

1. Description:

I attended an AA meeting at the southwest location. I sat in a room surrounded by people who have certain ailments but who are there to support each other. At the beginning they read passages out of "The big book" and then everyone around the room stated their names and what addiction they had and shared anything that wanted, or they could opt out and just listen for the evening.

2. Feelings:

I was nervous and kind of uncomfortable to go to a new place. I was not sure where the meeting even took place. After finding a seat and seeing how welcoming and nice people were I was a little more at ease.

3. Evaluation

I thought the hour was organized and spent well with such a short amount of time to share and talk. For some people it was easy to share and for others it was harder. There was one person who was recently sober and explained his situation and he cried and it was so sad but so moving to see a person really lay it all out there about his life to complete strangers.

4. Analysis

I feel like if someone who is an alcoholic continues to go through the steps and has a good support system then they might have a good outcome will have a longer life expectancy. If a person continues to drink they may have consequences in their own lives and/or hurt those that they love

5. Conclusion

I think its kind of hard to answer this question in this event. Overall, I think people can make the right choices in life or the wrong ones. I feel like we have the power to make our life good or bad and you have the choice to drink or to not drink.

6. Action plan

I think it takes a lot to even admit that you have an addiction and its hard I'm sure to show up to a meeting and admit you are an alcoholic. It's important as the nurse to educate the importance in stopping drinking and the best ways to go about that. It's important to be supportive of the patient and educate any family members on being supportive for the patient.