

## ASAP GRADUATION PAPER

"If things don't change things don't change." This would have to be the one saying on the coin that would apply to me the most. I came into ASAP with the classic F\*\*\* it Attitude. To me at the time things just weren't important. I had this idea that I was un-touchable. Thinking that I could bull shit my way through the whole program and that by doing that my parents would get off my ass. I was still doing every thing I was doing before I joined the program but expecting that everything else would change just Because I was in the program. I was doing the same thing over and over again expecting a different out come. After a while I realized that that just wasn't the way. All I did was put forth the effort to give the program a chance. That's all I need not to sound cheesy or dumb but it truly did help me see the light. With just giving it a chance and opening up to Dave my perspective on almost life it self changed. Shortly after that step things and home just progressively started to get better and better and they still are getting better.

"Where you are is where you are." Once I was able to let go of everything I had done and leave it in the past I was able to focus on what was going on right now.

This helped me immensely with many thing not only my recovery but with many aspects of my life. Being able to focus on the problems I have now and the problems that I have to fix now helped me sort everything out . Before that I was so worried about all the problems that I felt I didn't solve or all the problem I am going to have and thinking about how I will deal with them I was just overwhelmed and gave up . By going through things one thing at a time I am slowly climbing out of the hole I dug myself.

“Who’s driving your bus.” I understand this one but until I’m on my own supporting my self completely I don’t think I will be driving my bus 100 %. Even then there are still laws and thing that restrict me from certain things , But for the most part by me keeping my sobriety and keeping up with my responsibilities I will be just fine with partially driving my bus . I can proudly say now that drugs have no part what so ever in who or what is driving my bus!!

“Your past is not your potential .” I would defiantly have to say that this saying has one hell of a kick behind it. For the longest time I was in a hole that was just consuming me as a whole , and I felt as if I could do nothing about it . I hid it from the people that are most important in my life. It destroyed mine and my mother

relationship and many others. I never would have thought that I could be doing so well.

Mine and my moms relationship has never been better. It just proves that just because things are shit now doesn't mean they have to or will stay that way. You can't change your past but you sure as hell can control your future.

My three high-risk situations are Conflicts with others, un-pleasant emotions, and social pressures. The first two pretty much effect me in the same way and make me want to use for the same reason. I love to be happy! I don't like the feeling of anger, depression, sadness etcetera. Knowing that I have the ability to escape to my happy place the place were I have no worries is extremely hard to deal with. That thought is always in that back of my head that no matter how shitty I feel I can always douse that flame of emotion with drugs; However, I have come to realize that its not worth it that all that does is make it worst. Those couple hours just aren't worth it. I don't agree with the last one because my friends using around me doesn't really effect me. The only thing I can think of is when girls are around that's the only time that stuff kind of breaks down, but I have plenty of sober friends that are girls that I can fall back on so this just isn't a problem anymore.

relapsing. When ever I am in the position that I seriously feel like I want to use I don't need to hide it from them anymore. I will just flat out let them know. They don't necessarily need to look for anything because I will just tell them I don't feel the need to lie to my parents anymore .

I never really need to use things to hide my drug use I would just avoid any type of confrontation with people that didn't know I used. And I was usually intoxicated late at night or very early morning so I didn't really need to hide it. Other then I would just say things like I would never do drug or drugs are stupid. The last thing is I would put bleach and water in my U.A's well my home U.A's . other then that I can't think of anything else.

I could write 100 pages on my changes because I have completely changed . It is scary to me to think back at the way I use to be I was so cold hearted and selfish. I don't even know were to start. I'm a lot more happy. I feel like it is easier to get along with people. I'm not so hot headed and a bunch of other things .

The biggest change is the shrinking of my family. It was for the best and I understand that . My family is more loving . There is not as many arguments my

me . My relationship with my little sister as got so much better . My home life is great right now | would change it for the world

Staying clean is so worth it to me . | never want to turn back into that person | was . | never want to be that cold hearted. | never want to loss site of my future again. | never want to be dependent on something that kills me inside and out. | can't even emphasize how much my sobriety means to me right now my life has change so much for the best . | would never want to throw all that away for a high because the love that | have received from my parents is enough of a high for me

Thank you for everything that all of you have done for me | will never forget any of you | wish all of you the best in life Good bye its been fun!!!

