

Below is a list of varied symptoms that one can encounter in early recovery for up to 2 years. These symptoms can interfere with recovery efforts. It is important that both the person suffering with substance use disorder and their family member be aware that these are a normal yet uncomfortable part of the brains healing process.

Difficulty Thinking Clearly

Confusion Disorientation Obsessive thoughts Concentration difficulty

Difficulty Managing Feelings

Agitation Anxiety Depression Suicidal thoughts Mood Swings Anhedonia

Difficulty Remembering Things

Short term memory difficulty Long term memory difficulty

Difficulty Sleeping Restfully

Insomnia Waking at night Fitful Sleep Excessive fatigue

Physical symptoms

Inner Shakes Achiness Tremors Sweating/Chilling Fatigue

Trouble with Balance Nausea Vomiting Cravings Eye/Hand Coordination struggles

Stress Sensitivity