

Graduation Paper

The three ASAP coin sayings apply to me personally when I read them I remember that my addiction was my drive, and had more control over me than I wanted to think. The phrase "If things don't change, things don't change" is my favorite saying that I've heard. Many times while doing drugs or other substances I've thought to myself, that I've needed to stop or that I was going to and hearing that phrase in ASAP it dawned on me that I couldn't just change the process of my thoughts, that I also needed to change my behaviors and habits surrounding my use. The three phrases alone have helped me figure out how to deal and tackle my addiction.

During group I've learned my weaknesses concerning my use like my triggers, cravings and high risk situations that could cause me to relapse and give up my sobriety. So learning these I've narrowed down the three highest risk situations that could cause a relapse, and why they're risky for me. The first one, is being with my best friend Hunter because I've known him forever and used for the first time with him I found that when I'm around him I want to use. The second one is being around users and being presented with the substance when I've been feeling anxious, stressed or piss off, it's a high risk for me because to me it's easier to just use and relieve my pain than to say no and deal with the pain. My third highest risk situation would have to be, if I were around old dealing buddies cause I'd definitely use if I were in house or something like that with them.

If I were in relapse mode there's a few signs that I'd show I'm not quite sure about them but I have some ideas

on what they might be. In the past and even now I've showed signs of relapsing before I ultimately ended up relapsing and the biggest sign I've shown is distancing myself from my family going off on my own a lot, I say this because when I relapse I'm usually feeling low like low self esteem, self hate, loneliness feelings like this are what I feel before I relapse. So me spending a lot of time alone is a big sign along with me showing reckless behavior like the D.G.A.F. attitude would probably be my other sign because when I get feeling this way no one matters to me nothing matters to me including myself. Now in my past while using I was probably very sketchy but I put a lot of if not all my effort into making sure I hid my addiction from my parents and family. Some of my techniques consisted of using a lot of cologne, mouthwash, gum and eye drops but the thing I did the most was manipulate, I would manipulate my way out of trouble with my parents and I manipulated my brothers into covering for me.

While being clean I've found that I am able to achieve much more and my biggest changes are how I act, I'm able to be a kind person, I'm able to do well in school and have learned a lot more than I have but the one that is really noticeable is that I now have complete confidence in myself now matter what I do. Since being clean I have also noticed changes in my family. My family is now closer with me, they now trust in me again and we all get along much more now that I don't have a dependency of a substance.

Staying clean is worth it to me because I'm much different person when clean, I'm a much improved kid when having a clear head. And after assessing who I

was while using I came to the terms that there is no substance that is worth throwing your life and potential away, theres a lot to live for and when under the influence I loose sight of what really matters to me and I never want to experinece the struggles and hardships I've experineced before becoming sober. I'm a whole new person now that I'm sober and I appreciate everything that I've learned in ASAP and for the staff and what they've done to enable me in living a clean life.