



Graduation

There have been so many events in my life that have made a drastic change whether it was good or bad. This was probably one of the best learning experiences in my life and it will forever stay with me. There have been days where I have heard from other people or even a teacher where I hear the quotes, where you are is where you are, things don't change if things don't change, who's driving your bus, your past is not your potential. The past is not your potential really stood out to me because a huge reason I started using was my past that I felt guilty about and I always thought this is who I am and for a long time it really brought me down but being in ASAP helped me realize it is a learning experience. During my highest using time I blamed everyone but myself and never took responsibility but nobody was forcing me into anything. Who's driving your bus stood out to me too because you are driving your own bus through all the bumps and through life. Things don't change if things don't change is such an important quote to me because when I was not living with my parents before ASAP and my grandma and grandpa told me things don't change if things don't change and I took this meaning as if I am not willing to change nothing is going to happen and if I started to figure out what was wrong I could change it.

A huge part of my using problem was where I was and Dutch was a huge factor in my problem because the only reason anyone went there was to use. Aviano community center used to be a high risk depending on who I was up there with because some people brought alcohol or weed up there. Sometimes school can even be the highest risk for me, a lot of people use in the bathroom.

My friends, family, and I should definitely look at the signs of lying, being moody, guilty, and antisocial. I always got super moody after I got told no which meant I couldn't go use or if I used the day before I was super angry after. I lied all the time just so I could get what I wanted and at the time that was drinking.

I always used gum and sometimes I would eat and drink whatever I could so you couldn't smell it and whenever I got home from Dutch and had been drinking I would play music and focus on the lyrics so my mom didn't notice in the car. I would always lie about who I was with.

I have noticed a lot of changes in myself. I have a lot more motivation and I truly am happier. When I was using I did not want to do anything but lay in bed or go out and use. Now I want to go to the gym, I want to hangout with my family and I want to be the best for me. My grades have been doing pretty good and I am much more concentrated.

My mom and I have such an amazing relationship since I have come clean. I can talk to her about anything and we never argue. When I was using we were always yelling at each other and I blamed her a lot of the time, but now we

know how to talk it out which I never thought would happen. My dad and I used to never talk and I always blamed him and I caused him and my mom to fight a lot because I would play them against each other, now my dad and mom are on the same page and my dad and I can joke around, laugh and talk to each other. My little brother and I never talked or ever spent time together because I was too preoccupied with myself and my friends and I always was mean to him, but now we spend time together, and laugh. My grandparents were dragged into the end of my use right before I was put into ASAP. I lied to them and I manipulated them to believe I never did anything wrong and it was all my parents fault. My grandparents and I have always had an amazing relationship and now our relationship is 100% honesty. My future and my family have always been important to me. I want to be successful and go to college and if I'm using that isn't going to happen. I want to be able to support myself and my family. I'm staying clean for me and my happiness because I have been so much happier all around. ASAP has taught me so many things especially rigorous honesty.