

Graduation Paper

By: **[REDACTED]**

1. What are your 3 highest-risk situations and why are they risky for you? My first high risk situation is the park I used to use at because people are always there using. My second high risk situation is running into old friends inviting me to go do things with them. Or even being asked to come over and 'chill'. My last high risky situation is walking after school to circle k with friends. After school tons of kids go to circle k to get a polar pop. People go in the back of circle k to use and then head to another park to top that off.

2. What are some signs that your parents, friends, and yourself should recognize when you are in relapse mode? Signs people should notice when i'm relapsing or getting close to one is constantly hanging with using friends, staying out late with no explained reason, hanging with constantly changing people, acting sketchy, and denying to take a drug test.

3. What are some techniques that you used to cover up your drug use? Using early and letting it wear off before I headed home. (I really didn't need to cover up my drug use because my parents knew about it.)

4. What are some of the biggest changes that you have noticed in yourself since becoming clean? I have noticed my mind set changing on how I think about using and the situations it put me in. I also see how using made my life more risky (with cops, and people looking at me different) and how it was just causing more stress than pleasure. Also that I don't need the substance to get away from thoughts and life issues. I can use 'coping' skills to get away from life drama and find happiness through that in a legal and healthy way.

5. What are the biggest changes you have noticed about your family since becoming clean? I have noticed that my family will drive me places without much question (More trust, less suspicion). They are not too worried about drug testing me because they have high trust with reason that i'm not using anymore. My family treat me different and look at me with pride since i'm not using drugs. Also they are understanding me more, and how I feel.

6. Why is staying clean worth it to you? Staying clean is worth it to me because people were classifying me as a druggie and I was pushing good friends away because I was trying to get in with a crowd that was all about the using lifestyle. Staying clean is also worth it because all the perks about it, people having respect for me because of my choices now. Also my parents no longer worry too much about me in situations. They have trust when i'm alone and out that i'm not gonna go use. (I have money on me and i've proven capable several times).