

ADDICTIONS COUNSELING AND THEORY
TWELVE STEP JOURNAL: POST MEETING REFLECTIONS

1. Describe your feelings as you prepared to go to the meeting? How might your past understanding of addictions or the Twelve Steps influenced your feelings? (pre-meeting reflection)
2. How did people respond to you?
3. Describe your thoughts and feelings as you sat in the meeting?
4. What was it like to know that people assumed you were an addict?
5. What did you hear that surprised you?
6. What did you agree with? Explain.
7. What did you disagree with? Explain
8. What did you learn? How will your personal and or professional life be different as a result of attending the meeting?