

Sisters,

I know it's helpful and can get rid of the anxiety for the time being... however over these past two days while in the "Your Choice" program, I have learned many useful things that I want to share with you. One of the things I've learned is that we are making high-risk decisions by believing marijuana is helping our problems. The truth is, it is tricking us to believe it is the solution, when really it is the problem. We should be able to work out our anxiety in other ways rather than resulting to something that will give us "muddy thinking" down the line.

Another thing I learned is that low-risk choices help your brain to reset itself. Although we've had some bad highs where we've thought the substance we were smoking was laced, most of the experiences have been good which keeps us going back rather than dealing with the problem.

You get jittery or stressed out and start fining [*sic*], so then we smoke to feel normal, which shouldn't be the case. Another thing I learned is how much damage we are actually causing to our bodies and brains. We are on the path to addiction, if not so already. Short-term memory impairment is already apparent between the three of us, which is one of the signs of the orange phase.

I value my family and those relationships the most and these high risk choices that we have ben doing could really damage the relationships that we have with mom and dad. [REDACTED] is definitely seeing and smelling the things we've done and I can tell he is embarrassed by it. All in all it affects everyone around us and we should think about what we do before we do them.

Sincerely,

[REDACTED]