ADDICTIONS COUNSELING AND THEORY
Twelve Step Meetings: Journal Reflections - #1

Location: Urban Pathways

1. What thoughts and feelings were you aware of as you prepared to attend the meeting?
- My thoughts and feelings initially were that of judgment from the participants and if they were going to accept me attending this meeting.

2. How did people respond to you in the meeting?
- People were very open and wanted to make sure I was comfortable enough to participate and be a part of the process.

3. What thoughts and feelings were you aware of as you sat in the meeting?

- I was aware of my own personal biases and stigma surrounding addiction and being associated with it.
4. How was it for you to know that the other people in the meeting assumed you were an addict?

- It showed me that the same way I looked at other people; they were now looking at me and trying to figure out my story.
5. What did you see and hear in the meeting that surprised you?

- All addictive behaviors are the same, however, everyone experiences some sort of addiction.

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.

- Yes. They supported each other and provided each other with a good network to assist each other in the recovery process.

7. Would you recommend this particular 12 step meeting to a friend, family member, or client? Why or why not? Explain.

- Yes. The group cohesively worked together to process their emotions and understand the needs of each participant within the group.

8. What might be some potential obstacles to participating in this particular 12 step meeting?

- Some people might not be willing to be as open like current participants. Because this group had a strong sense of community a newcomer may be a little intimidated.

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?

- Summarize the previous questions.

10. How will you use this experience to grow as a person? As a professional?

- I gained further knowledge on how to understand triggers of those who struggle with addiction. It also made me aware of my own biases and showed me how to handle said biases when working with people who have different experiences than I.