

The Dope Jersey Program



The Dope Jersey Prevention Program
(An Educational Tool for The Youth of America)

A Product of Ahmirgato LLC

“Successfully educating one mind at a time.”

Authorized
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Dedicated

*This book is dedicated to
AALAIJAH and AJAHNA. It's
also dedicated to every single life
that was lost to drug addiction.*



“Suppose this book can influence just one child to stay off the path of addiction. I feel I've completed my mission.” – Amir Prince Hall

PREFACE

I write to the parents of the youth of America on a burning topic that has not received enough attention. Drug addiction! Did you know that more than 932,000 people have died from drug overdoses in America since 1999? Not only that, fentanyl kills more than 200 Americans every day; that's more than vehicle and gun deaths combined. When you really sit back and think about it, that's a lot of people. The astronomical number of deaths caused by drug abuse prompted me to write this book to raise awareness of this issue.

There are a lot of people that I personally know who have died from drug addiction because they never got the proper education and they made one to many bad decisions. When I was filming Dope Jersey, many people said, "I wasn't educated properly on drugs and the dangers that come with drug addiction as a kid. I wish I was, though. Maybe I wouldn't be homeless and dependent on opioids." As a parent, early childhood education is very important. This program is a good first step towards preventing substance misuse.

But the main reason you need this program is because it could save the life of your child. It wouldn't be right to be that parent who says, "My kids, there's no way they'd choose drugs." And years later, you lose your child because of a drug overdose. The truth is, most young people know very little about drug addiction and the dangers that accompany it. As a parent, it's your responsibility to appropriately educate your child about drug addiction and the dangers that come with it. The material in this program is structured in a manner that is

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appropriate for a child to learn and understand substance abuse from a realistic perspective. By investing in this program, you're doing something that a lot of parents that have lost their children to drug addiction wish they would've done. And that's taking the time to educate their children.

Why enroll into the Dope Jersey Prevention Program? Nowadays, social media platforms are playing a big role in the lives of many kids. I've heard a lot from parents who say social media has a negative rather than a positive impact on their child. Social media has led so many children away from good morals and exposed them to drug users, drug addiction, hatred of other people's lives, and peer pressure. As a parent, it's important to remind ourselves that a child's mind is very impressionable. So, let's start educating them. This program will give your child a solid foundation to fight against drug addiction and the negative influences that target them.

Introduction

What is dope jersey? If you asked the million-plus YouTube viewers, they'd say, "Dope Jersey is a documentary about substance abuse. One aspect of it would be fair. But Dope Jersey is bigger than a documentary, bigger than someone who puts a camera in front of a drug addict's face and asks them to tell their story. Dope Jersey is a new way of living. It's a consciousness that was created to make young people aware of substance abuse and its dangers. This awareness has been created not only for the child but also for the parent.

The best way to use this book is to read it slowly so you understand the information it provides. At the beginning of every chapter, there is an introduction, and at the end of every exercise, there is a conclusion. It will help the reader take a complete position on the subject of the chapter. Each exercise ends with a test for the child. If the child doesn't pass the test. Do not go into the next exercise. It's not necessary to skip to the next exercise if the child or adult did not retain the information from the previous chapter. There are also quotes and statements in the entire program to help the child and parent maximize their learning experience. At the end of each chapter, I told a piece of my personal story to show how connected I was to the topic of the chapter. The goal of this program is for you to apply the information that is given to you in your day-to-day life.

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It's the wisdom I've gained in my life that makes me the perfect candidate to deliver a strong message to the youth. Whether it's selling crack cocaine, powdered cocaine, marijuana, PCP, or facing 25 years to life at the age of 19, I have much knowledge that I want to share with the reader. I'm a former drug dealer and drug abuser, so the lifestyle is nothing new to me. Drug addiction has ruined so much of my life. It ruined relationships with my family and friends, career opportunities, my health, and the list goes on. Due to my addiction, I've been through hell and back. Many of my friends are not here to tell their stories because they lost their lives to the beast (drug addiction). The story of my life has already inspired many people; hopefully this book can inspire more people to stay on the path of sobriety and away from the path of addiction.

Now, what do you hope to learn from this program? This program is designed to provide you with a foundation upon which to stand. Substance abuse isn't an alien phenomenon among Americans. Whether people want to admit it or not, we've all been affected by substance abuse in one way or another. The foundation that is built in a child's mind is based on knowing these points. What is a drug? What is substance misuse? And the dangers that come with it. By teaching kids and adults in this way. This will allow the child and adult to be fully accountable for the choices they make when it comes to drugs and their use. If the parent and the child apply the information

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that is given to them. This program will make them more consciously aware when the beast appears in real time. I trust this program will please you. Let's get started.

NOTES -

Chapter 1

Exercise 1

Foundation

(Introduction)

*In this exercise, you will learn about drugs and understand the four basic categories of recreational substance use. In addition, you will be taught where drugs come from and the difference between natural and synthetic drugs. Today, many young people are influenced by drug use. It is crucial to build a strong stance on these issues and instill the proper mindset in early adolescence. *Below are four points that will form the square of your defense against drug addiction. We will call those four points "your foundation."*

- What is a drug?
- The Four Basic Classes of Recreational Drug Abuse
- The Origin of Drugs
- Natural Drugs vs. Synthetic Drugs

Now ask yourself this question: Is it logical to take a drug when you don't know what a drug is? Does it make sense to take a drug if you have no idea where it

came from? By knowing the source of a drug, you can determine if it is natural or synthetic. Moreover, you can obtain comprehensive knowledge about the drug and decide if you want to use it or not.

