

# Graduation Paper



The saying on the coin I am going to receive for my graduation means a lot. I feel a great sense of achievement. I have learned a lot in these last couple months here at asap, & I am going to apply what I have learned in my daily life to stay sober. I have changed & improved so much since being in this program.

If you asked me whos driving my bus, I would say I am now. Drugs no longer control my life & I am happy to be able to say that. I know that with recovery also comes possible relapse, so I have friends & family that know the signs I usually show before I relapse such as, lying, hiding things, skipping school & having an "i don't care attitude". So when I start showing these signs I am going to have friends & family help to prevent me possibly relapsing, so I can continue to drive my own bus.

The top three of my high risk situations would have to be boredom, being depressed & being around my drug. These are my top 3 high risk situations because in the past I would always turn to my drug to cope with my problems. I would turn to my drug for anything & everything such as, being sad, mad, happy overwhelmed etc. To cover up my drug use & being mentally & physically addicted to my drug I would convince myself I can stop anytime I wanted to & that I was in control. When in all reality I was definitely powerless over my drug. I love the saying "if things don't change things don't change" & I am proud to say I've made the decision to change.

My sobriety means so much to me now, I don't want to go back to using & I don't feel the

need to. My recovery has made so many positive changes in my life. I've been very responsible since being sober. I go to school everyday, I have a job, I come home every night, I sleep every night, my family is starting to trust me again. I get along with my parents now that I am sober. My life is just so much brighter & I have hope again, hope for my future & I'm happy. These are some of the enormous changes sobriety has brought to me & my family. I don't think I'd ever be able to trade this feeling sobriety has brought me for drugs. That's why staying sober is so important to me. Where you are is where you are & I am happy where to be where I am!

I've come such a long way in these last few months. I've made a total 360 in my life over these last few months. I knew I would get sober someday I

just didn't know how & I'm glad I don't have to worry about that anymore. I feel good about myself & my life now. I'm proud I've come this far, & I'm going to keep working to bring out the best in myself. I would like to give much love & appreciation to the asap crew for being here for me & helping me get this far in my recovery.