

Brooklyn Belyeu

AA Meeting Reflection

The environment at the New Beginnings AA meeting was very welcoming. While I was listening I could compare some topics to what we had learned in class. One topic was being able to be clean but staying clean was their struggle. When we were discussing substance abuse in a lecture about Substance abuse, people always have a hard time admitting to themselves what is going on and staying clean. Another topic was how they have had a spiritual encounter. Everyone's encounter was different because they are all different people with different stories and backgrounds. It was very interesting to hear their stories and how they had been affected. I can use this in my nursing career to know that not everyone is going to be the same, they are not going to be treated the same. Their goals, outcomes, and treatment will all mostly be different. I now can use this and apply it to my career.

There was one client that was clean and really passionate about the steps and the book and really wanting to change. I couldn't really get to know all about him from the little time we had but the suggestion I would have for him is to really talk through all his struggles and every "failure or bad time", anything that is weighing him down. Not to share all at once; it will take time but I think that fully scraping out all the past and talking about these traumas or struggles will help become: 1 a better person and 2 to fully being able to admit their struggles and addiction.

I maintained professionalism by actively listening to each one. By telling myself that they all have different stories and when one was finished I would try to not compare each client to each other. Maintaining professionalism makes you slow down and actively listen to them. I am not good at slowing down. My thoughts are always going but when it came to their stories I was really able to just slow down and really listen and try to understand their feelings and emotions.

I didn't really have a one on one conversation with anyone but I tried to have a professional and therapeutic body language. I feel like our posture and facial expressions will give people a great first impression of yourself.

I was really feeling excited to hear everyone talk and listen to their emotions and thoughts. At first I was kind of nervous because I just didn't know what to expect. Everyone made me feel comfortable, it wasn't an uncomfortable feeling it was just a different setting. I felt the outcome

was great. I really enjoyed the time there and I could see myself helping people walk through their thoughts and emotions. What each person was going through was different and It was awesome and hard to hear their struggles and success. Something that stood out to me at the AA meeting was that everyone had a story. They weren't all just happy and successful but they still were there to help themselves and their families. They were trying and I think that is the best start.