

## AA Meeting Reflection

The AA meeting brought a different view to how I recently view it. When I walked, I can say that I was nervous because I didn't know what to expect. My thoughts were "are they going to ask me to speak" or are they going to judge me because I am a nursing student, and I haven't experienced any of these things they are talking about. But they were friendly, and one lady even asked me was I a nursing student. We went around and spoke our names and what we were there for, and I even knew a person that I went to school with in there with me. My biggest thing I got from that meeting was to never judge a book by its cover. You never know what someone is going through in this life. Being kind is the one simple thing we can do for a stranger.