

My Graduation Paper

What is A.S.A.P.? What are the three sayings on the coin and how have they effected me? Also, how does A.S.A.P. help me stay away from drugs? A.S.A.P. is a group therapy treatment program that helps teens with drug problems. When you graduate you receive a coin of achievement.

There are three sayings that come on the coin: "who is driving your bus", in other words who has control over you and your life. "Things don't change, things don't change", meaning if you don't make the changes to stop using, you will continue to use. The unwritten rule "your past is not your potential", saying that just because you've made bad or poor decisions does not you can't continue on with your life and make good ones.

My name is [REDACTED] but I go by [REDACTED]. When I first enrolled in A.S.A.P. I had no control over my life, in other words I was not driving my bus. I learned, to succeed in life you have to have control of your life. The only way I could do that is to stop using. Life became less complicated and I began focusing on the things that really mattered; like family, education, and success. "Things don't change, things don't change". If I didn't make the choices and take the steps to stay sober I would not be where I am today. But because I did make the decision and the steps, (like A.S.A.P.), I could not move on with my life.

"Your past is not your potential". I made a lot of bad choices when I was using. My life and the friends around me were all negative. I finally saw how bad it hurt not only me but the ones I love and care for, my family. When I finally cut drugs and the negative friends out of my life, I had taken the first step to sobriety. I began to surround myself with positive things. I became productive again, and I finally felt positive in every day life.

A.S.A.P. is a lifestyle change. When you make changes you get different results. The signs that show a person is using are: depression, seclusion, too much free time. All these were signs of when I was using. I was using and acting abnormal. Using too cologne to hide the smell, visine to cover the redness of my eyes, and smoking to cover the smell in my breathe. I felt I became too much of a lie even to myself. The ones I love no longer knew who I was. My family has there true Alex back. I enrolled into summer school, aiming for my diploma. I have nothing but goals and achievements ahead of me in my life.

For me, staying clean means not giving up on me or my family. Motivated more than ever, I'm ready to accomplish success and happiness. I've changed my life for the better and without a doubt, many more will too.