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Bits of emotion

The process and outcomes of sharing emotions online

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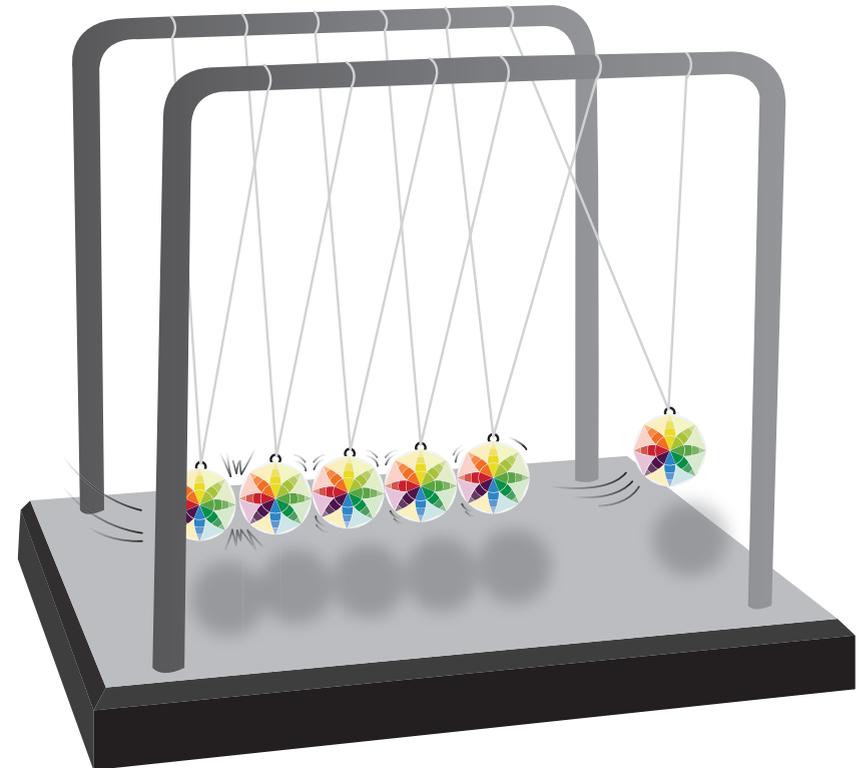
Is sharing emotions on social media bad for you? This question has raised concern in parents, educators, the media, and the general public. This dissertation proposes that the academic field and the current societal debate may benefit from asking a more specific question: What constitutes online emotion sharing, and which underlying mechanisms may explain the emotional outcomes of both online sharing and receiving feedback online? With this question in mind, this dissertation takes a deeper look into the process of online sharing of emotion (SSE) providing a conceptualization of online SSE, and empirically examining outcomes of online SSE with a focus on the individual sharer. A key finding is that online SSE may lead to beneficial outcomes, such as emotion regulation of negative emotions. The findings of this dissertation bring nuance to initial critiques, posing that instead of a superficial 'band-aid' for our negative feelings, online supportive messages have the potential of making users feel better bit by bit.

BITS OF EMOTION THE PROCESS AND OUTCOMES OF SHARING EMOTIONS ONLINE

Carmina Rodríguez Hidalgo

BITS OF EMOTION

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OF SHARING EMOTIONS ONLINE**



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Bits of emotion:
The process and outcomes of sharing
emotions online

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geboren te Providencia, Santiago, Chili

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To my daughters

Para mis hijas

Voor mijn dochters

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Hello... is there anybody in there?

Just nod if you can hear me

Is there anyone home?

C'mon, now

I hear you're feeling down

Well I can ease your pain

Get you on your feet again

Relax... I need some information first

Just the basic facts

Can you show me where it hurts?

David Gilmour & Roger Waters (1979)

Comfortably numb, in *The Wall* [CD]