What is a Drug?

***A drug is a medication or other chemical that, when consumed or eaten in any other way, has a physiological effect on the body. A substance that alters how a person's body functions is referred to as a drug in layman's terms.**

Fun Fact! Did you know?

Most people don't consider food to be a drug, although some foods have similar properties. While some people may not want to recognize food as a drug, it is impossible to ignore the fact that food can be just as addictive as drugs.

"If your friends are trying to get you to do drugs, they're not your real friends." Dope Jersey

The Origin of Drugs

***The first drugs known to humans were made from herbs. Five thousand years ago, ancient people treated diseases and alleviated pain using plants and minerals.** Today, doctors and healers still use medicine made from plants to relieve pain and save lives. Keep in

mind that there are many different kinds of medicines and many different medicines that have been synthetically created over time. Every drug has its own origin, whether natural or synthetic, but it's important to note that the first drugs ever used by man came from nature and from plants.

Fun Fact! Did you know?

The French term "drogue," which means dry plant, is where the word "drug" originates.

The Four Basic Classes of Recreational Drugs of *Abuse*

***Hallucinogens** are substances that alter how a person's mind works and can cause a person to hallucinate. They also affect how a person's body works and can be used for other reasons besides altering one's mind. They can be used for many reasons, such as: to help with depression and insomnia or relaxation.

- Hallucinogens use the neurotransmitter serotonin (specifically, 5-hydroxytryptamine) to alter how a person's brain works. Examples include LSD, Psilocybin, Peyote, DMT, PCP, & Ketamine.

***Sedatives** are drugs that try to lower the activity of specific brain parts by changing what is being fed into

them. One of the main parts of the brain that this drug affects is the hippocampus, a region responsible for learning and memory. Sedatives are used for many reasons, such as: to help with insomnia, anxiety, and depression. Examples of sedatives include benzodiazepines, barbiturates, and various hypnotics. Benzodiazepines such as Ativan, Librium, Valium, and Xanax are anti-anxiety medications.

***Stimulants** are drugs that cause increased activity in certain part of a person's brain. They can either be used to improve wakefulness or decrease it. Some examples of stimulants include caffeine, cocaine, amphetamine, nicotine, etc.

***Opiates/Morphine and Other Drugs** stimulate a person's brain to release certain neurotransmitters. These are usually used for medical purposes and to help relax a person before surgery. Some examples include oxycodone (OxyContin), hydrocodone (Vicodin), morphine, and methadone. Fentanyl is an example of a synthetic opioid pain reliever.

Natural Drugs vs Synthetic Drugs

***Natural substances that contain active ingredients in extract form derived from plants, microorganisms, minerals, and animals are used to make natural medications. *Chemical medications made in a lab are known as synthetic drugs. Synthetic medications are**

manufactured in big quantities using harmful substances that are generated illegally.

Some people may wonder what the advantages of using natural medications are. In response, natural remedies have fewer adverse effects than synthetic ones when used in the recommended dosages. Additionally, employing natural cures rather than pharmaceutical medications may lessen a person's dependence on synthetic drugs, preventing lethal side effects and death. Additionally, natural medications are less dangerous than synthetic ones. I've never heard of anyone overdosing on natural herbs and passing away, yet you hear about people dying all the time from synthetic opioids like fentanyl. The two have a significant price and accessibility gap as well. When compared to alternative medicines, pharmaceutical products need a prescription and can be more expensive if you don't have enough insurance coverage. This difference makes herbal supplements more affordable and easier to access. Even though natural drugs may be safer and cheaper, there are still risk factors. Most people perceive natural drugs as safe because they are organic. Be not deceived. However, they may still produce dangerous negative effects.

There are many cases where people have had adverse side effects from the use of natural medicines. Some of these side effects include allergic reactions, rashes, asthma, headaches, dizziness, agitation, dry mouth, seizures, fatigue, tachycardia, nausea, vomiting, and diarrhea. Therefore, just because a drug comes from nature does not mean it's safe to use. ***But it's safe to say that natural drugs are far safer than synthetics.**

That's why so many people are turning to natural herbs because of their health benefits.

***Synthetic drugs are drugs created using man-made chemicals rather than natural compounds.** Fentanyl, a synthetic opioid, is to blame for drug overdose deaths when you hear about them. ***The unpredictable nature of synthetic medications is one of their biggest risks.** You can never be certain of the precise chemicals that go into creating a medicine. In general, synthetic medications are worse than natural ones in terms of adverse effects. The synthetic opioid fentanyl has a potency up to 50 times greater than that of heroin and 100 times greater than that of morphine. In the US, it is a significant contributor to both lethal and nonlethal overdoses. Pharmaceutical fentanyl and fentanyl produced illegally fall into two kinds. Both are regarded as artificial opioid products. ***Some side effects of synthetic drugs are violent reactions, paranoia, delusions, racing heartbeats, hallucinations, nausea, vomiting, and violent behavior.**

(Conclusion)

