

Covenant School of Nursing Reflective Practice

Name: Daisy Armendariz

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Step 1 Description

We went to an AA meeting located on the Southwest location, and we were able to join in on their afternoon meeting. When we got there the people leading the meeting were so kind and inviting. We walked in and sat down as we waited for other people to show up and for the meeting to start. While we were waiting, you could tell the difference between those who were already a part of the afternoon meeting and those who seemed to be showing up for the first time. As well as some of them could tell we were there for the first time or asking “are you students joining us today?” During the meeting we were able to join in and participate in introducing ourselves. The meeting gave the members a chance to introduce themselves and each had three minutes to express what “freedom” meant to them. The meeting lasted for an hour and ended with us all holding hands while saying the “Lord’s Prayer” together.

Step 2 Feelings

I was feeling nervous at the beginning. Not knowing what to expect or just making sure I didn’t do something to offend anyone. I know not to ever assume what kind of people would be at these types of meetings. But it was interesting to see how you had people of all kinds show up! You could see some of them having a hard time showing up, business men were there, college students, women wanting to be better for their children, and couples supporting one another. I think the most important feeling over all was the feeling of admiration? It’s a hard situation as it is, and I can’t imagine what some of these people have already gone through, and still show up for a meeting being vulnerable with their feelings and their lives.

Step 3 Evaluation

It was all so good at the event! Of course it was my only time attending such a meeting, but the experience was a great one. I can’t think of anything bad or something that went wrong during the meeting. The meeting started off with making sure everyone knew what the expectations were during the meeting and being respectful while someone was talking. I feel like there wasn’t a beat missed, if you wanted to share, you got your three minutes to share and everyone was so encouraging about it and then onto the next person. They would feed off of each other and give each other encouragement and respond in a positive way reminding everyone that they have all been in similar situations and wanting the same thing. I contributed by clapping for them, cheering them on, and praying over their chips as they reached a milestone.

Step 4 Analysis

My previous knowledge is limited to what an AA meeting is like, but alcohol abuse in my family isn’t anything new. I like to say that my family drinks enough for me to not want to drink. I’ve had family members attend AA meetings, and be admitted to rehab centers. To experience my first AA meeting, it was a good experience and having insight of how it gives people a place to not feel judged, and a fellowship of giving them a place of belonging and being supported.

Step 5 Conclusion

I learned a lot from just being there for an hour! I also realize everyone needs to belong somewhere. What they have to offer at an AA meeting, could be something that could help everyone. The support, the leadership, respect, encouragement, and so much more that they had going during this meeting. I feel like several people could benefit from something like this. It could be found in the gym, church, group settings, and places like AA meetings. I think that’s where I feel kind of guilty, didn’t really know what to expect, but didn’t realize that this is also a place for people to gather just as you would for anything else. If it makes sense, to be able to have a place where people are also struggling with the same thing, alcohol, drugs, and other things, and then feel like they can show up without being judged and have a sense of hope is really amazing.

Step 6 Action Plan

I really liked the opportunity of being able to attend the meeting and see the different types of people who attended, reminding me not to assume and that they are all human. The biggest thing that has been pointed out in this module has been about being kind and that we all have our own struggles. This not only reminds me but helps me in the way that I want to make sure to be more aware about being able to look at the person as a whole and if the occasion arises, I have the resources and knowledge to be able to help patients out who struggle with alcohol abuse. Including my family, knowing that this is their struggle and being more understanding of what they are dealing with.