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ASAP Graduation Paper

The three sayings on the ASAP coin go "You are where you are," "If things don't change, things don't change," and "Who's driving your bus." "You are where you are," refers to multiple things, but most importantly your state of mind or mindset. This is one of the most important things to staying sober, having a strong mental ability to keep hold of yourself. It also applies to where you are physically and emotionally. If you are in a bad place- whether physically or mentally- you have to pull yourself out or you put yourself at risk of using even just thinking about it. Nonetheless being around it. If you don't change your lifestyle, but you are staying clean; more often than not you are going to revert to your old habits when given an opportunity. The person driving your bus is also key to sobriety. If you are on the right path it should be you, being in control of where your life is headed. On the other end of the scale you may have friends dragging you down trying to use with you or your parents always on your case. To be honest, I still have my parents on me, but that's just who they are.

The highest risk situation I have come across since ASAP would be hanging out with friends that are using in front of me. Now I don't mind, I still enjoy it even though I know I can get in trouble. It doesn't happen much at all anymore though, but I wouldn't have to put any work into finding "it" and supplies, places, etc.; it's simply right in front of me. Then, it's my choice whether to stay clean or use. I can deal with this in two ways, refusing or walking away. When I was still hanging out with them, a lot of them would beg me, but I've never given in. and I don't plan to. More of a minor high risk situation may be when I am finally presented with an opportunity to use when I know I won't be tested the next day, week, or month. I know I will be eventually, thanks to my parents; so I am not concerned about it. Those are really my only high risk situations.

Since I haven't relapsed, the signs may not be known or totally accurate, but I can obviously think of a few. The examples listed that I can remember doing were lying, difference in mood, and suspicious behavior. I would ask to sleepover at a friend's house whenever possible on the weekend and give my mom BS answers to her texts. They hadn't installed the tracker or any of that on me yet, so it was free game for me. I would come home the next morning and lie to them about what we did. Well I told half the truth; we would get something to eat, play video games and watch TV- which still constitutes as lying. My parents slowly came to this behavior when they noticed my mood was different

on the weekends. I thought I was good, but parents know you better than anyone so that's expected. On nights I did come home this was even more so the case.

It was really easy to cover up. I am already a chill, lazy person and the marijuana extended that. It was easy to lie because we are all great liars in this program and I always covered up smell with spray, brushing teeth, gum, etc. sleeping over was also a cover because I didn't have to go home and try to act normal for my parents so I could go back out and do it again.

I've noticed people saying I've become a happier person staying clean and I'd have to attest to that as well. I realized that I appreciate life more and have found and depend on my true friends. I also know who really cares about me as a clean person and who I can go to when I need help. I have changed my lifestyle and the way I think about using. I think of it as more of a negative thing now and that's what you have to do in sobriety.

My family and I's relationship has grown much stronger after I was caught several times and trust has grown tremendously. I wouldn't say we spend more time together, but the time we do have is more enjoyable. They are proud of me for staying clean and they have seen who I really am and what I can do. Everyone in my family is a lot more honest and trusting all the way around.

Staying clean is definitely worth it to me. I do not want to have to deal with legal trouble. Once you are in the system- you don't get out. From here on out anything illegal stays with me and I don't want to have to deal with that and fill out applications, etc. because I went and got high and got caught. That's just stupid. And definitely not worth it. It just takes away from the rest of your life and your potential. I just want to live a happy life with no repercussions.