

AA meeting

Covenant School of Nursing Reflective Practice

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| <p>Step 1 Description</p> <p>I attended the AA meeting in Plainview at 6pm on 10/26. I drove to the location and arrived at a small old building next to an abandoned airport motel. I did not anticipate many people to be there especially because I arrived a few minutes earlier but the parking lot was full. I walked in and was greeted by several older men. There was a long table in the middle of the room with extra chairs against the walls so I sat towards the side of the room. They all began serving themselves a cup of coffee and finding their seat. It seemed like most of them knew each other because there wasn't one dull moment. They then started going around the table introducing themselves while deciding if they wanted to openly talk or not.</p> | <p>Step 4 Analysis</p> <p>I thought I had an idea of what to expect from what I have previously seen on TV shows/movies. But my perception of these meetings was totally wrong. I assumed all the people attending were going to be either mad, fearful or disconnected. In reality, everyone was so welcoming, reassuring and encouraging. It was a comfortable environment to be in besides the cigarette smoke smell.</p> |
| <p>Step 2 Feelings</p> <p>Before going to the meeting I was already making assumptions but I am glad to have been there and met the people I did. A similar topic that came up during discussion is how AA saved them from making horrible mistakes. "Without AA I would not be alive, I either would have killed someone or someone would have killed me" stated an older man. Hearing his story really stood out to me because it shows that it is possible to get sobered up if you set your mind to it.</p> | <p>Step 5 Conclusion</p> <p>I learned that some of the members attending are forced to do so and others voluntarily. The ones forced to participate were easily identified because they would not talk openly. I also found it interesting when they were going around the table introducing themselves, they all stated they were alcoholics even though some were years into their sobriety. Something I would do differently is have more conversations with them to get to know them a little better outside of their alcohol situation.</p> |
| <p>Step 3 Evaluation</p> <p>The only difficult part about attending this meeting was having to deal with the strong cigarette odor that gave me a migraine for the rest of the day. Besides that everything else went great. I was even allowed to discuss to the group why I was there and everyone was very accepting and even asked me questions about nursing school. I thought they were going to be less accepting once they found out I was not a member of AA but they seemed to enjoy having me there.</p> | <p>Step 6 Action Plan</p> <p>I am grateful for this experience because I most likely will never have to attend another AA meeting in my life. I can use this learning opportunity in my future practices by being more compassionate and understanding to current or recovering alcoholics. I learned it's not an easy process, it's an everyday battle. We, as future nurses, will not judge despite their choices. Alcoholic anonymous is a great resource I now know changes lives.</p> |