

# ADDICTIONS COUNSELING AND THEORY

## Twelve Step Meetings: Journal Reflections - #2

Location: ReAct Rehab facility

1. What thoughts and feelings were you aware of as you prepared to attend the meeting?
  - My thoughts and feelings were how will these people look at me when I'm a part of this meeting.
  
2. How did people respond to you in the meeting?
  - The instructor introduced me to the group as I'm here to document the meeting. I didn't like that at all. I immediately stated to all I'm an addict just like you seeking help. Didn't want anyone to think I was better or to cast judgment on anyone.
  
3. What thoughts and feelings were you aware of as you sat in the meeting?
  - I was aware of my own personal feelings of hearing others talk about their alcohol abuse as I reflected on my dad dying from alcoholism.
  
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?

- What surprised me was to see so many young people under 35 that were addicted and look older than me due to their 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 including me to encourage one another that were in this together and will recover.

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

- Absolutely I would. I believe the community is great for all addicts and recovery. To share emotions, stories and healing together was mind blowing.

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

- Being able to make a new person feel comfortable to talk about their experiences without them feeling judged by others or embarrassed.

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?

- Yes. I learned that we all need help from each other. I learned that my addiction is not just my addiction but many are going through the same thing. I learned that addictions can destroy many dreams, goals and esteem for many.

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

- I gained a deeper level of compassion for addicts. I definitely tore down my thoughts and perceptions of an addict before getting to know the root of their issue and what caused them to nurse, protect and further the addiction.