

## ASAP Graduation Paper

I think that the three sayings on the coin are very important and I believe they apply to me a lot. The first one, who's driving your bus, is very important because it means who's basically in control of your life. It also means who is making your decisions and the answer should be yourself. I believe that I make my decisions and I control my actions. I am going to make the decision not to do drugs again because that is what I want. The second saying, where you are is where you are, is important too. I used to be doing drugs and not wanting to change, therefore that's what I was going to continue to do. Where you are is where you are basically to me now, is that I am in a good spot of staying clean and that's where I intend on staying. The last saying, if things don't change things don't change, means a lot as well. Things have changed with me, which is good. It used to be I was always going to be mean to my family and that wasn't going to change unless I did something different. So I decided that's not what I wanted so I made changes and my relationship is a lot better with my family now. Then the hidden one, your past is not your potential is probably my favorite saying. It is because that's what I really wanted to think. I want to think that I have a lot more potential than just living in misery and doing drugs. I think that I can accomplish a lot more than that in my life.

**My three high-risk situations are pleasant times, unpleasant times, and conflict with others. I don't think that there is really reason behind why these are my high-risk situations because it didn't really matter what was going on at that certain time in my life, because I would still just want to get high. I was basically always smoking no matter what was going on, and just the fact of some sort of event occurring just made it look like it was even more appropriate to get high. I think that some signs of a relapse would be if my moods just totally changed and stayed changed longer than a couple of days. I mean, my moods are going to change and I am going to have bad days, but if those bad days are really reoccurring, then I think that could be a sign of relapse.**

**I didn't really have any techniques to cover up my drug use. I was pretty much always high, so I think the way I looked just looked normal to the people that saw me everyday. A big change that I have noticed about myself since becoming clean is just the fact that I really don't worry a lot anymore like I used to. I was worried about police around me because I knew that I could get in a lot of trouble and I was worried about my parents finding drugs on me and now I'm not worried because I have nothing to hide. I think the biggest change that I have noticed in my family since I've been clean is the way that everyone is a lot nicer around the house. It's just a lot better environment to live in. I think staying clean is worth a lot to**

**me because I just want to prove to myself that I can live a good life without having to use drugs. In the end, I just really don't want to use again, it's just not worth it to me anymore.**