks on a regular basis.

I knew that I needed help, but I was too ashamed to admit that I had a problem. I tried to quit on my own several times, but I always relapsed. I felt like I was trapped in a downward spiral, and I didn't know how to get out.

The Road to Recovery

Finally, I reached a breaking point. I had lost everything, and I was at the end of my rope. I knew that I couldn't go on living like this, so I decided to check myself into rehab.

Rehab was the best thing that ever happened to me. It was there that I finally learned how to deal with my anxiety and depression without using drugs. I learned how to cope with my triggers, and I developed healthy coping mechanisms.

It wasn't always easy, but I slowly started to rebuild my life. I got a new job, I started going to therapy, and I made new friends. I also started taking

medication to help manage my anxiety and depression.

Today, I am grateful for every day that I am sober. I am grateful for the people who have supported me on my journey, and I am grateful for the strength that I have found within myself. I am living proof that recovery is possible, and I am here to share my story in the hope that it will inspire others who are struggling with addiction.

If You Are Struggling With Addiction

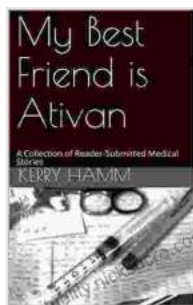
If you are struggling with addiction, please know that you are not alone. There is help available, and recovery is possible. Here are some resources that can help:

- The National Institute on Drug Abuse: 1-800-662-HELP (4357)
- The Substance Abuse and Mental Health Services Administration: 1-800-662-HELP (4357)
- Alcoholics Anonymous: 1-800-426-9744
- Narcotics Anonymous: 1-800-531-4009

You can also find support online at the following websites:

- The National Institute on Drug Abuse: <https://www.drugabuse.gov/>
- The Substance Abuse and Mental Health Services Administration: <https://www.samhsa.gov/>
- Alcoholics Anonymous: <https://www.aa.org/>
- Narcotics Anonymous: <https://www.na.org/>

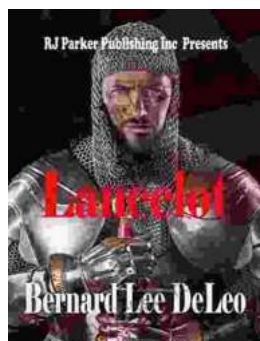
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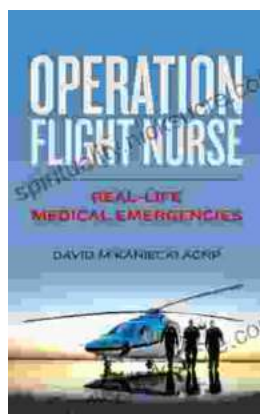
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