Dear Friend,

We were best friends since we were 11. You were my favorite person that I met in middle school because you were fun and outgoing, and everyone seemed to love you. A few years down the road, you changed. You tried alcohol and drugs before any of our other friends, and you quickly got hooked and made lifestyle changes accordingly. It became difficult to be your friend; even after your parents got you help several times, you always went back to your old ways. I can see how it happened; the social influences and positive rewards you felt from such substances were so thrilling to you. As I’ve learned in this class, it’s so much more difficult to go back to your sober ways once you’ve reached your trigger point.

I value my friends and family so much because they’ve supported me through every big change in my life. Making high-risk choices puts these relationships in jeopardy because I make dumb decisions and potentially threaten my life through heavy alcohol usage. I learned what social dependence is, what state dependent restriction does and that once you’re addicted, you’re always addicted. This class helped me realize my values.

Your Friend