***Before taking any drug or medicine, it is very important that you ask yourself the following questions: Does it make sense to take a drug if I have no idea what it's made of? Is it logical to take a drug or medicine if I don't know where it comes from? Lastly, what will this drug do to my body and my way of thinking? If you ask yourself these three questions prior to trying any medication or drug, you'll have a solid foundation on which to make a good choice about whether or not to take the medication or drug.**

Chapter 1 (TEST)

1. Where did the first drugs come from, and what were they used for?
2. What are the four main types of recreational drugs of abuse?
3. Define natural and synthetic drugs.
4. Where do synthetic drugs come from?
5. What's the biggest risk of taking synthetic drugs?
6. Is it safer to take natural drugs or synthetic drugs?
7. What are some negative side effects of synthetic drugs?
8. What is a drug?
9. What are the four points to form your foundation?
10. What are three questions you should ask yourself before you use a drug or medication?

Affirmation #1

“My foundation is strong.”

Dope Jersey: Based on a True Story (Part 1)

The First Jewel: Your Foundation!

Your foundation is important for many different reasons. Your foundation is the square that you are going to stand on when you are facing or dealing with drug addiction. There will come a time in your life when someone around you is going to ask you to try drugs. Your first thought and response should be, "No! Hell no!" It's important to keep in mind that a real friend will not ask you to do drugs. I'm not saying that the person asking you to do drugs is a bad person or that they don't care about you, but the truth of the matter is that anyone offering drugs to their friends is being used by the beast. In a situation where someone asks you to try drugs, your first response should be "no" or "hell no!" Then you should ask that person, "What is the drug made of?" That will expose them, if they even know what it is made of. Then follow up with, "Where did this drug come from?" That will let you know if its origin is from the streets or prescribed by a doctor or pharmaceutical. The final question you should ask the beast is, "How will this drug or medication make me feel and think?" By applying pressure to the beast (drug addiction) by asking these 3 questions, you will have a firm foundation to decide whether or not you want to take the drug. In most situations, after asking these questions, you will see that most people know very little about the drugs they take. Don't take that risk. Teach your friends about your foundation, so they can stand strong like you! Stay focused and sober.

Chapter 2

Exercise 2

LIFE BEFORE THE USE OF DRUGS

(Introduction)

Now that you have a foundation to stand on, Let's begin to build on that foundation. Let's be realistic: every time someone tries to influence you to take drugs, it's rare for them to speak to you about the risk and the long-term effects. ***Exercise 2 aims to teach you the three things that drug addiction will destroy.*** By learning the three things that the beast loves to destroy, you will raise your awareness when you encounter the beast face-to-face.



"My message to the kids is. Stay away from the drugs, it's not going to do nothing but kill you." - Dope Jersey

Three Things That Drug Addiction Will Destroy

***Your Health**

It is challenging to look beyond the present when you depend on drugs or alcohol. You start to let drugs rule your life. The battle to survive the day itself can become overwhelming. However, it is impossible to ignore how drugs affect the body over the long term. Your physical and emotional health may suffer significantly if you become addicted to drugs. If you or a loved one is battling addiction, please know that recovery is feasible. You can protect your health from further harm and create a satisfying life free from drug misuse.

What Effects Do Drugs Have on Health?

Mind-altering substances are psychoactive. Using them can alter how you feel, think, and act. You can experience exhilaration, excitement, and euphoria when using drugs. ***However, drugs might work uncharacteristically for you; you can become aggressive, paranoid, or even violent. Drug use can also result in psychotic side effects like hallucinations and delusions. These actions may be unpredictable or erratic.**

While abusing substances may temporarily improve your mood, they can also reduce your inhibitions and increase your likelihood of taking risks that could result

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in harm or even legal or criminal repercussions. A drug's harmful effects can be felt even after a few uses.

****By using a shared needle to inject drugs, you could be engaging in risky behavior that could spread dangerous diseases like HIV/AIDS or hepatitis. Drug abuse significantly increases the chance of developing a viral infection that can spread through blood or bodily fluids and may be fatal.***

Additionally, drug use can result in an overdose, causing unconsciousness, brain damage, and even death. An overdose can occur from a single dose of a substance when its toxic effects accumulate in your body. However, not all overdoses result in deaths. It may be reversible if you get medical help right away.

All of your body's systems may be impacted by regular drug use. The way your brain transmits chemical signals to your central nervous system, which instructs your body how to function, is affected by drugs. ****Drug use alters brain chemistry, and continued use changes how your brain works.***

Long-term drug use can also negatively affect one's physical and mental health. ****Chronic drug use can increase your risk of developing the following conditions: cancer, heart disease, lung disease, mental illness, infectious diseases, and addiction.***

Depending on how you use medicines, your body may adversely impact your health. Specific drug use techniques can have the following side effects:

- ***Ingestion: Drugs can cause stomach ulcers and other gastrointestinal issues when swallowed.**
- ***Snorting: Inhaled drugs can harm your sinus and nasal passages, impair your ability to smell, and cause persistent nosebleeds and runny noses.**
- ***Smoking: Burns to the hands and face can result from smoking drugs. You might also experience respiratory problems, including a persistent cough, and perhaps respiratory disorders like pneumonia.**
- ***Intravenous (IV) or by injection: Using medications intravenously increases the risk of getting sick from an infectious condition. It also leads to side effects, including cardiovascular problems like infections of the heart's lining and difficulties like scarring at the injection site (track marks), collapsed veins, and scarring.**

Nervous Central System

A drug's tolerance is built over time when you take it frequently. Your brain starts to depend on the medicine, and it will no longer function in the same way to maintain balance without it. When you stop using drugs, you may experience withdrawal symptoms and feel flat, numb, and depressed.

