

Dear Self,

Remember when you were all coked out and doing whatever you wanted? Staying up late, leaving when you wanted to, and spending all types of money on drugs... Snorting, smoking and popping all types of drugs. Yelling at whoever came close to you or spoke when you didn't speak to them. You were such a little girl with such a hot head on your shoulders, all the crap that happened to you in the past 2 years. You were fierce and ready to take on anything that came your way. From manipulation to trying to act innocent than running away from it all. You screwed up your childhood life rather than fixing it when your mother sat you and your brother down and cried her eyes out and warned you, if you didn't get better or get the help you needed, you and your brother wouldn't be in her household anymore. She really aimed that whole speech at you though because your brother was not on probation at the time and only you were the one that was getting watched over by someone who worked for the state. Guess what you didn't care what she had to say, you thought you were living your life getting turmt every single minute of the day, living the summer life. Till one day you tried meth and it changed your whole life. You stayed up for 3 whole days and talked and talked and talked. When you were coming down you finally realized you needed to turn yourself in and get the help you needed right then and there. You knew that something bad was going to happen if you turned yourself in, you weren't going home, but you still called up the one person you didn't listen to and asked her to come get you and take you home so you can turn yourself in. When she picked you up, all you wanted to do was smoke you didn't care how much you just wanted a hit off of something before you went, but you didn't get your way she didn't let you. You guys pulled up at the house and there they were a bunch of cops just waiting for you . You hop out the vehicle you were in at the time and, your cuffed and put in a cop car and taken. They drive you to the police station and there you sat for hours not speaking not saying nothing because

that's how you were raised you keep your mouth closed, which cost you a lot of time to serve. You wake up to a cop opening your cell and shackling you and putting you in the back of a cop car with your best friend at the time, which you don't recall ever seeing her get there or hearing about anything, because you were in a separate cell than her. You guys were sitting in the back of a cop car and drove all the way to Lincoln as we pulled up at Lancaster county detention center, the officer sitting in the front of the vehicle in the passenger seat looked back and said "Ashlynn this is your stop" you guys looked at each other and cried. You guys thought you were getting locked up together, but no. As they took Ashlynn out of the cop car and walked her in a back door, she looked up at you and sign language "I love you" towards you and you and the other cop left. And you drove to Sarpy all you could do was think and think and think. You had a strong head on your shoulders going in there you didn't cry or freak out you went in there like a beast and took that month and a half in detention straight up. You got shackled and got taken to Grand Island for court in a sheriff's vehicle and transported back in the same day. It was a long drive for you to not be uncuffed one whole time. After your time was up you continued on your journey and went in to treatment, to hopefully get your drug use under control. There were a bunch of hoops you had to jump through and a lot of stuff you had to touch on and express which forced you to put work into a life that you wanted to go back to. You didn't give no fucks about anything or anyone, You had your whole stay planned out, you weren't going to say anything and fake your way through it all . But you got caught up. You couldn't fake it through there , you took everything in and realized you were a drug addict. You sat and ran over 10 NA/AA meetings and expressed everything that happened to you in your life to some people you didn't know that well but you guys all had something in common. Months went by and your time was up at NOVA.. you got unsuccessfully discharged and taken to an emergency court hearing within the next week . As you sat and poured your heart out to your judge and told him

about everything you improved on and everything you think you need to improve on. He looked you straight in your eyes and told you he wanted the best for you . You went to court with the thought that you were going back to a group home or detention, which is a high level of care with the state, you were already at the highest level of care that probation and the state could give me. So As court ended the judge dropped your level of care low low low and put you in a shelter until probation could find a foster family for you. It took about a little over a month and they finally found you a foster home. You met your foster parents and family and you loved them and they loved you. They accepted you and you got moved in a week later. You spent your birthday in a placement which was the worst day, you would rather be at home with your family hanging out , at least they came and saw you though. You're doing good in life and I want you to continue doing good. You have so much potential in life and you have matured with yourself tremendously. Think of all the stuff you went through to get to this place right now in life. Almost graduated and off probation. You have come so far, don't let anyone tell you different. Look in the mirror everyday and tell yourself how beautiful you are and how smart and strong you are. Reach for the stars and never stop reaching even if you can touch the stars , continue to reach and reach. Don't let what anyone has to say bring you down in life. You have worked so hard on your self esteem for it to drop clear down there again, because girll you are bhadd!!! You can be the best in life as long as you make it that way. Remember " Don't worry, Be happy" You don't need a guy in your life, if you want one.. PLEASE make a good choice with that. I love you!

You are such an important person!

P.s.

Remember to read this all the time, mostly when you're down in the dumps and want to give up in life, Keep pushing luv you got this!!