

AA Meeting

Covenant School of Nursing Reflective Practice

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Step 1 Description

I attended the southwest AA meeting. When I got to the meeting I introduced myself and told them I was a nursing student. Everyone was so welcoming and told me hello. There was quite a few people that showed up.

Step 4 Analysis

I was able to apply some things we talked about in lecture to put into perspective what these people are battling. This group was a close knit group where everyone seemed to know one another. When one struggled they were right there to encourage & uplift that person.

Step 2 Feelings

I honestly really enjoyed being able to go the meeting. It was an amazing learning experience. I cannot truly get over how welcoming they made me feel while being there. It was such a positive experience that I would honestly go again to another meeting.

Step 5 Conclusion

I truly loved being able to go and listen to what these people had to say. It was eye opening because addiction could honestly affect anyone. But seeing a group come together like that really warmed my heart, knowing that they have people to talk to that understand what they are going through.

Step 3 Evaluation

This group was huge on giving everyone a chance to speak & speak freely at that. Many people stated that they had a hard week & thought about relapsing. However, when they thought back to their group they were able to push those thoughts away & remain sober.

Step 6 Action Plan

Overall, going to this meeting has given me a better understanding of addiction and how it affects people. Being in that room you could tell how much everyone cared for one another. I now have a better understanding for how to care for these patients. Also, I now have therapeutic resources that I can share with my patients.

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