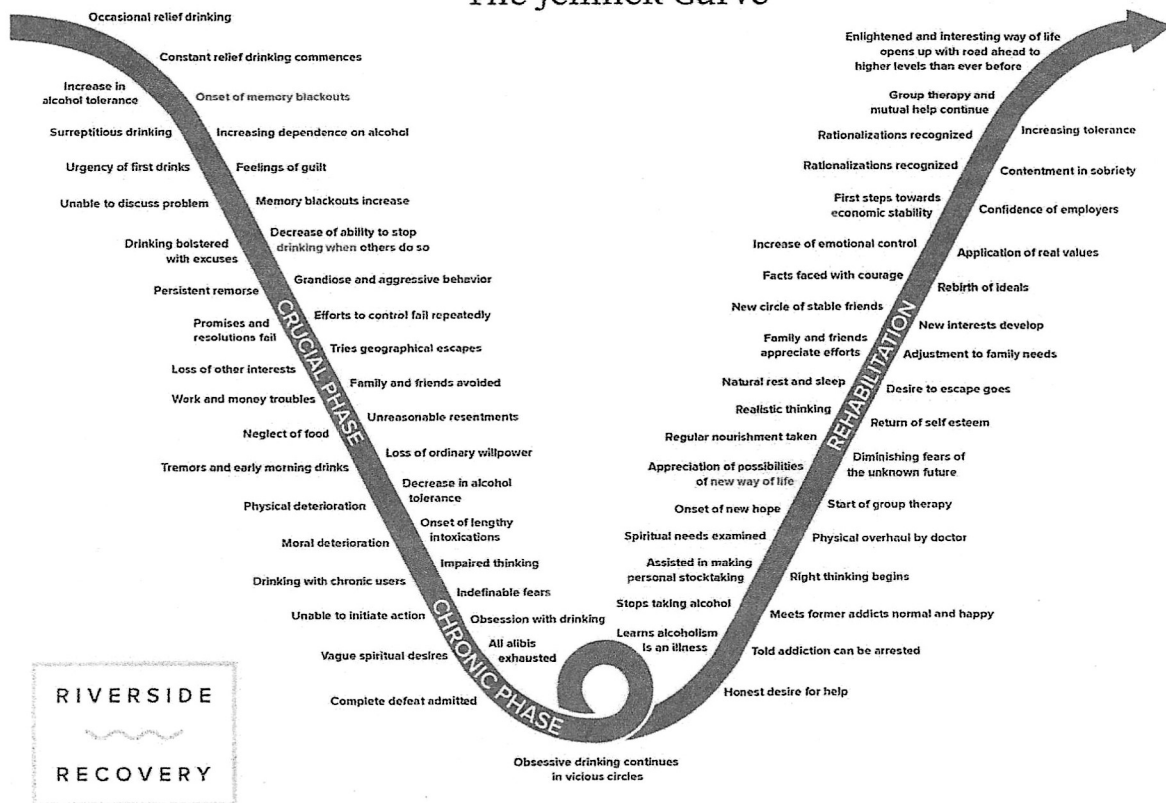


If you are getting ready to go out on a new journey, it is only natural to want to know where the journey is going. Curiosity is a big part of this journey, and it is just as true when you are on the road to addiction recovery. Before you start moving towards sobriety, you probably have a lot of questions. How long is the journey going to take? What sort of expectations should you have? It can be helpful to use the Jellinek Curve to draw a mental image of what to expect as you start the process of substance abuse and addiction treatment.

Addiction and Recovery

The Jellinek Curve



The objective is to identify progressive stages that people can follow for substance abuse and addiction treatment. There are very specific events and faces that you will go through as you begin the recovery process. The curve was originally published in the