

Alcoholic Anonymous Reflection

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One take away I have from today's Alcohol's anonymous meeting was the how the meet up to share their personal experience with alcohol or substance withdrawal. It's a non-judgmental zone. Each person has the space to share something along their journey of stay sober or substance free. Today I witness the group found a story in the AA book and read about a man named Fred that was of upper status quo, has the financially wealthy, career achievements, family. Fred had everything a person might define as successful. Yet, he unknowing struggle with alcohol use. He travels on business after an eventful day would have a drink to unwind, that he thought he had earned after a day's work. The drinking became a part of his daily after work ritual. Until he notices he was losing his family behind the drinking. Fred thought he had the discipline to stop drinking without help. Fred later found out that he didn't and had to go to rehab.

After the group read the story about Fred then each person went around the room sharing their different stories of use and how long they have been sober. To me it was a feeling of group support there to help you on your journey to not being addicted. It seems to me also that it was spiritual based. Not necessary God based but free range to whatever a person believe is a higher power. As for me I believe in God. So, I loved the fact how it helps a person

draw near to him. If God is who they believe in. The group went around and basically told a brief short story about them how had success in different areas of their life yet somehow resorted to substance or alcohol use. In the process they shared how they lost or almost lost either their families, jobs, or businesses.

My key take away is I feel how the group is there to help share similar experience for people seeking a change in behavior that effected their life.