





## Graduation paper

ASAP has three sayings and they definitely apply to me. The first saying is things don't change if things don't change, the way it applies to me is that things will change if you put in the effort, but if you just do the minimum requirements things won't change. The second is where you are is where you are, the way this applies to me is that this program is a program of rigorous honesty about where I am at with my drug use. Finally, is who is driving your bus and this means that you are gonna have to make decisions to prevent relapses and to remain sober. What I mean by that is that I am going to have to take complete control over my life and make decisions that would help me remain sober.

Here are three high risk situations and why they are risky for me. The first one being arcadia park, the reason why it is risky is that there are always people smoking there and it is difficult for me to say no to them. The second being <sup>School</sup> , the reason is that I used to smoke there and it brings back memories and is a trigger for me, and the third is the canal by my house and the reason that is risky for me is that all my friends that I used to smoke with do it there. Some ways that someone can tell if I am in relapse mode is that I and stand offish and I avoid family and any interactions with people. I would also go out with a book bag filled with stuff in it and that is the biggest sign. Some other signs would be a lot of body spray, separation, defensive behavior and lying when there is no need to



Some techniques I used to cover up my drug use is when I would go out I would tell my parents a general location in where I would be like I am gonna be out front. One of the biggest things I have seen since I have been clean is that I have been less depressed and I have started to gain my memory back but it is still a little slow with the memory. The biggest change I have seen in my family since I have been clean is that there is a lot less overreactions and that there is better communication but it still needs some work. There has also been a little of trust gained back but that takes time to fully gain back and that is gained back by no sketchy activity and rigorous honesty with my parents.

You might ask why is staying clean worth it to you, the reason is that my drug use hasn't just affected me it has effected a lot of people not just my parents. On top of that it has made my memory really bad and that was something I was proud of before my drug use. using also physically affected me to were one time it scared my friend so badly he considered telling my parents. But on top of that I have realized that no one needs substances to go through life and that is why I have committed to a sober lifestyle. What that means is that I will avoid any high-risk situations and if I get in one I would leave and that also means that I can only have friends that are also committed to a sober lifestyle and supportive about my recovery. The way that I am going to stay sober is using all the stuff I have learned in group like coping skills the stop method, but the thing that I learned which I think is the most useful is that a relapse is a wave meaning that there a signs before a relapse happens and that is where coping skills would come handy