

In the 12 hours, 2 days, i learned from detour import life decisions. To my mother, i am deeply sorry. I realized lying and deceiving you for my own reasons was not only wrong but hurtful to our relationship. After 17 years, this past year i was completely disconnected. It started with drinking, and then smoking pot. I guess that's what happens when you break up with a guy you thought you were gonna marry. I am sorry for being a blind, immature adolescent. Now i am not blaming my teenage love for my poor decisions. But it was the straw that broke the camel's back. I thought getting drunk and high would mask the pain of him replacing me in a short 2 months after our year and a half long relationship. Drugs made me feel numb and happy and i i thought i needed drugs to be happy. I learned now that i got way too close to my trigger point. I was so focussed on myself and constantly getting away from reality. Unfortunately i've always been a dreamer and a hopeless romantic, and somehow i fell in love with being under the influence. I realize that i hurt my sister and i's relationship, and your and i's relationship. Sometimes i wish i could start over in the last 5 years of my life, but i can't. Detour made me realize that the frequency and quantity that i was using was quickly sending me down a deep hole. Every time id get really depressed id use, and then it would just make me even more depressed because i was using. After i quit using i lost a lot of friends because nobody wanted to hang out with me because i wouldn't smoke with them anymore. But i know there are good people in the world that are gonna help me be strong and make good low risk decisions. The first day after detour, i had someone offer to smoke me up and hang out, and i declined. And me and my friend was really proud i could take that initiative and say no. i know you'll probably never read this mom, but i'm sorry i was so blind. I know you love me dearly and that you have always been there for me. I wish i could have found comfort in you instead of substances. I can't do things alone, i just can't seem to figure that out before its too late. I need help, and i need my family. I wanna get better and i wanna be happy mom. And i need your help to keep me on the right track. So when i'm having a bad day, don't let me isolate myself. Make sure i am hanging out with people you like and approve. Overall i know you want me to be happy and so do i. I

need to start making low risk choices and have a zero tolerance to drugs and alcohol. Im glad i took detour because i didn't realize that there were negative effects of marijuana, i always just knew the positives. I know you cannot get physically addicted to pot, you can very well get mentally addicted. I am very grateful i got the opportunity to further educate and learn things at detour. I feel like i got a second chance while i was still young so i didn't get in anymore trouble.