Chronic drug usage can cause your brain to become physically reliant on the drug, which can lead to severe physical, emotional, and craving withdrawal symptoms. As a result, drug use might become compulsive to avoid unpleasant withdrawal symptoms. ***One of the primary**

characteristics of addiction is the loss of control over drug usage.

Drug abuse, on a long-term basis, affects how the brain normally functions. Drug use has an effect on the brain in a variety of ways, some of which may be reversible and others not. Drugs can alter the brain's structure and function, leading to depression and anxiety as well as memory loss, confusion, movement problems, and frontal lobe damage.

Circulatory System

Depending on the substance, drug misuse can put strain on your heart and circulatory system. Alcohol and cigarette misuse increase your chance of heart disease and other cardiovascular problems. Stimulants like cocaine increase your risk of heart attack and stroke. Methamphetamine and opioid use while sharing needles may increase your risk of heart infections and blood-borne illnesses.

Respiratory System

When you abuse drugs, you risk experiencing acute respiratory failure. This is more typical with benzodiazepines, opioids, amphetamines, alcohol, and cocaine. Drugs can stifle breathing and increase your chance of overdosing. Smoking cigarettes and marijuana raise the stakes for cancer and lung illness.

When you abuse drugs, you risk experiencing acute respiratory failure. This is more typical with benzodiazepines, opioids, amphetamines, alcohol, and

cocaine. Drugs can stifle breathing and increase your chance of overdose. Smoking cigarettes and marijuana raise the stakes for cancer and lung illness.

Immune System

Abuse of alcohol and drugs can impact your immune system both directly and indirectly. Several medications can suppress cells that fight infections and sickness. Your way of life may also affect your immune system. When you are addicted, you typically don't maintain healthy eating habits, exercise regularly, or get enough sleep, all of which help your immune system stay strong and resist illness.

Digestive System

Numerous medications might seriously harm your digestive system. Constipation, diarrhea, and vomiting can all be side effects of opioid usage. Many digestive processes, including the lining of the stomach and intestines, can be affected by alcohol. Additionally, it may result in heartburn, reflux, and ulcers. Intestinal perforations and ongoing digestive problems might result from severe substance addiction.

Metabolic System

Even hormonal processes can be affected by drug and alcohol addiction. The signaling and hormone-binding properties of some medications can be affected. Impotence and infertility can be caused by drug addiction. Additionally, it may cause pancreatitis, an inability to conceive, and abnormal menstrual periods.

“What's going on right now, this is a real serious epidemic. People are dying every day. Every minute. I almost tripped over a dead guy on the sidewalk a couple weeks ago. If it hasn't come for you and your family yet. It will soon because this is affecting everyone. My advice would be don't start. Don't take that perc. Even if the doctor gives it to you. You don't need all of them. Take it when you really need it and never go back to it. Cause anyone can do it. Anyone can fall. It's not about will power. It's not about being a good person. It can affect anyone. And before you know it. Your life is over” - Dope Jersey

***Relationship**

There is no way to overlook the severe issue of addiction. A person's social health is negatively impacted by addiction and their bodily and psychological well-being. Addicts lose interest in making new friends and maintaining healthy relationships when their drug addiction takes over. Addicts suffer, and as a result, they lose their happiness and sense of self.

Addicts frequently concentrate on finding and using their preferred drugs. Sadly, maintaining the connection is compromised when addiction seizes control of the pleasure region of the brain. Drug use gives them a euphoric high, which causes them to spend less time and effort maintaining relationships. Here are some ways that addiction ruins relationships:

***Dishonesty**

One of the fundamental elements of maintaining a successful relationship—honesty—is destroyed by addiction. Addicts lie out of concern for how others perceive their newly formed habits. Even worse, addiction brings feelings of guilt and humiliation. Addicts believe that no one is prepared to acknowledge and comprehend their plight. They become secretive with their family, friends, and those close to them. Addicts begin by fabricating small things; they may exaggerate information about:

1. Their regular locations
2. Who they hang out with, and how much money they spend.
3. Why people are acting in a different way
4. Why some items missing from their house

The symptoms mentioned above may indicate a person developing a drug addiction. If dishonesty continues, addicts will isolate, damaging any relationship.

***Trust Fades**

When addicts start becoming secretive and dishonest while developing unexplained social withdrawal, relationships lack trust. Addicts who lie become

untrustworthy and unreliable. They end up breaking up their relationship because of this. Addiction has a particularly negative impact on close friendships and marriages. When trust is broken, arguments break out. As a result, their relationship is characterized by envy, possession, and dread. Most of the time, addicts become worn out and lose interest in maintaining their relationships. The person the addict formerly loved becomes secondary to their drug usage, which subsequently leads to separation or divorce. Trust has a significant role in maintaining relationships in general. Addicts struggle to maintain relationships when trust is broken, unless they seek therapy.

