

Dear family member,

Having going through the “Your choice” class I have learned a lot during this time and you should take some of these chances before you get into the “Red phase” of addiction. During the program, we learned the phases of addiction, the “green, yellow, orange and red” phases. The green phase is when you are making low-risk choices and are not experimenting with drugs or alcohol. The yellow phase is when you are starting to make high-risk choices. The Orange phase is when you are starting to get a psychological dependence on the either drug or alcohol, and the red phase is when you are past your trigger-point and are physically addicted to the drug or alcohol. In any of the last three phases you can seek help by using the 0 1 2 3 plan. 0 drugs, 1 drink per hour, 2 drinks daily, and 3 drinks on any one day. You can only have 14 drinks a week without it being harmful to your body. Anyone can make the switch over from either the yellow phase or red phase to the green phase with using this plan. If you have already hit the red phase, seeking help will be a better option than to just stop using alcohol or drugs all together. Rehabilitation is also an option for people who want to give up drinking or smoking but can’t because of their physical dependence on it. High risk choices jeopardize lots of aspects of life including; job opportunities, education, and even your own life. Your life is worth more than cigarettes or alcohol so make the choice and try to come back to the green phase and not put your life in any more risk with doing drugs.