

2-1 Discussion: Support Group

Institutional Affiliation

Student Name

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Discussion

For this week's assignment, I joined an Alcoholics Anonymous or AA online meeting conducted via the AA Intergroup website. For this meeting, I selected the type of meeting that is openly accessible to anyone and thus gives a detailed picture of the support group (*Online Intergroup of Alcoholics Anonymous – Building Fellowship: Anytime, Anywhere – For Everyone*, 2024). Alcoholism was the main topic of the meeting, and it explained it as a chronic disease touching on features such as the inability to control consumption and constant thinking about alcohol. The format was virtual, which allowed the participants to be from different places to contribute with their stories or experiences. These expectations were to help me understand the group's structure, debates, and support for substance use disorder sufferers. The framework of the meeting included the chairperson welcoming the participants before they took turns to introduce themselves and gave details of the alcohol problem they faced. The focus was on encouragement and the maintenance of a positive environment so that everyone would feel comfortable speaking.

The effects of alcoholism on the affected people and their families were evident as a major discourse throughout the meeting. Targeted individuals reported health, family, and financial issues, including physical and mental decline, family strife, and employment insecurity. The community is also affected, given that addiction results in added health expenses and societal problems (Grant & Gwinner, 2023). Most individuals were highly motivated to seek recovery therapy, and family and AA support was valued. The stories focused on the need for a healthy support system in fighting substance dependency and staying abstinent. Hence, the observed value of attending the AA meeting lies in the participants' observation of the nature of the disease and the effectiveness of support group

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meetings. The sequence revealed how addiction influences different spheres of life and how important the support of a community and a family is during the treatment.

References

Grant, M., & Gwinner, P. (2023). *Alcoholism in Perspective*. Taylor & Francis.

Online Intergroup of Alcoholics Anonymous – Building Fellowship: Anytime, Anywhere – For Everyone. (2024). <https://aa-intergroup.org/>

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Responses

Response to Peer 1

Your experience with the Narcotics Anonymous meeting was enlightening. The focus on both narcotic addiction and the shared personal stories highlights the profound impact such groups have on recovery. It's interesting to see how the emphasis on anonymity and mutual support creates a safe space for participants. Your observation about the collective motivation for recovery and the role of peer support is compelling. It underscores the importance of a non-judgmental environment in fostering recovery. This contrasts slightly with my AA experience, where the focus was primarily on alcohol, but both highlight the significance of community in overcoming addiction.

Response to Peer 2

Your account of the SMART Recovery meeting provided a fascinating contrast to the AA format. The structured approach and focus on self-management techniques offer a different, yet equally valuable, perspective on addiction recovery. It's insightful to learn about the use of cognitive-behavioral strategies and how they empower individuals to take control of their addiction. The emphasis on practical skills for managing triggers and building a balanced life is a notable difference from the more narrative-driven AA meetings I attended. Both approaches, however, highlight the critical role of support and structured guidance in the recovery journey.