

Benzodiazepine Withdrawal Symptoms

COMMON WITHDRAWAL SYMPTOMS

Abdominal pains and cramps
Agoraphobia
Anxiety
Breathing difficulties
Blurred vision
Changes in perception (faces distorting and inanimate objects or surfaces moving)
Depression
Distended abdomen
Dizziness
Extreme lethargy
Fears (uncharacteristic)
Feelings of unreality
Flu-like symptoms
Heavy limbs
Heart palpitations
Hypersensitivity to light
Indigestion
Insomnia
Irritability
Lack of concentration
Lack of coordination
Loss of balance
Loss of memory
Muscular aches and pains
Nausea
Nightmares
Panic attacks
Rapid mood changes (crying one moment, laughing the next)
Restlessness
Severe headaches
Shaking
Seeing spots
Sore eyes
Sweating
Tightness in the chest
Tightness in the head (feeling of a band around the head)

RARE WITHDRAWAL SYMPTOMS

Blackouts (this is rare with low dose use, but less rare when large doses have been taken)
Bleeding from the nose
Burning along the spine
Burning sensation around the mouth
Craving for pills
Discharge from the breasts
Falling hair

LESS COMMON WITHDRAWAL SYMPTOMS

Aching jaw
Craving for sweet food
Constipation
Depersonalisation (a feeling of not knowing who you are)
Diarrhoea
Difficulty swallowing
Feelings of the ground moving
Hallucinations (auditory and visual)
Hyperactivity
Hypersensitivity to sound
Incontinence or frequency and urgency (needing to urinate often and in a hurry)
Increased saliva
Loss or change in appetite
Loss of taste, or changes in taste (e.g. a metallic taste in the mouth)
Menstrual problems (painful periods, irregular periods or cessation of periods)
Morbid thoughts
Numbness in any part of the body
Outbursts of rage and aggression
Paranoia
Painful scalp
Persistent, unpleasant memories
Pins and needles
Rapid changes in body temperature
Sexual problems (changes in libido)
Skin problems (dryness, itchiness, rashes, slow healing, boils)
Sore mouth and tongue (ulcers, cracked lips, cold sores)
Speech difficulties
Suicidal thoughts
Tinnitus (buzzing or ringing in the ears)
Unusually emotionally sensitive (e.g. unable to watch the news on television)
Vaginal discharge
Vomiting
Weight loss or gain

reconnexion
Treating Panic, Anxiety, Depression and Tranquilliser Dependency

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