

ADDICTIONS COUNSELING AND THEORY
Twelve Step Meetings: Journal Reflections

1. What thoughts and feelings were you aware of as you prepared to attend the meeting?
2. How did people respond to you in the meeting?
3. What thoughts and feelings were you aware of as you sat in the meeting?
4. How was it for you to know that the other people in the meeting assumed you were an addict?
5. What did you see and hear in the meeting that surprised you?
6. Did you experience a sense of community, fellowship, and support among the group members in this 12 step meeting? Why or why not? Explain.
7. Would you recommend this particular 12 step meeting to a friend, family member, or client? Why or why not? Explain.
8. What might be some potential obstacles to participating in this particular 12 step meeting?
9. Did you find this 12 step meeting to be a learning experience for you? Explain. If yes, what did you learn about others, about yourself, and about addictions?
10. How will you use this experience to grow as a person? As a professional?