



ASAP Graduation Paper

“Where you are is where you are” this applies to me in the way that the state you are in is the place you are. You can get better or worst but where you are is the place you are in and there is a way to be better. “Things don’t change if things don’t change” this to me is saying if you don’t take the extra mile to change nothing will change. Like if I don’t stop eating kit-kats everyday then I will keep eating them and nothing will change. “Who is riding your bus” who is driving and who is riding your road to sobriety. Who am I letting on my bus to sobriety and who am I letting off.

My three highest risk situations would probably be parties, being around old using friends, or using people’s houses probably. They are risky for me because they are my old stomping grounds and have for sure my drugs of choice which I absolutely think are huge high risks for me.

Some examples of signs I am going to relapse mode is lying, sneaking around, isolating, irritable, not being motivated for school and in general, and last not caring about anything at all. Some techniques that I would use to cover up my drug use were lying about where I was and what I was doing, I would send old pictures to show I was somewhere I wasn’t, I would also use ozium or perfume to cover up the smoke smell, put eye drops in my eyes, and also chew gum/ mouth wash to cover up my breathe smell, or if it smelled in the house I would say it was trash. But mostly a lot of lying and secrets.

Some of the biggest changes I have notice since getting clean about myself is I am communicating more with my parents and initiating the conversations not just them asking me things like, "how was school" and me just saying "good" but an actual in depth conversation. Being a happier person and caring more about my life and future. Also not focusing my attention on my failures but celebrating my success and accomplishments and learning that it is okay to be proud of myself.

The Biggest changes that I have notices in my family since getting clean is for sure more communication. We don't always talk about my use but we talk about everything and nothing. I feel like I have been able to hang out with the parents more and it is actually fun. We have been having way less dirty fighting and more clean conversations and talking out our problems instead of going straight to yelling and being accusatory. And one of the best things that has happened is there is way less tension in the house more of a relaxed vibe. I feel more like a family again and not just four separate people living together.

The Last Question is, is staying clean worth it to me? To me this is a simple yet so powerful answer because 74 days ago my answer would have been completely different. To me staying clean is being happy, intelligent, and being in the moment. When I was using, I had some things happen to me that shouldn't happen to anyone and I made choices that were just terrible. Staying clean is completely worth it to me in being a better person for my friends, brother, parents, but most importantly myself. I'm doing this for myself and I am 100 percent motivated to stay clean. I will do this. I can do this.