

THE MEANING OF RECOVERY: PERSONAL PERSPECTIVES FROM INDIVIDUALS RECOVERING FROM SUBSTANCE ABUSE

I examined the meaning of addiction recovery from the personal perspectives of individuals recovering from substance abuse while they were residing in transitional supportive housing. Six participants 36-58 years old completed a Google Form questionnaire about their experiences and feelings towards recovery. Their responses were analyzed using Thematic Analysis (Braun & Clarke, 2006). A diverse range of meanings associated with addiction recovery were revealed that went beyond the common definition of recovery as an abstinence of substance abuse. Three meaningful themes were identified and will be discussed. This research can help facilitate future research on important personal experiences and meanings associated with substance abuse recovery.

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