



Throughout my time at A.S.A.P. I did not gain a list of facts about use nor did I gain any further knowledge

about the reasons for my use. What I gained from A.S.A.P. was much more valuable. It was a clearer understanding and

a better perspective about substance abuse. I've learned in A.S.A.P that drugs are not a glamorous thing. A.S.A.P has

helped me to see what has become the negative affects and ultimate result of my use. Throughout the A.S.A.P program I

have been given the chance to take the time to asses the lives of the adolescents and adults that I have known who use

drugs. I have seen that there lives are ones filled with temporary pleasure disguised as happiness. "Happiness" that will

lead to only sorrow such as incarceration or extreme addiction leading to the loss of lives, friends, family, and money.

One of the things that A.S.A.P helped me to realize was that my old friends, who I used with, were the biggest trigger of

all to me. Not only in there physical presence but also in the memories of me using drugs with them. I have seen their

long term and increased use only leading to more unsatisfaction with life without drugs. This, in turn, has brought me to

believe in myself more. I didn't have much confidence in my ability to stay sober. That was mainly because I use to hang

on to desires that I had to use drugs. Desires to use drugs with my friends. I've gotten to the point that I believe is most

essential in my choice to stay sober. It is the loss of desire to even speak with my old friends. I have recognized them for

the triggers that they are to my use. I have recognized that I do not need use to have a good time or to feel like a better

person when it comes to entertaining people. I have learned that to resists craving I should not concentrate on the good

part of the high but on the negative affects such as the comedown, the addiction, the depression, the ruined relationships,

the loss of many brain cells, the bad health, and so on. There are a few quotes that I specifically remember Adam saying

which will certainly help me in my quest to live a life of sobriety and better morals. The first one is "Six guys and a bong is

not a party". The second was is "Gaurd your carnal treasure". The third is "Who's driving your buss".