

ASAP GRADUATION PAPER**BY:** [REDACTED]

I've learned a lot in this program. I feel so much better and so much different then when I began. I now know how much help I did need. Before I started I denied that I needed any help at all. Prior to starting ASAP, the sayings on the coin did not even somewhat apply to me. Who's driving your bus? Finally it's me, not drugs. I'm staying out of trouble and staying away from drugs. I've got a job and new set friends. Where you are is where you are. I figure where you are now is not where you'll be in the future. So I wont be able to erase what's happen but I can work passed it and do better. Things don't change, things don't change. If my actions hadn't changed my problems would have stayed the same.

Risky situations can affect everyone. There are a few I have but nothing has happened, and I plan for it to stay that way. It's hard to be with old friends because I know they smoke. Knowing they are old friends, I know they would share. When people talk about marijuana it makes me remember old times and the effects of smoking. Knowing how much I can get makes me think. I suppose my biggest risk is when it has been just an all around bad day. I know how much it would relax and calm me down.

There are signs that would easily prove if I were relapsing. I get angry and leave. My mood changes and I usually look like I'm disappointed in myself. I have tried to cover up my drug use in so many countless ways. I used to lie, chew gum and smoke cigarettes a lot. I always bought Visine and cologne, and mouthwash was a must when gum wasn't around. I feel bad about lying the way I did. I know I can't take back all I have done but being supported the way I have has made a difference.

consisted of getting new friends, and I'm trying really hard to quit smoking cigarettes. I haven't taking my relationships with people for granted like I used to. It's much easier to speak about what I really think. My feelings are expressed so much more then they used to be.

My family has been really supportive. Families can't always handle one another. I know we don't always get along but there has been less fighting. We have tried somewhat harder to get along. And so far it's worked. Things are just better all around. I know they understand me more. I have opened up to them more then I have at anytime. It's so much better knowing that they trust me again. I know that I have gotten better and I'm glad that my parents have noticed it. At the same time I'm glad it's not just my parents who notice. My girlfriend, my friends, co-workers, everyone in general, has noticed. I know now I have changed enough for people to notice and show there gratitude. I feel like I've grown up, I'm finally acting my age, well on a more mature level. If I hadn't tried to fix myself I wouldn't be as happy as I have become.

Where I'm at in my life I'm glad I'm clean. I want to stay clean for so many reasons. My reasons aren't only for my own interest. I know how much my family needs me to just be me. Not the person I become on drugs. I can't even think about doing what I used to do. I know how much I would hurt the most important people in my life. I can't even imagine putting everyone through all of that, all over again. It wastes the money I worked so hard to get. I have lost trust from friends and friends in general. I don't need to lose more brain cells and more of my memory. I don't want to waste the time I have left on this earth being high and not remembering anything. My life now means too much to me to just throw it all away on something that is so worthless.