

## AA Meeting- New Beginnings

When the meeting started the person in charge of the meeting introduced herself and started off the meeting with the serenity prayer, a bible reading, and then a reading from the big book. Then each member started by saying their first name and stating they were alcoholic and saying if they were facing any difficulties or how their progress was going or how many days, they had been sober. A few did say they were there just to listen and would say it was their first meeting and were trying to see what the meetings were all about.

I felt a bit nervous because it was my first meeting and did not know what to expect. However, I thought it was cool to be able to sit in a meeting, listen to other people's stories, and hear how they overcame their addiction, no matter how many days or months they were sober. I did see that they all had another addiction to nicotine, coffee, and someone stated that they would eat candy when they felt a craving for alcohol. I felt sorry for them and sad because some lost their family, friends, their home, and even their jobs because of this addiction.

What I liked about the meetings where that they would give each other feedback or quote something from the big book based on the situation the person was going through. There were two members at the meeting that did not seem to agree on why the big book helps some and not others, but the leader of the meeting helped them talk it out. She stated what helps one might not help another, but they can get a piece from what they did and see if they can make it work because there is not just one way to deal with addiction. There are many roads to recovery, and they just need to find what fits best for them.

The meeting was amazing, and I thought everything went well and was handled appropriately. I hope I can implement what I learned for this meeting and class lectures into my

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career if I come across a patient that is dealing with alcohol abuse and help them see that there are resources available out in the community that can help them. All they need is the willingness to get help and they can also be on the road to recovery. This psych rotation has taught me not to judge the book by its cover because we do not know what others are going through and what problems they have.