

# THE 4 STAGES OF COCAINE WITHDRAWAL

## Acute Withdrawal or “The Crash”

This is the first stage of withdrawal that can start within a few hours after the last use of cocaine. You might feel:



- **Tired**
- **Hunger**
- **Restless**
- **Strong cocaine cravings**

If so, experts recommend trying the HALT Method. This stage can be very intense and usually lasts several days up to a week. In the initial couple of weeks, some people might also have suicidal thoughts. Close monitoring is needed if you use cocaine for a long time or in large amounts and decide to quit.

## Postacute Withdrawal or “The Wall”



Following the “crash,” physical symptoms might decrease, but emotional or mental symptoms can continue and last anywhere from one to 10 weeks. During this time, cravings may lessen but could suddenly come back intensely. This is a time of lots of ups and downs in mood, and you might have trouble sleeping.

## Protracted Withdrawal or “The Long-Term Journey”

After the intense early withdrawal, you might feel symptoms opposite the cocaine high. This could include feeling:



- **Tired**
- **Low energy**
- **Depression**
- **No joy in things you used to**
- **No interest in what’s happening around you**

These long-term withdrawal symptoms can be severe and might last long, especially if you used cocaine for a while or in large amounts. During this time, cocaine cravings might return or get stronger.

## Post-Crash Euphoric Phase



This is a period where people can feel very positive and self-confident. It’s often called “the pink cloud” and happens around 30 days after withdrawal. But this period often doesn’t last long and is followed by depression, usually around three to six months after quitting, when there’s a high chance of relapsing.