

# THE ROAD AHEAD: WHAT HAPPENS IF YOU DON'T STOP BENZODIAZEPINES?

Understanding the Risks, the Withdrawal Process, and the Path to Recovery

## What Are Benzodiazepines and Why Are They Addictive?

Benzos like Xanax, Klonopin, Ativan, and Valium are prescribed for anxiety and sleep, but over time they change how your brain works. They suppress the nervous system by enhancing GABA, the brain's natural calming chemical.

Your brain adapts quickly — and that calming effect comes at a cost: tolerance, dependence, and eventually, addiction.

### You may be dependent if:

- ◆ You need more to get the same effect
- ◆ You feel anxious or sick without them
- ◆ You plan your day around your next dose
- ◆ You've tried to stop and couldn't
- ◆ You feel like you "can't function" without it

### Even if death doesn't occur, the damage adds up:

- ◆ Long-term cognitive issues — memory loss, confusion, brain fog
- ◆ Worsening mental health — anxiety, depression, paranoia
- ◆ Emotional numbness or detachment from relationships
- ◆ Increased risk of accidents, overdoses, and interactions with alcohol or opioids
- ◆ Career setbacks, financial instability, and isolation

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## Stopping suddenly can lead to:

- ◆ Seizures
- ◆ Hallucinations
- ◆ Psychosis
- ◆ Suicidal thoughts
- ◆ Heart complications



## A medically supervised detox can help you:

- ◆ Taper safely and gradually
- ◆ Reduce withdrawal symptoms
- ◆ Address the underlying anxiety or trauma
- ◆ Regain mental clarity and emotional strength

## San Diego Detox: Your Partner in Recovery

We provide a safe, supportive environment for benzo withdrawal. The road ahead doesn't have to be painful — it can be the start of real healing.

**Contact us now.**

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