***Brutality and Abuse**

Addicts frequently engage in multiple conflicts. They are powerless against their rage and mounting bitterness. This causes abuse and violence in a relationship. The most devastating result of addiction is domestic violence. Users who overuse drugs become angry. Such people become violent at the slightest provocation, and disputes can escalate into uncontrollable rages. Significant others and/or associates can become harsh in their anger toward the addict for their damaging habits. Unfortunately, neither circumstance is handled well, which has led to the majority of people keeping their struggles private.

Codependence

These kinds of connections are exclusive. People in codependent relationships with addicts often fail to see how inadequate their aid is. Most people experience pain due to their loved one's addiction; however, others may find comfort in helping the addict or feel as though they are needed. When drug addicts only take advantage of their goodwill, they believe they are suffering for the addict's benefit. This connection typically doesn't last for long, especially when enabling behaviors are present.

A good friendship should be reciprocal. A connection requires ownership and enjoyment on the part of all parties. A couple's relationship typically breaks down when one of the partners develops a substance use disorder.

“I saved a teenager's life yesterday. He was overdosing. I gave him Narcan. It's not worth it. If your friends try to say "just try it " Please don't! You will never come back from it. Please don't. I wish I never started. I miss my children dearly.” - Dope Jersey

***Finances**

There is undoubtedly a reason why addiction and poverty are frequently linked. ****The desire for escape and pleasure-seeking is the origin of many addictive behaviors.*** To put it another way, those with financial

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difficulties are more likely to turn to drugs since they make them forget about their issues.

Everyone understands that using marijuana gives immediate gratification. On the infrequent occasion where addicts experience some satisfaction, it is when they are high. For this reason, many people link it with feeling satisfied. However, there is an inverse relationship here. Addiction can make keeping healthy finances nearly impossible at best. At worst, addiction frequently results in financial catastrophe.

It should be no surprise that drug use often increases in cost over time. This might result from a single factor or a mix of factors. The cost may increase due to an escalation in usage to get the same degree of fulfillment, job loss, or having to sell belongings to raise money to support the addiction. Abusers frequently take more financial risks once this occurs and these sources are depleted. These financial risks can include loans secured against a car, credit card cash advances, and home equity loans. Inevitably, bank accounts become overdrawn.

Drug addicts may also become indebted because many addicts are imprisoned for offenses involving drugs and alcohol. According to a survey from the Bureau of Justice Statistics, 53% of convicts in state prisons and 45% of inmates in federal prisons used drugs often or were dependent on them the year before they were sentenced to jail.

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Naturally, since addicts cannot work while incarcerated, their debts to outside creditors only worsen. These fines can reach several thousand dollars.

As a result of rising medical costs, drug users face more financial hardships. Addiction-related health issues can be costly, particularly those requiring frequent ER trips. For the uninsured, this is doubly true.

Loss of Productivity and Income

Drug or alcohol addicts frequently have work-related problems that jeopardize their jobs or, at the very least, diminish their value as employees. They typically lack opportunities, education, training, skills, etc. Addicts frequently miss work due to illness or other unplanned absences, reducing their chances of receiving a raise or promotion. The amount of money lost over a lifetime due to underperformance at work and a lack of education can be substantial.

The result of all of this may be negative emotions and negative self-worth. It would be best if you were careful not to succumb to any pressure from your peers that you might feel. Sad to say, folks may think that if they deliberately avoid those they know to be users, they may lose their friends and associates. Finding and cultivating connections and interactions with those who are entirely abstinent from such substances is of the utmost significance.

You'll have to put in a lot of effort to boost your self-esteem and find fresh ways to meet people who can support you in maintaining high self-esteem. Training

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in communication and cognitive skills can frequently be used to assist you in managing peer interactions.

(Conclusion)

After learning how drug addiction will destroy your body, relationships, and finances, how do you feel about experimenting, using, or abusing drugs? The choice to use and abuse drugs will always belong to you. This is a gem from someone who has struggled with addiction and has recovered. *** Make sure that you CTC (count the cost). What does CTC mean? Counting the cost means figuring out the consequences. All it takes is once to become addicted to some drugs. Be sure to count the cost when it comes to drugs and your life in general. Remember your foundation. Ask questions! Stay clean! Don't abuse or misuse drugs!**

Notes -

Chapter 2 (TEST)

1. What are three things that drug addiction will destroy?
2. What are the side effects of drugs that are psychoactive?
3. What are four ways people can use drugs?
4. What does CTC mean? And explain.
5. What are some of the diseases you could catch by sharing needles?
6. What are three things that destroy relationships?
7. What is the root of addictive behaviors?
8. Chronic drug use can increase your risk of?
9. What does drug use do to your brain?
10. What's the primary characteristic of drug addiction?

Affirmation #2

“I love my drug free life.”

Dope Jersey: Based on a True Story (Part 2)

Your first tool / weapon is your perspective!

