

Name: Ariella Torres

Covenant School of Nursing Reflective Practice

Instructional Module: IMU

Date submitted: 02/06/24

Use this template to complete the Reflective Practice documentation. Use only the space provided. Information that is not visible is lost.

Step 1 Description
Today bella and I attended an AA meeting at New Beginnings. We went early this morning before CMC clinical. I played a role as a guest and was active in discussion talking out my experiences with Alcohol.

Step 4 Analysis
Through this scenario it was insightful to listen to the process of how to become sober. They stated anyone could do it but had to fully be all in and decide to completely make the change for themselves + know there is some one higher and will help them along the way

Step 2 Feelings
In the beginning I was feeling anxious and scared. I was not sure if I was in the right place as we were next door to a smoke shop. After listening to everyone be vulnerable I stepped out of my comfort side and shared part of my past.

Step 5 Conclusion
Overall I have learned that through AA they are not trying to change who you are as a person. Rather its about acknowledging your habits, owning it and realizing to change them for the better. They dont make you do anything rather than guide you

Step 3 Evaluation
The event was really challenging but was a very moving and positive experience. I felt it was difficult to share the past but everyone made me feel comfortable and I was very moved by the fact that everyone made the hard choice to open up and be honest.

Step 6 Action Plan
Overall I think AA is a really good experience and not something to ever feel ashamed of. I can use the lessons learned today to apply them in my nursing practice and in my own life. I will never ever make anyone feel bad for any addictions they are struggling with.

Prehospitalresearch.eu - licensed by CC 4.0