

**Step 1 Description**

David and I attended the 10am AA group therapy session. This session was at New Beginnings and consisted of a multitude of people. When we came in, we immediately sat down as the room filled with other people of all ages. There was one woman, named Shelly, who led the group. Shelly read from a book for prompts that allowed the group to respond. The prompt she chose was "God is for me".

**Step 4 Analysis**

From what I know from addiction and the benefits of group therapy, I do feel that the meeting was very beneficial. Addiction and depression feel very isolated. So, to be in a group setting is shown to be extremely positive. I also think hearing other people's stories restores hope in those who are newly starting sobriety.

**Step 2 Feelings**

In the beginning I felt nervous. I was thinking about how I felt out of place and uncomfortable. During the group listening to the responses of others made me feel empathetic towards the people who shared some of their stories. I mostly felt inspired by everyone's encouragement for one another as they shared their stories.

**Step 5 Conclusion**

I wish I had more courage to interact with the people there. However, I didn't want to disturb anyone or make assumptions in conversation. I have learned that people will only change if it's their decision, based off their stories. I also learned that spirituality has a direct impact to depression and hope.

**Step 3 Evaluation**

It was good to hear from everyone and hear what helps keep people hopeful and sober. Even though the session was smoke free, there were still people vaping and the smell was gross. It was difficult to participate and much easier to sit to the side quietly. I didn't contribute to the conversation as I didn't feel like I had a role to play in the conversation.

**Step 6 Action Plan**

Overall, I thought the AA meeting was super helpful in understanding addiction. This experience showed me that addiction isn't black and white. I will use this experience to better empathize with my patients who struggle with addiction.

**Covenant School of Nursing Reflective**

**Name:** Alina Mills Victor **Instructional Module:** IM6 **Date submitted:** 09/03/2024