Despite that, I came from a dysfunctional family. My life before drugs was better than my life as a junkie. I can honestly say that I value everything that has helped make me who I am today. A survivor. Releasing the pain of my past was not the easiest thing to do, but it was necessary for me to grow and develop. When I was a teen, I wasn't thinking like I am today. If you were to ask me what my life was like, I would sing a different song. I would have had many bad things to say about people. As I got older, I became wiser and learned how to change my perspective. I know someone reading this right now might feel like life isn't treating them right. I'm here to give you this weapon that I found on my journey called "My Perspective." Your point of view is the way you look at things. If you think your life is bad from your point of view, every little adversity in your life will get to you in a negative way and pull you down. There is evidence that people who have faced severe difficulties in their lives have often had greater success than those who have never experienced difficulties. So, when times are hard and you feel like your life is bad, always remember that the life you're living is better than a life addicted to drugs. Remember, your perspective is always going to determine your reality. Enjoy life without drugs. Stay sober-minded and focused! Your perspective is a powerful weapon. Now ask yourself, "What do you see? Heaven or hell? Light or darkness? Positivity or negativity?"

Chapter 3

Exercise 3

Power of Choice

(Introduction)

Exercise 3 is especially important and the most critical portion of the book. Your Power of Choice, or POC, is a powerful tool or weapon against the beast. Yes, your perspective and power of choice, when combined, are extremely powerful forces. *This chapter will explain in detail the importance of your choices and why it is important to remember that you have a choice.* Over the years, I've heard a lot of addicts blame other people for their situation. I rarely hear them take responsibility and acknowledge that they had the option to take drugs or not. Your ability to choose is everything. Don't ever forget that.

What is your P.O.C?

What is 'choice'? A choice is an act of selection or decision in the face of two or several possibilities. Your ability to choose is everything. The world is made up of choices. The choices you make will shape your future. Most children don't learn at an early age the importance of their choices. It's important for you to understand how essential it is to make good

decisions. When it comes to self-development, it's essential that you are aware of every decision you make. Each decision you make helps shape your reality and takes you right to where you are in your life today. You hold much power when you understand that you have a choice. **Your 'Power of Choice' gives you the strength to control circumstances in your life simply by making better decisions about the reality you want to live.*

The Fall of Adam & Eve

The following is an excerpt from the King James Version of the Bible. Let's review how making a bad decision led to severe consequences.

Genesis

King James Version

Chapter 3

3 Now the serpent was more subtle than any beast of the field which the LORD God had made. And he said unto the woman, Yea, hath God said, Ye shall not eat of every tree of the garden?

² And the woman said unto the serpent, we may eat of the fruit of the trees of the garden:

³ But of the fruit of the tree which is in the midst of the garden, God hath said, Ye shall not eat of it, neither shall ye touch it, lest ye die.

⁴ And the serpent said unto the woman, Ye shall not surely die:

⁵ For God doth know that in the day ye eat thereof, then your eyes shall be opened, and ye shall be as gods, knowing good and evil.

^{*6} *And when the woman saw that the tree was good for food, and that it was pleasant to the eyes, and a tree to be desired to make one wise, she took of the fruit thereof, and did eat, and gave also unto her husband with her; and he did eat.*

⁷ And the eyes of them both were opened, and they knew that they were naked; and they sewed fig leaves together, and made themselves aprons.

⁸ And they heard the voice of the LORD God walking in the garden in the cool of the day: and Adam and his wife hid themselves from the presence of the LORD God amongst the trees of the garden.

⁹ And the LORD God called unto Adam, and said unto him, Where art thou?

¹⁰ And he said, I heard thy voice in the garden, and I was afraid, because I was naked; and I hid myself.

¹¹ And he said, Who told thee that thou wast naked? Hast thou eaten of the tree, whereof I commanded thee that thou shouldest not eat?

¹² And the man said, The woman whom thou gavest to be with me, she gave me of the tree, and I did eat.

¹³ And the LORD God said unto the woman, What is this that thou hast done? And the woman said, The serpent beguiled me, and I did eat.

¹⁴ And the LORD God said unto the serpent, Because thou hast done this, thou art cursed above all cattle, and above every beast of the field; upon thy belly shalt thou go, and dust shalt thou eat all the days of thy life:

¹⁵ And I will put enmity between thee and the woman, and between thy seed and her seed; it shall bruise thy head, and thou shalt bruise his heel.

¹⁶ Unto the woman he said, I will greatly multiply thy sorrow and thy conception; in sorrow thou shalt bring forth children; and thy desire shall be to thy husband, and he shall rule over thee.

¹⁷ And unto Adam he said, because thou hast hearkened unto the voice of thy wife, and hast eaten of the tree, of which I commanded thee, saying, Thou shalt not eat of it: cursed is the ground for thy sake; in sorrow shalt thou eat of it all the days of thy life;

¹⁸ Thorns also and thistles shall it bring forth to thee; and thou shalt eat the herb of the field;

¹⁹ In the sweat of thy face shalt thou eat bread, till thou return unto the ground; for out of it wast thou taken: for dust thou art, and unto dust shalt thou return.

²⁰ And Adam called his wife's name Eve; because she was the mother of all living.

²¹ Unto Adam also and to his wife did the LORD God make coats of skins, and clothed them.

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²² And the LORD God said, Behold, the man is become as one of us, to know good and evil: and now, lest he put forth his hand, and take also of the tree of life, and eat, and live for ever:

²³ Therefore the LORD God sent him forth from the garden of Eden, to till the ground from whence he was taken.

²⁴ So he drove out the man; and he placed at the east of the garden of Eden Cherubims, and a flaming sword which turned every way, to keep the way of the tree of life.

