

Cayman Smith

AA Reflection Journal

Southwest Group AA

Attending the AA meeting was a huge eye opener for me, I did not realize so many people would attend and tell their unimaginable stories. The topic of the day's discussion revolved around step nine, making amends, and repairing the past. It feels like the room was packed full of about 30 people and had various seniority group members leading the meeting. At the beginning I was terrified, I was an outsider coming into their room without having an alcohol problem, but I quickly overcame that fear when the meeting started, and we all introduced ourselves and they welcomed me as a student with open arms. The entire meeting had my mind blown because it put it into perspective that everyone, we walk by daily can be going through a hard situation in life. I think the most Important emotion I had during the meeting was empathy, these brave souls spewed their hearts out to everyone in attendance and creating a tight-knit bond between everyone. The meeting I feel like was a success, I believe it helped people understand and realize the ninth step goal even if they haven't reached that point and it allowed them to express their concerns and hope for the future. It was extremely difficult for me to speak to a bunch of strangers I've never met, but I quickly overcame my fear when I looked around and saw everyone smiling in support. It was interesting to see that everyone had the same underlying issue with alcohol abuse, but everyone lived extremely different lives and handled their situations completely different from one another. I do not believe I could have made the situation better, but I offered an active listening ear to each individual and I will forever take this to heart and make sure my nurse patient relationships and therapeutic and beneficial. Overall I enjoyed having this second perspective on life, I was seriously dreading this meeting, but it has opened my eyes and my mind and will make me a better informed and educated nurse for potential patients who are seeking help.