

Covenant School of Nursing Reflective Practice

<p>Step 1 Description During my attendance to the Southwest Group AA meeting I was able to observe and interact with the members and get to learn their stories. I was timid about going, but it turned out to be very interesting and inspirational. I was comfortable because they were all very inviting and didn't mind that I was there as a guest who was observing. They were open about their situations and willing to tell the truth behind their addiction without sugar coating it. I was glad to be able to see first-hand how helpful these groups can be for those who are willing to go and engage in their recovery.</p>	<p>Step 4 Analysis AA groups may be looked at as requirements for some, but for many recovering addicts it was like a home. Many of the people there have attended for years and have created such strong bonds with the others that they are like a family. It was great to see how they are able to go to each other for advice and give one another honest feedback. Having people who can relate to their situations really helps many of them to better cope. They have been down some dark paths, and being able to pull themselves out of it is so inspiring. I think it is great how they share their stories in hope of encouraging others not to give up.</p>
<p>Step 2 Feelings Although I was nervous about attending an AA meeting at first, I quickly realized that all the people who were part of the group were very friendly. They talked to me and introduced themselves. They were all very funny too, and it helped to lighten the mood after they told the sad bits of their stories. I enjoyed getting to know pieces of their life events and was very happy to see how well they doing now. Even though I didn't personally know them, it still made my heart happy to hear about all the progress they have made.</p>	<p>Step 5 Conclusion Overall, attending an AA meeting for the first time was such a great experience. I was glad to be able to witness some raw testimonies for those who have/are struggling with addiction. It is great to know that places like that really do exist and to see how well they actually work for some people. I understand how important this place was for many. I think it is so important for anyone who struggles with addiction to give it a try. Even though it may feel uncomfortable at first, hearing the stories of the other members could really help. There are also so many of them who look out for those who are just getting started on their recovery. I'm glad that they have a community to feel comfortable in and not judged.</p>
<p>Step 3 Evaluation After attending the meeting I realized that these groups can be very beneficial for many people. There are some who have gone to these meetings for years and still continue to go because they are still afraid that they may relapse. It gives me a better understanding of how truly dangerous addiction is and makes me really want to make sure that I never have to go down that path. It is encouraging to know that there are resources like this out there for those who need it, and I hope that these communities continue to grow. Sometimes things get rough and these groups are a safe place for individuals to turn when they fail. They are very supportive of one another and willing to help out time and time again.</p>	<p>Step 6 Action Plan I plan to take what I learned for the meeting and apply it not only to my nursing career but also to my everyday life. I know many people who struggle with addiction, and would love to be able to tell them more about these kinds of groups. One thing that we talked about in the meeting was how you can't force someone to change and take the steps towards recovery, you have to wait until they are ready and willing to do it for themselves. I will all those things that they said when trying to give advice to someone in the future. This experience was an eye opener, and I'm glad I was able to attend.</p>