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ASAP Staff

ASAP

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It's been a long journey from session one. Part of me is happy because I get to have my 9 hours back but a part of me is sad because I will miss staff and the group. In ASAP we have three sayings. Those are, who's driving your bus, where you are is where you are, and things don't change if things don't change. My bus used to be driven not by other people per se, but by alcohol itself. It drove me to be hostile towards my family, ignore my friends, let my grades slip, and almost kill me. Now, 30 sessions later, I have taken control of my bus. I now am going to be even more vigilant of making sure people who are high risk stay off, and to make sure alcohol never comes back. The next saying is things don't change if things don't change. It's true. Had I not decided to change my attitude towards alcohol, and towards my family, I would still be drinking, and might even be dead. The last saying is where you are is where you are. This is probably the saying that means the most to me because it's something I said to myself in the hospital. When I was lying there I kept telling myself, "I'm here right now" and I told myself that it would only get better from here.

One important factor of ASAP is high risk situations. Personally I have about 3 high risk situations. One is IHOP late at night. It's risky because a lot of stoners and people who are high or drunk come in. The second is Phoenix at night. I enjoy night bike rides, and more often than not I see people using various substances. One could easily find a plug out there. The third and

last high risk situations is the courts at school. It's risky because a lot of people use there because teachers and security rarely go out that far to check for kids.

Signs of behavior can foreshadow a relapse. Personally I have a couple signs. Most of them are behavioral, though some are physical. These signs include, moodiness, isolation, constantly angry, hiding, and not giving information on where i'm going.

When I was using I used a couple hiding techniques to avoid detection. These included hiding bottles and flasks in my room, brushing my teeth constantly, drinking a lot of water, washing cups I used with, and putting them back in the exact same place and position they were in, using and different kinds of alcohol to make the disappearance look less than what it was.

Getting clean comes with a lot of changes. Personally for me I noticed that I'm communicating with my parents way better than before, I feel happier than before, and i've started to take more accountability for my actions.

In my family i've noticed a lot of changes as well. My parents talk way more, they don't put me in the middle anymore, everyone is more observant of enabling behavior, and everyone is just generally more close.

Staying clean is very important to me for a number of reasons. I want to do a lot with my life. Be a Marine, be a cop, go to college, open a youth center. I can't do any of those things if I'm using. I want to stay clean for my family. The pain i've put them through was too great. I caused my dad severe trauma and sent everyone into a panic attack. I don't want to put them through that again. I also want to stay clean for my friends. They knew before anyone what I was dealing with. They constantly told me to stop and got frustrated because I didn't listen to them. I also made them worry when I was sent to the hospital. To me this chapter of my life has been one

of the hardest. Im determined to put this issue to rest and move on. However I know that, that's not how it works. This issue will never truly be over, it'll always be in the background, but thanks to this program and staff I feel very like I now have the tools to stay clean and to not go back to how I was.