

██████████ 11/6/2016

Dear Mom,

I recently attended a weekend course that talked about the negative affects drugs and alcohol can have on people and how if I'm not careful I could become addicted. The course taught me that everyone has a trigger point and can become addicted. I also learned that having a larger tolerance just makes it harder to tell when you're mentally impaired which tricks people into thinking they can use or drink more without being affected. I also learned about social dependence and that it definitely played a big role in why I was using, because I wanted to fit in with my friends. I know that when I used marijuana daily it affected our relationship in a negative way. I wouldn't talk to you as much and would never be at home because I was too preoccupied with smoking with friends. Ever since I went to college I have not been smoking much at all and have been doing better in school. I feel a lot better about myself and really want to continue down the path I am going now. My only concern is coming back for summer vacation and falling back into my smoking habits with my old friends. My plan to make sure this does not happen is to surround myself with things that don't involve smoking and to stay away from those friends that may want me to smoke with them. I'll take summer courses and work so I can always have something to do and never have an excuse to use. I really value my family, friends, and education because all these things make me happy and make my life worthwhile. If I start choosing high-risk decisions again this would jeopardize the things I value most because I won't spend much time on homework so I would get bad grades. I would most likely be hanging out with the wrong people which would mean I would push away the friends I made that make good decisions with me. Finally, I would not talk to my family as much and I would not have as good as a relationship with them.

Love, ██████████