



The Suboxone Myths

1. Myth: A drug is a drug is a drug.

Some people will say that a drug, is a drug, is a drug. You can't be sober if you take one. Wrong. Heroin can kill you. Morphine can kill you. Suboxone helps you live. It reduces the risk of relapsing into taking the drugs that can kill you. If you take it as ordered by your provider you can have a better life and function. That IS sobriety.

2. Myth: Suboxone makes you high.

Suboxone will help slow your cravings and may make you feel good. It may not. That's not the same as high. It's weaker than heroin or fentanyl. It saturates the same receptors that the hard opiates do but doesn't give the same effect. Taking more just won't get you high. You'll be stabilized, not high.

3. Myth: Suboxone is trading one addiction for another.

Nope. It's dealing with an addiction by using a much safer alternative. It is medicine, prescribed by a provider. It is legal. It is a life saver.

4. Myth: Suboxone is Enough by Itself

Substance abuse therapy and groups are key components to making Suboxone work for you to be sober. While Suboxone helps your body heal, therapy helps maintain the state of mind that makes you want to keep healing yourself. Working through your problems and sharing your successes with a therapist helps to reinforce the state of mind that made you take responsibility for your recovery to begin with.