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<p>Step 1 Description</p> <p>I attended my AA group meet with Kayla, we went to the South-west AA group. From the beginning, the people were welcoming and guided my where the group session would take place. The environment felt extremely welcoming and inviting, which helped my slight jittery nerves of attending such event.</p>	<p>Step 4 Analysis</p> <p>It was really interesting to see just how far the support goes. For example, they were discussing plans for a bowling night, alongside a halloween party. It really showed me how the relationships extend outside the group sessions, to outside as well. It truly felt like a safe space free of judgement, where transparency was permissible if that person was ready to share. A powerful tool in my opinion.</p>
<p>Step 2 Feelings</p> <p>I felt encouraged by the members to participate if I chose to do so. I even volunteered to read to the group the daily "Reflection Quotes", which was this book where members read aloud the feelings of other AA members and how they overcome those emotions.</p>	<p>Step 5 Conclusion</p> <p>I learned from this experience that people that struggle with alcohol use, are simply that look like your everyday friends, family, and neighbors. I also learned from one lady member, how she turned to alcohol as she struggled with anxiety. Whereas others shared their complex toxic relationships that led them into a dark place in life.</p>
<p>Step 3 Evaluation</p> <p>The event was very positive, as it allowed all members to speak their mind. Another positive aspect that I noticed was that all members were treated equally with respect. I also followed the rules such as silencing your phones/devices, so all focus of the room would be on the person taking at that time.</p>	<p>Step 6 Action Plan</p> <p>Overall, I love the fact that there are several places here in Lubbock where you can talk about your struggles and achievements with people who have a similar experience. It allows these people to convey true empathy (since they may know exactly how the feel). I learned so much within that hour, that allows me to understand what some people experience.</p>