

Covenant School of Nursing Reflective Practice

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<p>Step 1 Description</p> <p>me and all went to new beginnings AA meeting. We all sat around the table, I got to read "How it works" out loud for the group. everyone introduced themselves and addressed step 2 of the program.</p>	<p>Step 4 Analysis</p> <p>this meeting is more about drinking too much. there was much more issues that came w/ drinking. these people come here for help & seeking advice. the sponsors showed so much support & care for everyone there. they really made an impact on me.</p>
<p>Step 2 Feelings</p> <p>I was a bit nervous in the beginning, scared I was going to be judged, but it was very welcoming. i felt a lot of emotion when others were talking because I related. my dad was an alcoholic so it was a good experience for me. i got to hear others people feelings.</p>	<p>Step 5 Conclusion</p> <p>what I learned is people have their own battles they go through and that going to AA is a step to better themselves and their life.</p>
<p>Step 3 Evaluation</p> <p>getting to hear what people are dealing w/ was good so I can see the other side. I think feeling the emotions was difficult for me because I could relate due to my dad. I think what others others did well was be vulnerable and participate in AA. Overall I really enjoyed being here.</p>	<p>Step 6 Action Plan</p> <p>Overall I think this meeting was great, I think its good they accept students to go & participate and listen to what others struggle w/. It gave me a lot of perspective from the other side. Its easy to judge an addict and going to this meeting will always stay w/ me and help me w/ being more empathetic.</p>