

**Brad**

My goal is on going to stay clean today rather than avoiding drugs, because I've learned that after a while sometimes there certain triggers and certain things that you just can't eliminate. When I do something that I know is wrong, I can feel it and I feel that guilt and that's something I didn't have when I was using drugs. I didn't have that conscience there – I numbed it, and now that I'm clean, you know, now I have to face that. and I say, "Wait a minute; that was wrong." So I had two choices: I could either go numb with drugs or I could choose to do something about it. And if I get high, if I don't die, it would almost be worst than death because I know what kind of misery I was in when I was getting high everyday.