

ASAP GRADUATION PAPER

By [REDACTED]

My first day walking into the ASAP group meeting was full of mixed emotions. I didn't want to be here, I didn't have a problem, and everyone else's problems were worse than mine. Little by little, I started to realize I was an addict, and I had a huge problem. My focus wasn't even to graduate, but to just get lucky and complete the 30 sessions. After coming here for about 10 sessions, I realized I wanted to graduate and make a full life change. 103 days after my last use, it became possible. Graduation means a lot to me, because if I didn't graduate I would've thought I didn't do something right, when I've been trying to hard to make life style changes and lose using friends. I almost jeopardized my graduation possibility 2 weeks ago, and I'm glad it didn't set me back too far, because I realized what I did was wrong, and I need to fix that aspect of my life. My parents were there for me every step of the way, even when I gave them reason not to be there at all. Graduation to my family means a lot I think. They know I'm trying my best to change my ways of life, and I think they are seeing it little by little. Coming to ASAP once a week with my parents really helped with trust, even if they did find out about devastating news. It just drew us closer knowing we could be honest with each other more. It shows them I can do anything without quitting, and having dedication. Graduation is how I wanted to leave ASAP, with a positive message to the kids behind me. I tried staying positive for everyone, to know they had someone to look up to throughout the process. I didn't think anything good was going to

come out of ASAP, but another member, [REDACTED] really showed me to have a positive perspective on the whole situation and everything will end up okay. He was a huge inspiration to me to stay clean, and I hope I end up doing as good as him. Graduating shows a lot of people I can go through any tough situation and come out all right, and I hope these sessions carry over into the real life with similar situations. I've learned the many dangers of my drug use, and how it wasn't just hurting me, but also hurting my family and my friends around me. I've lost so many close people around me, and I hope to never lose any again after ASAP. I've learned so many coping mechanisms to staying clean and avoiding High Risk Situations. I know if I get into a situation like that, I'm going to have all the right tools to come out of it clean. I've said goodbye to all of my using friends, and I'm starting a new chapter in my life with new friends and even a new school. I know I'm going to stay clean for the rest of my life, because ASAP equipped me with all of the tools. Just have to set my plan into Action-Maintenance.