**Meeting 1: Facing Denial – 06/22/24**

In today’s meeting, I shared my journey of denial. I spoke about how I used to convince myself that I didn’t have a problem, despite the increasing damage to my relationships. Listening to others, I realized that denial is a common thread among us. It was comforting to hear similar stories and know I’m not alone in this struggle.

**Meeting 2: Finding Hope – 06/22/24**

In today's meeting, I found a spark of hope. One member shared their story of recovery and how they rebuilt their life step by step. Their courage and perseverance were inspiring, reminding me that change is possible. It gave me the strength to continue on my path, even when it feels impossible.

**Meeting 3: The Power of Support – 06/23/24**

In today’s meeting, we discussed the importance of support systems tonight. I opened up about the isolation I felt before joining AA and how the group's acceptance has been a lifeline for me. Hearing others express similar feelings reinforced the value of our shared experiences. Together, we form a network that helps us stay strong.

**Meeting 4: Coping with Triggers – 06/23/24**

In today’s meeting, the topic was coping with triggers and how to handle cravings. I shared my struggles with specific situations that tempt me to relapse. The advice and techniques from fellow members were incredibly practical and useful. Knowing others face the same challenges and overcome them gives me confidence in my ability to stay sober.