Undoubtedly, there is a lot more to this story. Adam and Eve's downfall is a great example of how poor decision-making has consequences that can ultimately ruin your future. In verses 1–6, you can see how the serpent convinced and misled Adam and Eve to do something that God explicitly commanded them not to do. They knew not to eat from the tree in the middle of the garden but did it anyway. Even after Eve ate from the tree, Adam did not have to follow suit; that was his choice. Some children are often disobedient in the same way. Their parents will tell them what is right for them, but through temptation and deception, they do the opposite. Adam and Eve had the option of not eating from the forbidden tree. They chose to do so. As human beings, we have free will, or freedom of choice. Since Adam and Eve did not obey their God, they were cursed by the serpent.

Regarding substance use and abuse, do not make the same mistake as Adam and Eve. The drugs will get you. Furthermore, drug experimentation may kill you! Never

forget to count the cost (CTC) before you make any decision. There is power and consequence in every choice you make.

The Path of Sobriety

***What is sobriety? Sobriety is the condition of not having any measurable levels or effects from alcohol or drugs. When a baby is born in its natural state, that is considered sober.** One may ask, "What are the benefits of sobriety? *** first, you will sleep better, you will have more energy, better mental clarity, and better brain function than someone who is using. Your aura will be brighter when people see you & you won't have that 'drug addict look'. The path of sobriety is a beautiful thing, its priceless.** Once you start using drugs that sober mind turns into an intoxicated mind. Here are a few Bible scriptures that warn us about not having a sober mind.

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*** 1 Peter 5:8 - Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour:**

1 Thessalonians 5:6 - Therefore let us not sleep, as do others; but let us watch and be sober.

1 Peter 4:7 - But the end of all things is at hand: be ye therefore sober, and watch unto prayer.

The Path of Addiction

***The path of addiction deals with various addictive behaviors such as gambling, substance abuse, eating disorders, and video game playing.** All share the same result—more harmful behavior than positive. One key difference between each type of addictive behavior is its origin. Paths vary depending on what led someone to their initial decision—whether it was due to family problems or peer pressure. While there is never a good reason to turn to substance abuse, knowing what led them down this path is helpful.

Addiction takes hold of your routine and turns it into something crazy. You set new rules for yourself; usually, the rules go against what society says is "correct." This means you will have a skewed view of life and the people around you. The best thing you can do is avoid a path of addiction altogether. But for those who find themselves in a bad situation, these tips will help you get through it safely:

* 1. **Never Give Up on Your Life**

***The path of addiction starts with giving up.** If you are in a situation that you can't escape because the people are not understanding, this is your first addiction. It would be best to find a way to break free and stop enabling. Personal responsibility is critical; if you let them make all the decisions, they will make more bad ones—and that is when they turn on you and threaten your life.

2. Never Believe That There Is Only One Person Who Can Help You

Friends are rarely there for you when you need them most. They can't be trusted to make the right decisions for you. You should first decide if the friend turning to substance abuse is a bad person or just someone who has made bad decisions. Maybe they had a rough childhood and are looking for some type of escape from their problems. Perhaps they are lazy, overweight, or on drugs. You must be able to determine if this friend has a choice in their addiction or not. No one can save them from the path of addiction. No matter how hard you try, they will still end up where they want to go because of the decisions they make.

3. Do Not Let It Get to You

Some people have lost a lot by taking the path of addiction. Regardless, you can't let addiction stop you from making better choices for your life. You must focus on the positive and work hard for what you want. The harder you work toward sobriety, the clearer your path will be. It's important not to blame yourself for falling into drug addiction. It is essential to be wary of people who let you be too comfortable as an addict. Like other addicts, it is important to remove yourself from them if they aren't trying to get clean.

4. Be Ready to Help Them Make A Change

This is the hardest part because their change may not be what you want. It would be best if you trusted them when they told you that they were ready to move forward and get clean. This is not easy, but if they feel like you are not on board with their decision, then chances are they won't follow through.

5. If They Don't Ask for Your Help, Do Not Offer It Unless It Is Necessary

If someone comes to you without a plan to get clean, chances are they will never listen to anything you say. They will have an excuse for everything and continue their path of addiction. Be there to help them if they ever decide they want to make a change.

6. Staying Clean Is Not the Same as Staying Sober

Some people think that their problems will be over once they get clean. It's essential to have a long-term goal after sobriety instead of forgetting about your troubles. Make sure you find new interests outside of the drugs you used to do, or else you might find yourself back in the same situation. Focus on your hobbies and spend time with your family, so you don't feel like you are missing out on anything.

7. Have A Robust Support System Made Up Of

People Who Are Invested in The Decision

You should have a loved one by your side who wants to help you. This is very beneficial for anyone trying to get clean. It is best to keep things professional—not pushy or nosy. There will be times when your loved one will have a bad day and return to drugs or alcohol; however, don't give up on them immediately. Give them at least one chance before getting into an argument. The path to addiction is never as easy as someone who has never been addicted makes it out to be. They need time and understanding to succeed.

8. Find Something to Put Your Time and Energy Into

You have to keep yourself busy to stay clean. Some people may think that doing nothing is a sign of not having any problems, but this is a big mistake regarding addiction. Take up a new hobby, find a job, or do volunteer work—anything to keep you occupied.

