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ASAP Grad. Paper

2/19/09

Exactly 104 days ago was the best and worst day of my life. I know you are probably wondering what that means. Well I will start off by telling you the bad part of that day. To sum it up, it was the first day I realized I had a drug addiction. Also that came with expulsion, losing all my friends, and there is no word for how much I hurt my family. Basically, it was the day I lost everything and found out about my addiction. Now, I know that everyone is also wondering why it was the best day of my life. Well that was the day I realized I had hit rock bottom in my life and all I can do from here is go up. There is no other way, the only way to go is up and I realized I had an opportunity to get help.

After all that happened I enrolled into a program which has been one of the best out there in my opinion. I have learned so many things in 30 sessions and here is what changed my life. The three sayings on the coin impact me in these 3 different ways. The phrase "who's driving your bus" has a big meaning to it. The way it applies in my life is I am driving my bus, making sure the friends and anything else getting on and off are

good influences and are people I would like to be on my bus. The second phrase is "where you are is where you are". That applies to me in all the ways it can, but the biggest two that it portrays to me in would be emotionally and mentally. Emotionally, I know I have a lot ahead of me. I cannot wait for opportunities where I will be able to cope in the right manor. Mentally, I am so excited I am graduating ASAP and can't wait to use all that I have learned and all the tools in my daily life. Thirdly, the final phrase is "if things don't change then things don't change". That basically is self explanatory, but I am changing my life and changing outcomes and I am not sticking to the lifestyle I use to live.

Just because I am changing my lifestyle does not mean I will not have high risk situations. My three highest always seem to be physical discomfort, unpleasant emotions, and boredom. The way I have learned to cope is through my amazing relapse prevention plan that I will continue to use through my life out of ASAP. My mood changes and emotions can get really bad and that would be the main thing, which my friends and parents could look out for to catch relapse before it happens. Also the ways I use to cover up my drug use would be lying, stealing, and using over the counter products.

I have changed my lifestyle completely and here are some of the main things I have noticed. The first one I would say is the stealing. I have not stolen from my family and have been so faithful to them throughout this whole thing it has brought us a lot closer together. The second was mainly lying. Lying was an everyday thing for me. I got so use to it I sometimes lied about things that shouldn't have even been lied about. Being honest and truthful has helped me in so many ways. It helps with your everyday life no matter what goes on. Being honest even about the littlest things can go a long way. Honesty is the right and true policy. Ever since this program my family has got so close together it has been amazing. We have always been really close but there is always room for improvement. I love the way my family is and wouldn't trade them for anything.

Staying clean my whole life means everything to me. I have tons of motivators and goals I am destined to accomplish and drug use is not going to be in my life or around my life. Having a drug free life means the most to me and changing this much has just reassured me that a lot is possible if you put your mind to it. Thank you so much ASAP counselors. All of you have been amazing and have helped me so much. I would recommend this program to a ton of teens depending on their situation. You

have helped me change my life around and I am so thankful for everything.

Thank YOU ASAP and ASAP Staff you guys and girl are outstanding!!!