

Can Social Media Impact Alcohol Addiction Recovery?

by Evolve Indy | Oct 22, 2022 | Blog



able to leave behind distractions and unhelpful content and viewpoints is a big part of making that recovery process a successful one.

And with that in mind, we're going to talk today about the impact social media can have on alcohol [addiction recovery](#).

The two are more interconnected than you might realize. There's a lot that goes into making sure that your recovery goes the way you want it to, and here's what you should know about social media's impact on the [process](#).

Connections to People Who Enable Addiction

One of the big problems that can emerge when you spend a lot of time on social media as someone who's experiencing addiction is that it can result in you making and maintaining connections with people who are in the same situation as you.

Although that might seem comfortable on the surface, when you're connected with people who are also addicted to alcohol, you'll find it harder to break free or make a real change because you'll have friends tempting you back to how you used to be.

Support from Online Communities

There are benefits to having an online presence and using social media as well though. Not everyone on social media is going to be talking about drinking and alcohol and nights out on the town. There are also communities online for people who are aiming for sobriety.

As you go through the difficult process of leaving alcohol behind, it might actually help to see other people who are going through the same process as you. But you have to weigh that benefit against the negatives too.

Exposure to a Skewed Worldview

When you spend too much time online in an echo chamber with people who see things the same way you do, that can skew your overall worldview. It'll change what you regard as normal, and that can be dangerous when you're addicted to alcohol.

It might start to make you view your problems as normal because other people online are doing the same things and expressing the same views that may have led you down the path of [addiction](#) in the first place.

Leaving Social Media Behind as Part of a Detox Process

Leaving social media behind might be something that you want to do as part of a wider detox process. Cleansing your body and your mind of dependencies and temptations can be an essential part of the process.

Lots of people benefit from that break away from social media, even if it's not one that they intend to maintain on a permanent basis.

Social media has a pretty big impact on all of our lives, there's no doubt about that. So if you're looking to get help with your addiction recovery process and you want to stay away from social media, get in touch with our team and learn more about [our recovery programs](#). They'll help you to complete your recovery in a more sustainable way.

 Search

Recent Posts

5 Different Types of Alcoholics and When to Seek Addiction Treatment

Alcoholic Hepatitis Symptoms: When to Seek Help During Addiction Recovery

Fentanyl: Its Origins, Overdoses, and Pathways to Addiction Treatment

No Booze, No Boos: How to Have a Sober and Spooktacular Halloween

Prioritizing Self-Care and Work Demands in Addiction Rehab

Maintaining Accountability and Responsibility in Addiction Recovery

How to Conquer Challenges Unique to Women's Treatment for Substance Abuse Disorders

Providing Guidance for Family Members in Drug Rehab's Codependency Context

Recovering Identity: Rediscovering Oneself in Alcohol and Drug Rehabilitation

Emotional Resurgence: Navigating Feelings in the Rehabilitation Journey



Call us at: 1-855-495-1063

Evolve Indy is a Joint Commission Accredited, Premier Drug & Alcohol Treatment Facility in Indianapolis, Indiana Offering Evidence-Based Treatment for Substance Abuse.

Site Map

- [Home](#)
- [About](#)
- [Treatment](#)
- [Tour Facility](#)
- [Admissions](#)
- [Privacy Policy](#)



Get In Touch

Open 24 Hours a Day, 7 Days a Week

8770 Guion Rd SuiteB, Indianapolis, IN 46268



Our Facilities

[Clinical Campus](#)

[Men's Housing](#)

[Women's Housing](#)

About Us

[Media & More](#)

[Careers](#)

[Blogs](#)

What We Treat

[Alcohol](#)

[Opioids](#)

[Cocaine](#)

[Heroin](#)

Who We Help

[Men](#)

[Women](#)

[LGBTQ](#)

[Professionals](#)

[First Responders](#)

[College Students](#)

Areas We Serve

[Bloomington, IN](#)

[Jefferson, IN](#)

[Noblesville, IN](#)

[Terre Haute, IN](#)

[Layette, IN](#)

[Kokomo, IN](#)

[Evansville, IN](#)

[Cincinnati, OH](#)

[Louisville, KY](#)