

Covenant School of Nursing Reflective Practice

<p>Step 1 Description</p> <p>During the PMH clinical block, I went to an AA meeting with another student. We decided to go to a meeting at the Lubbock group at 7:30 on a Tuesday. This was an open discussion meeting, which is where topics of alcoholics anonymous are discussed and people go around the room sharing experiences. During this meeting, they decided to read step 1 from the twelve steps and twelve traditions book. We went around the room reading it, and me and the other student were able to introduce ourselves and read from the book as well. Then, we just listened to the different stories and experiences from the members of the group.</p>	<p>Step 4 Analysis</p> <p>I was able to apply what I knew to this meeting from the experiences of going to past meetings. This helped me sort out what I knew about AA from what else I was able to learn. I have learned a lot by going to speaker meetings and personally seeing someone be a part of this community, but sometimes I forget that there is so much more to staying sober. You must actively be following the twelve steps, and this meeting reminded me of that and let me see a more detailed glimpse of what one step entails. It was also interesting to learn from the stories that one person's rock bottom is completely different from another person's.</p>
<p>Step 2 Feelings</p> <p>Luckily, I was not nervous going into this meeting because I have a family member who is part of the Lubbock group. I have been to the Lubbock group as well as the Hub and a couple other places, so I mostly knew what to expect and I knew a few people there already. However, I have only been to speaker meetings and birthday nights, so I was excited to see what a discussion meeting entailed of. I love hearing people's stories and hearing about how they were finally able to get sober and find fellowship in AA. Speaker meetings are mostly hearing about these stories and seeing what this group has been able to do for people. AA truly keeps people alive and keeps them going, and it is a blessing that there are groups out there like this to help people in such amazing ways.</p>	<p>Step 5 Conclusion</p> <p>I could have made the situation better by immediately going in with the mindset that I would be able to learn something out of this. I thought that there might not be much more to learn since this would not be my first meeting. I was wrong thinking this, as there is always something to be learned no matter the situation. Just because we have been comfortable with something for so long, does not mean that we have nothing more to learn from it. Staying sober takes active participation. You must be going to meetings, working through your steps, and calling your sponsor for help when you need them. I got to learn more through this meeting about how one must work through a certain step.</p>
<p>Step 3 Evaluation</p> <p>The thing that went well during this meeting was that I was able to learn even more about this program. Being as that I have been to meetings before, I was honestly not sure that I would learn anything else out of this. This experience has shown me that I am learning so much more each time I go to a meeting. I learned more about the twelve steps, as I have not been to a meeting where we read out of that book yet, and I learned even more from just hearing about people's experiences.</p>	<p>Step 6 Action Plan</p> <p>Overall, this situation went very well. I not only walked away feeling like I gained something, but it was also cool to see that the student I went with was also able to learn a lot from this experience. We discussed with each other and opened up to each other after the meeting, and it was nice to hear another person's perspective. I heard some very interesting stories in this meeting about people's journeys and struggles with alcoholism and what lead them to be sober. These stories will better help me be understanding as a nurse, as you never know what someone has gone through in their life that lead them where they are today.</p>