

Graduation Paper

December 7

Being clean for the past 10 weeks has been a positive experience. I haven't been drug free for a continued period of time since 7th grade. I feel that I have gained more self-confidence because I'm not always hiding and lying about my drugs usage. I have also been able to open up to people. I still need to work on talking to others when I feel stressed but I have improved a lot as far as communication with my family. My family life has been less eventful also. I am not always being yelled at for what I did the weekend before so there is much less stress. I think moving in with my grandparents was a good choice even though I was against it in the beginning. I'm not sure if I will move back with my mom but I know our relationship is getting better.

My biggest risk for relapsing is when I give up and get unmotivated. I would use a lot daily when I didn't see the point of not using. I've never had a problem with peer pressure or feeling like I had to use to hang out with certain people. Because of that I know that going out with friends that still use is not a high-risk for me. I won't hang out with them when they are all just sitting around getting high but I strongly think I can remain friends with them and remain sober.

When I was using a lot daily I would get really pessimistic of myself. I would also stop caring so much of what I looked like and my impression on others. I feel if I start to act like that, it would be the biggest warning sign to others. When I was using I hid my usage by shutting out my family and close friends and just had very fake relationships with them. I lied about where I was going and I didn't talk about how I felt.

My biggest reason for staying clean is I don't want to lose everything. It's not just about being grounded or losing my car if I used anymore. I don't want to lose my friends or the closeness I have with my aunt & dad because I only think about how to get drugs. I don't want to lose my horses and ability to compete well because I'm a druggie. I use to think I was just partying, even though it was every day so nothing was wrong. I've learned that I can't do anything else besides drugs when I