

Covenant School of Nursing Reflective Practice

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<p>Step 1 Description:</p> <p>I attended the Alcoholics Anonymous meeting at Southwest. I went to the 5:30 meeting so it did seem to be a pretty full meeting but that was good to see because it shows everyone that they are not alone in the struggle. I was able to sit and observe how an AA meeting is help and hear the stories of what lead people to drinking or using drugs and what was the turning points in their lives to leave that behind.</p>	<p>Step 4 Analysis:</p> <p>These members go to these meetings and talk through their feelings they are having that day or that they have had throughout the week so in a way its kind of a cleansing for them. Instead of turning to alcohol or drugs they are choosing to turn to their community and talk through their feelings. It just shows that expressing what you are feeling and going though gets you further than trying to bury everything down and ending up in a worse position.</p>
<p>Step 2 Feelings:</p> <p>Before I even got to the meeting I felt very hesitant and like I was encroaching on these members privacy. Once I got there and introduced myself everyone was very welcoming and happy to have me there which was not what I was expecting. I was amazed by the whole process and the sense of belonging, validation, and support that everyone shared with eachother. I walked away feeling very inspired that there are resources to help support people when they need it the most.</p>	<p>Step 5 Conclusion:</p> <p>There is nothing that could have made this experience better or more informing because it was already great. I was able to see a group that I wouldnt have seen other wise and understand just what going into healing and the community it takes to keep some on track and how much that community really does mean to them.</p>
<p>Step 3 Evaluation:</p> <p>The whole experience was good there was not one bad thing that I could say about this group. I was hard to hear some of the stories that people had and why they turned to alcohol. On the otherhand the majority of them had been sober for years and they attribute it to the poeple sitting in the room with them that have been there supporting them every step of the way.</p>	<p>Step 6 Action Plan:</p> <p>When you are doing something difficult or uncomfortable having someone to share you struggles with that get it because they have gone thorough similar things can help more than you realise. This experience also made me realize that you should never be embarrassed to reach out for help because there are more than likely people experiencing the similar things and can help you through it.</p>