

# ASAP

ASAP what can I say about group, it's probably my most favorite place to go now. Alright I might be exaggerating a little bit about that but I don't mind coming at all. It is probably the most inspiring and helpful thing I have attended in my life though at that's including church.

How do the three sayings apply to me? Well the saying if things don't change things don't change is probably my favorite and it applies to me so much because if I didn't change my environment, my friends, my attitude, and overall my life I wouldn't be where I am today in any way. The kids that proclaim they can hang out in the same environment and stay with the same using friends and not relapse are in denial or just trying to pull the wool over everyone's eyes which will just end up screwing them over in the long run. That was probably the saying that I thought about the most after I heard it and actually started making permanent changes and it has ended up making me so much happier in the end. Where you are is where you are is also a very good one, that is another saying that help me a lot but the funny thing is that is what made me change and tell my parents in the first place because I found myself stuck in one place and never going anywhere and I also saw the same thing in everyone surrounding me, so I have learned to surround myself with positive people that have goals and want to do something with there lives. Whose driving your bus? Well I am driving my bus now and I plan on keeping in that way, I am not going to be controlled by a drug or drug using friends that will just destroy my life and not let me progress by depending on my surroundings and what I am doing. I love my parents because they let me drive my bus, they let me make my own decisions stupid or not and If I fall they will always be there to pick me up.

My three high risk situations are: pleasant emotions, conflict with others and unpleasant emotions. These situations are a high risk for me because they are the hardest emotions for me to deal with and when you know that there is a drug that you can get to escape these feelings it makes it a lot harder to deal with them. I have experienced all these emotions during my time in ASAP and I have learned to deal with them in a different way now. You have a thought then a feeling and then a behavior and I have trained myself so when I have a thought about using I just get a bad feeling now and that makes it so

much better to have another unpleasant emotion about what you can do to solve these other high risk situations. The relapse prevention plan works to I used it recently and it worked out good I didn't think it really mattered before but I also haven't had that strong of cravings either.

The cool thing is about my girlfriend, friends, and especially my parents is they know exactly when I am acting different there senses are so strong now because they have been like studying me or something and they will ask if I am having a craving or if I was in any high risk situations lately, and they remember how I used to act by my lies or my mood changes and they get suspicious real quick.

I used to use a lot of techniques that were working so well to cover up my drug use one of the biggest things that contributed to me not getting caught is that my parents never expected it, they had no clue. I know now that what tipped my parents off was that I stopped going to seminary and that was a big indicator that something was wrong when I was acting like everything was fine at home. At my house I would act like nothing was bothering I was the happiest kid around and the perfect son except when I wasn't high. Even though I might have been depressed or mad or anything when I got home I was a different person and I couldn't stand it anymore. After school everyday I would get in my car stash everything spray the car, put on cologne, put in visine, and get into my mood of everything is fine again, and the next day do it all over again. I would use candles in my room to cover the smell. I would lie about everything if I wanted to go somewhere I would have to lie.

I would say the biggest thing I have noticed about myself that has changed is that I can be happy and not be doing something crazy or something that not exciting. I thought I would be happy doing what I was doing I guess I had everything according to other people but I didn't have happiness and that's all I need, money doesn't make you happy I have had lots of it and I was miserable lots of friends didn't make me happy, girls didn't make it, money and power doesn't mean SHIT.

I have noticed big changes in my family like how I can have an actual conversation with someone and not be lying or trying to hide something. I can be happy with my family and not feel like I have to be somewhere all the time. My family can except me now because they know who I am for real and I can tell they like me a lot more. My parents seem to trust me even

more now and we seem to get along a lot better and I have more freedom now then I did when I was using drugs which is always a plus.

Why is staying clean worth it to me? Staying clean is worth it to me because I know what I have been through and I know how easy it is to relapse because I have seen it so many times in group and I know that I don't want to be like that I have worked hard to stay clean and it's a big goal I have and I hate not accomplishing my goals. It is way too easy to relapse and a long road to recovery and I rather just stay on this path and be happy and successful like I said in the beginning of my treatment that is all I want and staying clean is the only way I can have it. If things don't change things wont change i have learned that and incorporated into my life and it is working great so I would say that for happiness I think that staying clean is worth it to me. The Daves have taught me a lot and I love learning from them I guess you could say I pretty much love you by now.

