

ASAP Essay

From inebriated evening and tranquilized mornings, there was always at least a little bit of loss in success each time I had used a substance. Although these uses “don’t seem like a big deal,” I realize that these little incidents add up each month. To make matters worse, when substances are abused, they tend to be used more progressively without the slightest notice of their escalation. Because of this escalation, I couldn’t see the issue, and that is why I am in ASAP.

ASAP has three iconic phrases, which developed more meaning after finishing the program I was able to make them mean something to me. The first of which is “who’s drivin’ your bus?” As silly as it sounds, it makes a lot of sense when it comes to being in charge of yourself and making yourself accountable. Although someone else may have led you in a specific direction, you must take control and ignore the backseat drivers. The other two phrases, “where you are is where you are,” and “if things don’t change, things don’t change,” go hand and hand with each other to show that actions need to be taken for anything to be done. You cannot expect sobriety from making the same mistakes, but instead by reacting and taking the steps necessary to make changes. I keep the ASAP coin as a reminder of these phrases so that I can make the realization of how much I have changed, and the authority I have taken to lead my future.

The world is not a perfect place, and there will be several situations that include drugs. ASAP has taught me the skills to make my own choices with the best of my judgement but there are situations that make it more difficult to keep this mind set. One of the most risky situations for me would be turning down an offer from someone I can really relate to. It might make the situation awkward when I am asked if I use drugs from a person I may look up to or really enjoy

the company of. I imagine to get out of this situation, I would have to tell myself that I have enjoyed my time with this person while sober, and that the time spent is more valuable than making a friend that is linked with using. One of the other high risk situation I expect to face, is a relationship with someone who uses. In an emotional relationship, it would be difficult to refuse or disappoint your significant other. This is when, sobriety becomes selfish, and if my partner values their use over a relationship, then it is not worth it. Another foreseeable high risk situations is in group gatherings. When there are a lot of people who already had expectations for your use, it is hard to disappoint a group. However, showing strong disdain towards the use may show strength for sticking to your morals instead of cowardness by stepping down to the temptation of it.

In the past when I had used, I had a few evasive tactics to avoid getting caught. I now realize how obvious they were, and it goes to show how ridiculous it is when I had jumped through hoops to use substances. I had used after work quite frequently and I would typically make up some excuses for coming home late, and came home late often to make it seem regular. Since, these were night shifts, I would come home at about 12am and made sure to keep deodorant spray in my car so that the stench wouldn't give away my befuddled presence. I also had a constant supply of air fresheners and gum in my car to hide my breath and remove the lingering smell. I had also begun a lifestyle away from home, staying over at friends houses and going to events to avoid being at home.

After becoming clean, I have noticed that I prioritized several obligations before my family. I had previously put my own objectives before the people who enable me to do any of them. Although I am annoyed my my punishment, it was a healthy reality check of who takes care of me, and to know that these people would go through hard times for my health. Before, I

was able to eat dinner with any of my friends at a moment's notice, but now we are back to eating dinner all together every single night. Each of us have our own goals but we are all together to support each other. The most valuable reason I hold to keep myself clean, is the potential for my future. I can't imagine being successful while commonly using. Although I tried to believe it was possible, it is just a waste of your own potential and I don't believe in holding yourself back with something so futile.