

Blogging Towards Recovery: The Benefits of Blogging about Recovery

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Abstract : This study examined the benefits of maintaining public blogs about substance use disorder recovery. The data analyzed for this study included statements about the benefits derived by individuals who blogged about their recovery. The researcher developed classifications of statements that expressed what these individuals gained from blogging into common themes and developed an emerging theory based on these patterns. The findings indicate that these individuals in recovery benefit from blogging by developing connections, processing emotions, remaining accountable, as well as enjoying.

Keywords : substance use disorder recovery, connection, blogging, accountability, processing emotions

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