

Covenant School of Nursing Reflective Practice

Alyssa Trevino

Step 1: Description

When we went to the Lubbock Group AA meeting at 12 o'clock it was very nerve racking since I didn't know what to expect and how many people were going to be there. The man that graciously helped us was named Willie and he was so amazing and supportive. The role I played in this event was a bystander who was listening to all the others tell their stories and how step 10 out of 12 was/has been a learning experience from them all. The result after the meeting was very cathartic and eye opening since I was finally able to understand and hear the side of people who have struggled with addiction and how God and that group helped them significantly.

Step 2: Feelings

I felt bad because I was late and interrupted them talking but Willie automatically helped us and introduced us and made us feel welcomed. He thought we were actually there for the AA meeting so again I felt bad when we told him we were nursing students since he was so concerned about us liking the group and being able to continue going to meetings. The event as a whole made me feel grateful and more empathetic of those who are suffering with addiction. My overall feelings after the meeting was how I can implement better patience and understanding towards my patients who I might interact with in the future.

Step 3: Evaluation

Something good that happened at the event was hearing everyone's story and how they have learned to move on from their mistakes and how to learn to accept the past. The bad for me was my time management since I was late and felt like I interrupted and did not convey appropriately that I was a nursing student. The difficult part was hearing how long and hard some of the people have struggled with their addiction and how many people they hurt in the process, especially their loved ones. I contributed at the end during prayer since I thankfully knew the Our Father and helped pray with the others.

Step 4: Analysis

The broader issues involved in this situation is the lack of resources and stigma surrounding alcoholics and AA since people assume one way about the people in it. Things that I can apply in this situation that relates to my previous knowledge is the 12 Steps that they abide by once you are in the program. Furthermore, throughout the open discussions of everybody's experience of how this step has helped or been clarified for them it showed me that there are a lot of similarities of who and what they are going through but most importantly that the process and experiences of going through it is what is different for them. How they handle and go about their steps of going through their "personal inventory" is dependent on their daily lives and how they can better manage it with their recovery.

Step 5: Conclusion

I do not think I could have made the situation better except from being more prepared and on time with the meeting which I still feel horrible about. Other people could not have made the situation better since everyone was able to say their peace and was very very nice and accepting towards us and allowing us to graciously hear what they have going on. I would have

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again been more prepared and have better time management of it along with knowing which site/address I wanted ahead of time. The most important thing I have learned about from this experience is to be better understanding of others going through recovery.

Step 6: Action Plan

I can see the lessons learned from this event through the dedication and effort put forth through all the members of the group and what it means to them. Because of the stories and lessons I heard through these individuals my perspective of addiction changed by seeing how hard every little social structure we put forth onto addicts is what makes them question everything. Especially since a lot of people have an idea of how or why addicts are the way they are which puts unnecessary pressure on them which causes them to be really hard on themselves. They talk about how being able to forgive others is part of it but having to forgive yourself is something that took time and still takes effort to do. They don't want to disappoint themselves or their loved ones from all the progress they have done. Because of that I can take all of the things I have learned through them and apply it to my nursing career later on when I can help provide resources or any type of guidance to individuals who want to get better and start their recovery.