

AA Reflection

*Use this template to complete the Reflective Practice documentation. Do not exceed the space in each box. Any information not visible to you is lost.*

<p><b>Step 1 Description</b></p> <p>I watched a younger persons AA meeting. These were people that started drinking as young as 12. At first they may have been drinking for fun, but as time went on, they stated to drink to fill a void they felt. It was drinking to cope with emotions because they had not learned any other coping methods.</p>	<p><b>Step 4 Analysis</b></p> <p>I feel like this can be a really beneficial support system to help people live a better life. Everyone was encouraged to share their story and listen and I think that talking out your problems and thoughts can really help. Especially when the people around you seem to genuinely care and aren't putting you down. I think that AA can be a genuine place to help people and raise their self-esteem.</p>
<p><b>Step 2 Feelings</b></p> <p>I was somewhat able to relate to these people because I had started drinking at the age of 14 because it was fun and I had easy access to alcohol. However, I felt bad for them because it no longer became fun to them, it was a part of their life. It was their only coping method. I had never thought about why alcoholics drink. I felt empathy towards their situation because it seemed to be more environmental influences that pushed these people to drink. I was able to see how it is a hard cycle to break when it seems like everyone around you is so happy when they drink, but they just drink to dull the pain.</p>	<p><b>Step 5 Conclusion</b></p> <p>I feel that people that continue to go to AA meetings can really overcome alcohol addiction and live better lives. I think that the connections that they make in the meetings and friends are just as important as going to the meetings. If they make even one or two friends that are trying to recover, they will have a constant support system and they can check on each other and have leisure activities that don't involve alcohol.</p>
<p><b>Step 3 Evaluation</b></p> <p>Luckily all of these people had friends or family that brought them to an AA meeting and introduced them to each other so that they can get better together. It seemed like a nonjudgmental area and most people were able to bond on more than just being an alcoholic. Not everyone that is an alcoholic suffered a terrible past, but they accepted each other nonetheless. I expected more judgment based on movies and different backgrounds, but I couldn't have been more wrong. It was prerecorded so maybe they cut out some parts or picked the best meeting, but I felt like people could really improve their life in this environment.</p>	<p><b>Step 6 Action Plan</b></p> <p>I think that AA is a great resource that can be shared with patient's that might be suffering from alcohol addiction. I would recommend that patients that want to get better give it a shot. I think that even just starting with meetings online is a good step to getting better and going to meetings in person.</p>