

Name: Emma Martin Instructional module: 6 Date submitted: 09/10/24

Step 1 Description:

On Tuesday, September 5, 2024 at 1100 I went to Aspire. We began the day by meeting the founder and going to the first group meeting of the day. In the first meeting we discussed the importance of defining addiction. Is it a disease, or is it a moral issue? Many agreed after the topic was discussed that it is more of a disease that began as a choice but quickly became a requirement. We had lunch after the first meeting, then attended the second meeting with the founder, Robin. He himself used to use methamphetamines. He has been in recovery now for over 27 years. He led us into the topic of fire and light. Fire: the kick in the pants you need to stop whether it be from a loved one or a job. Light: the reward you get from being in recovery. Many addicts get a kick in the pants and only change until the heat is off of them. Then they go right back into using. All of the men in that meeting agreed that they need to find their pulling force for a lasting recovery. Many talked about setting a goal first, then be hopeful that that goal would become a reality.

Step 2 Feelings:

At first, I had no idea what I'd be witnessing today. I had no idea that so many young men my age struggled with drug and alcohol abuse. My heart broke for one of the men. He reminded me of a friend I once had a long time ago. His eyes were dark with despair. What Robin brings to these men is much more than just another program. It is hope. I felt hopeful for these men.

Step 3 Evaluations:

All of these men were super nice. I couldn't imagine a better place for them to start their healing journey. I wish people who struggled with addiction wouldn't relapse. You can tell they have all been a slave to their addiction for so long.

Step 4 Analysis:

Some issues that can arise from addiction are: loss of family, loss of a job, and loss of a home. As my AA reflection has already covered a lot of this, it is further proof to me of how damaging addiction is.

Step 5 Conclusion:

I have learned that no matter the addiction, they all have to put in the daily work to live a better life free from addiction. One thing that stuck out to me that Robin said is, "If I still had the craving to do the drugs I did, I would not be able to be helping fellow addicts without sliding down that path. There is freedom once you experience the fullness of life in all its goodness. Once you snort some of that there is no going back." I was happy to know that there is a light at the end of the tunnel for these men. Addiction can be defeated.

Step 6 Action Plan:

I am very thankful to have gone to Aspire. Today I saw a group of broken men. I hope to be a light to my patients that are addicts. I never want to pass judgment because I might be their only hope to kick start recovery.