

Step 1: Description

On Tuesday, April 9th I attended an AA meeting. I went to the Southwest group. I went by myself and there were about 35 other people that attended this specific meeting, so it was pretty full. I explained that I was a student and was here as a requirement for class and the members of the group were very welcoming. I sat in chair and actively listened to everyone, and their stories and I feel like them talking about it with other alcoholics or drug addicts, people like them is overall beneficial.

Step 2: Feelings

At the beginning of the meeting, I was honestly very uncomfortable and felt very out of place but quickly I realized they were welcoming towards me. It was eye opening for me for sure just how many people were there and them just talking about their stories. One guy talked about how he had relapsed 14 times and it was just astonishing to me because people really wake up and have that big of an urge to abuse substances. The most important feeling for me was yes it was astonishing the stories and the struggles of other people and their addictions, but they were there. They were at the meeting, and they were trying to get better.

Step 3: Evaluation:

The good thing about this event was all of these people were seeking help they wanted to get better. It was very difficult to hear people's struggles and hear the everyday fight they have to go through every day, and I believe it went very well. Everyone there was open and comfortable with each other to talk about their problems without holding back. When someone was talking, I believe that other people including myself actively listened to the person that was sharing their story.

Step 4: Analysis

We had a substance abuse lecture, and this really just put that into perspective for me because it's different when you just hear a lecture but when you go in and witness it firsthand it is eye opening of the problem of substance abuse. I feel like the broader issue of this is what I witnessed were the people that were getting help, what about the people that aren't?

Step 5: Conclusion

I don't necessarily think I could have made it any better, it was already really good. I have learned to never judge anyone or judge a book by its cover because people are going through their own battles that we don't even know about.

Step 6: Action Plan

Overall, this experience was sad to witness firsthand what addiction and recovery looks like and just the constant battle that they go through. It gave me an entirely different outlook on life and all the choices of life and it changes my outlook on if I ever care for patients battling addiction and relapses.