

AA meeting

Covenant School of Nursing Reflective Practice

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Instructional Module: IMU

Date submitted: 5/18/2021
5/21/2021

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Step 1 Description

Our assignment was to join an AA meeting. I joined an online meeting titled One Day at a Time. The post that lead the meeting was about setting a goal of being sober one day at a time & ultimately accomplishing years of sobriety. The other members commented on the post in support

Step 4 Analysis

The other members posted comments supporting each other and building each other up. This reminded me that we all have issues that we are going through and a good support team can make a major difference in our life. It could be the thing that makes or breaks us.

Step 2 Feelings

of each other. I was observing the meeting. When I first joined the meeting, I was nervous and did not know what to expect. After the meeting, I was inspired by the message & the supporting statements. I felt like not only would this help with sobriety, but with many different obstacles we face in life.

Step 5 Conclusion

The meeting went very well. The message was inspiring and the members were supportive of each other. I would not change anything. This was a good experience.

Step 3 Evaluation

The message was about taking sobriety one day at a time because accomplishing one day at a time was more realistic. Setting realistic goals that are attainable is important. This message reminded me of that. The members are very supportive of each other & that is also important.

Step 6 Action Plan

This experience reminded me to set that are SMART. Taking small steps in the right direction will take me where I want to go. It also reminded me to not judge people. Everyone makes decisions based on our own perception of things. It also reminded me how important it is to have a good support team.