

Alcoholics Anonymous Reflection

PMH Rotation

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Part of our clinicals for the mental health block included attending an alcoholics anonymous (AA) meeting. I was nervous to go to the meeting since I have never experienced any type of addiction. I did not expect many people to be there since there are many AA meetings to choose from in Lubbock but to my surprise we had a full room. I was also worried about introducing myself but everyone made it very comfortable and easy. I learned that they give out chips for 24 hour sobriety to keep new attending members accountable before they have been going long enough to receive their one month chips. I was not expecting everyone there to be so supportive. Everyone was incredibly kind and willing to share their darkest moments to comfort and motivate the person next to them to do better and keep going. In the future I know not to judge people based on how they are portrayed as a whole. People with addictions are just regular people who need love and support to get them through a tough situation. If I was ever in a similar situation I could only hope that I would find a community of kind people to cheer me on the way that this AA group did for each and every member. Overall, it was a great experience and I am glad I got to see the inside of what goes on in active recovery.