Reaction Paper

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When I was a child once my teacher asked me to draw the physical representation of an alcoholic person I drew an image of an evil person. But when I grew up I realized that these are the people who need our support the most which is the reason I participated in the field trip and experienced their issues practically as a counselor. While working for the rehabilitation of alcoholic I examined various factors that can impact positively on myself. In this society whenever we encounter an addicted person we think that the person in this situation is due to his fault during counseling them I realized that we should understand everyone's issues rather than stigmatize them. The access towards alcohol and drugs become so much easier nowadays so it become the responsibility of the family members to restrain their children and youngster from it. I also observed that there is a need to develop effective strategies for addicted people as most of them experienced child abuse that is why they have trust issues with the counselors. So, the counselor should be a trustworthy person and develop safe relations with client.

For me, the practice of self-love is one of the crucial things which provides the meaning and depth for maintaining a healthy lifestyle. By incorporating self-awareness in our routine we will develop self-transformation in our self as well as awareness helps us in enhancing our relationships and helps us to reduce the feelings of anxiety and depression. As one of the major causes of alcohol or drugs addiction is depression and rejection.

Through this meeting, I developed a positive gesture towards addicted people and learned how to deal with them. It is required to develop self-esteem in patients which is an empowerment act and would help people to break their addiction. As lower self-esteem generates feelings of depression and becomes a hurdle in acquiring goals. The major aim of this meeting is to develop inner—strength while fighting with addiction in patients.