

## Covenant School of Nursing Reflective Practice

Name: Christopher Tsai

Instructional Module: M6.

Date submitted:

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<p><b>Step 1 Description</b></p> <p>Me and two other classmates went to the AA group - New beginnings. We showed up at the 12 pm. the staff gave us a tour and basic info but there wasn't enough people. We decide to com back a lter on and we joined the 8 pm large session AA meeting.</p>	<p><b>Step 4 Analysis</b></p> <p>We learned about group meeting. It can increase people's self esteem, and reduce their social isolation. By telling other their personal journey, it can release their emotion and encourage other people. So they will not feel alone in this bottle.</p>
<p><b>Step 2 Feelings</b></p> <p>I have complex mixed feeling. The meeting turn out to be pretty heavy. People shared their life struggle and story what lead them into substance and addicted to it. I also see these people try hard to change and walk the right path.</p>	<p><b>Step 5 Conclusion</b></p> <p>Some people in the group already became clean and have not touch alcohol for few years. But they still show up to AA meeting. Because the stressor still present in life they show up as a reminder how easy it can happen again and also share their experiences to new comers.</p>
<p><b>Step 3 Evaluation</b></p> <p>Most people in the meeting have major life struggle. The AA meeting teach a 12 steps progression method. It can help not only the addiction but also it's a problem <del>solve</del> solving technique. So people face problem can use a positive attitude to work on life challenge instead of coping with alcohol.</p>	<p><b>Step 6 Action Plan</b></p> <p>Overall it was a good experiences. I wasn't exposed to so many addiction cases before. Most of the participare is just regular people living their life not like the party goer or how we picture in stereotype. I'm glad that I learn a lot from the AA meeting and it changed my view quite a bit.</p>

# PMH CSON Student Community Site Verification Form

## Instructional Module: IM 6

Student Name: Christopher Tsai

### Instructor Contact Information:

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Community Site: New beginnings AA Date: 2/3/2024

Student's Arrival Time: 7:50 Departure Time: \_\_\_\_\_

Printed Name of Staff: \_\_\_\_\_ Signature: [Handwritten Signature]

Community Site: \_\_\_\_\_ Date: \_\_\_\_\_

Student's Arrival Time: \_\_\_\_\_ Departure Time: \_\_\_\_\_

Printed Name of Staff: \_\_\_\_\_ Signature: \_\_\_\_\_

Community Site: \_\_\_\_\_ Date: \_\_\_\_\_

Student's Arrival Time: \_\_\_\_\_ Departure Time: \_\_\_\_\_

Printed Name of Staff: \_\_\_\_\_ Signature: \_\_\_\_\_

Community Site: \_\_\_\_\_ Date: \_\_\_\_\_

Student's Arrival Time: \_\_\_\_\_ Departure Time: \_\_\_\_\_

Printed Name of Staff: \_\_\_\_\_ Signature: \_\_\_\_\_

Community Site: \_\_\_\_\_ Date: \_\_\_\_\_

Student's Arrival Time: \_\_\_\_\_ Departure Time: \_\_\_\_\_

Printed Name of Staff: \_\_\_\_\_ Signature: \_\_\_\_\_

Adopted: August 2016  
Revised 7/17/23