

ASAP Graduation Paper

"Where you are is where you are. If things don't change, things don't change. Who's drivin' your bus?". These three sayings could mean many things to many different people, but for me they truly mean a lot because throughout the time of my use, I was in a constant loop of where I was. Things were not changing, the only thing that was changing was the new drug I was experimenting with. I was a pedestrian at multiple bus stops who was afraid to drive his own bus. When I came into ASAP, I would've never thought I would be in the place I am today. Things have changed for the good rather than for the bad. I have rebuilt relationships with my family members and I haven't had to resort to wearing an alias over my true identity. One other great thing that ASAP has taught me is that I don't need to ride others buses to fit in or find friend, because the real friends are those who are going to ride my bus and I'm the one who is driving.

Over my time in ASAP I do not recall having any high risk situations but have experienced triggers from the talk of others talking about drugs. Most of them mainly happen at school, but it could happen at any time, even a high risk situation. While being at ASAP, I have learned to cope with those triggers, whether it be by putting on my headphones and listening to music, or changing the topic with the group of people I am currently with.

Some signs that lead to people recognizing I am in relapse mode is that I will be irritable and will also be very jumpy and jittery.

I would lie about where I am and also would hide things from people mostly just secrets.

I feel that I have made a tremendous change from when I was in my use. I didn't have as much anxiety from having to hide things, my meds are finally working, and I have rebuilt relationships with friends and family.

My family has also built a lot of trust with me and has allowed me to have lots of privileges back. They are able to tell me things without me having to yell at them or start an argument with them. They have also began to like me a lot more as a person in my opinion.

Staying clean and sober throughout my adolescent years are most important now than ever due to health, but more importantly because I will have a one hundred percent chance at not getting caught because I will have nothing to be accused of or caught with. Also it will give me a lot more focus on things like schooling, music, and other things that are vital in my life.