

Covenant School of Nursing Reflective Practice- AA Meeting

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<p>Step 1 Description I attend an open AA meeting located at the Hub of the South Plains. I sat and listened for the hour about personal experiences with alcohol addiction and the impact that it had on the members lives. We read through an AA book and reviewed a story about a pilot that lost everything due to his addiction to alcohol. He lost his family, his career, and his freedom. He was placed in prison for severe years due to flying while intoxicated. The greatest part about this story was he was able to find sobriety, reunite his family and eventually get his pilot's license back. I found it so interesting how the members could relate their personal story to the one being reviewed. So many of the members discussed everything they have lost and how they push every day to maintain their sobriety.</p>	<p>Step 4 Analysis I have attended AA meetings before with consumers on my caseload to stand in support of their efforts to gain or maintain sobriety, but this meeting stuck with me. I saw an elderly man that stated he had been sober since 1989. I found this amazing, and he made me think of my father. I will take what I learned from this experience to help my level of empathy with all patients. I have a pretty good level of empathy from all my years in social work, but this was a great reminder of the struggle people with addiction disorders face every day. We just learned about group meetings in theory with Mr. Ellis, so it was interesting to see points of his lecture come into play with this meeting.</p>
<p>Step 2 Feelings It was difficult for me to sit through this meeting because my family has several people addicted to alcohol and it took my father's life. I sat and listen wondering if my cousin will ever find sobriety and how it felt for my father to finally have sobriety for the last 5 years of his life. I sat there and thought about how many people are impacted by alcohol and drug addiction. I wondered how many people walk into this building everyday to maintain sobriety or to even try to find a place to start. Addiction is so saddening and heartbreaking. I felt myself feeling not only sadness but remembering all the times my father was intoxicated. He was never abusive or anything, always a "fun drunk", but I still remember as child thinking dad shouldn't be like this. So, I guess this meeting brought up many emotions in me, especially as I thought about my father.</p>	<p>Step 5 Conclusion I learned from attending this AA meeting that there is still many individuals that struggle with addiction. I learned that we all have a story that has some how molded us, and some stories are tougher than others. I learned that sobriety is an everyday journey and attendance to AA, even after 33 years is essential. I learned that people are vulnerable and trying their best and judgement should be left at the door. I learned that kindness and compassion no matter the cause of someone's struggle should be forefront in this life. I learned that there is a community of people that can truly support and help one another, and all you really have to do is just show up. This experience was humbling.</p>
<p>Step 3 Evaluation All in all, this meeting was an array of emotions for me. Some peers I am sure can just attend and go on their way, but I cannot lie that attending this meeting brought up many emotions about my family. The good thing was I was able to attend the meeting and compose myself, although there was anger and tears inside me. The other good part was learning the members stories and how they are fighting for their lives. I admire their strength. I thought about the only reason my father stopped drinking is because he physically could not ingest alcohol anymore. I admired their strength to keep going with sobriety and fight to gain back what they have lost. The difficult/bad part of this experience is reliving some moments in my head as a child that were tough... but hey I made it through it.</p>	<p>Step 6 Action Plan I will use this experience as a strong reminder when I am a nurse that no one is better then the other. I will ensure that I keep in mind that all people have struggles and we should take care of our patients regardless of what has happened in their lives. I will use this experience as a reminder that addiction effects all people, rich, poor, male, female, old, young, mother, father, Hispanic, Caucasian, etc. No one is immune to addiction, and I will try very very very hard to leave my bias behind.</p>