9. Find the Right Kind of Help

There is a lot of misinformation about the best way to get clean and stay sober. There are various forms of treatment out there. ***It is essential to speak with someone who understands your situation before deciding which direction you want to go. Recovery is a process; it is necessary to find a professional to help you make the required changes.** You must also be willing to change, which boils down to acceptance. Remember, there are many ways to get help with drug or alcohol addiction. If you have a habit that needs to be managed, seek out a professional who specializes in recovery; this is a complicated process. Don't be afraid to seek help from friends and family, even if it's only temporary. Sometimes it's easy to fool ourselves into thinking that we can manage our addictions on our own, but the reality is that not everyone can, and sometimes we need outside help. Be honest with yourself and stop lying about your addiction so that you can finally enjoy life without drugs or alcohol.

(Conclusion)

Now that you know how important your choices and decisions are, what type of decisions are you going to make moving forward with your life? Will you choose the path of sobriety or the path of addiction? Will you remember the story of Adam and Eve and the consequences that followed? When it comes down to it, it's your choice. Your power. You have a choice! Be sure to remember the foundation that you built in exercise 1. Never forget the importance of having your own perspective on life, as it is emphasized in exercise 2. Add to that the newest tool, your P.O.C. (Power of Choice). You are now prepared to face the beast! Stay focused and sober-minded.

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Chapter 3 (TEST)

1. What is sobriety?
2. What's the first step in getting clean and staying sober?
3. What does 1 Peter 5:8 say?
4. What is your POC? Why is it important?
5. How did Adam and Eve disobey God? What were the consequences of their decision?
6. What are some addictive behaviors?
7. What is a choice?
8. How does the path to addiction start?
9. What are some of the benefits of staying sober?
10. How do you change unwanted circumstances in your life?

Affirmation #3
“I have a choice.”

Dope Jersey: Based on a True Story (Part 3)

Your second tool is your power of choice!

In my early teens, I didn't know how important my choices were. I always chose to dive into the negative thoughts and emotions that were always running through my mind. It seemed like the positive thoughts and emotions never seemed to be present when I needed them; I felt like all good had abandoned me. Because of the drama going on at home and school, I was desperately seeking ways to escape reality. So, the choice I made was to start hanging out in the streets and staying away from home and family as much as possible. When I made the decision to run the streets, I started to lose who I was. Back then, I had no idea I was becoming someone else. Back then, I didn't know that the beast was slowly draining and destroying my life. I wasn't conscious that the life I was living was taking me further down the path of addiction. When I was clean and drug-free, I never appreciated it. I was naive about what sobriety was. Was I taught to value it? Years later, after all the pain and suffering I experienced from choosing to run away from my problems, I realized that there were so many options to choose from. The first thing I would have done differently was go to my mother and express to her what I was thinking and feeling about certain situations. I know talking to your parents might not be the easiest thing to do, but it beats turning to the streets. That's a fact. I could have also talked to a close friend, someone that I could trust with my feelings without fear of them spreading my business. There's always someone out

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there who will be genuine and a good listener. People like a school guidance counselor, pastor, family member, or someone that God might send into your life that will never make you feel like you're alone or that no one cares about what you're going through.

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Chapter 4

Exercise 4

The Beast

(Introduction)

*** Drug addiction has taken the lives of so many people. We all know at least one person who has died from drug addiction or is struggling with drug abuse. I titled this chapter "The Beast" because of the many lives that were lost to drug addiction.** And the sad thing about it is. The beast is still taking more lives. So, let's not waste any more time. Let's find out more about this heartless beast called drug addiction.

Excerpt from Dope Jersey

Addiction basically is. Addiction is living hell. You wake up every day and you can't function normally without getting high. You can't be happy without getting high. You can't go to family functions without being high. You can't wake up and not be sick. You have to depend on a certain substance just to live your everyday your life. You treat people that you love like shit. Um, I don't know. Addiction is the worst thing you ever can possibly do to yourself and the people that you love. It's awful, and you never want to be addicted to anything. Don't do drugs. Um, I don't know. Addiction is just.... like being dead. You don't have a life. Your life revolves

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around getting high. You lose yourself. You don't even recognize the person that you are anymore. It changes you completely. And you don't even realize you're addicted until it's too late. You die a million times and you still want to get high. It's ridiculous. Don't do drugs. I died 9 times. 9 times. And I still get high. And after the first time. I said I would never do drugs again. And I'm still getting high - Dope Jersey

Drug addiction is like a giant beast eating your life. This monster can be a long-term problem that may take years or even decades to overcome. It will continue to feed off any success and exploit a weakness, depriving us of hope until we stand up and fight back.

Drug addiction is a severe problem. It can be hard to quit, and it can be challenging to stop once you get started. Do your research about addiction before you decide to try drugs. The internet can provide information on the long-term consequences of using too many drugs.

What is the definition of drug addiction? You may ask this question because a friend or family member has taken up drug abuse and not told you. People who abuse drugs often feel they are losing control of their lives. People who use drugs may feel like they have lost control of their lives and do things without thinking about them, such as missing work, stealing items, being late for appointments, or skipping work. To compensate for the lack of control, drug users often resort to stealing and other illegal activities to get their drugs.

It's heartbreaking to watch someone you love fall prey to drug addiction. You can take several steps to help a

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loved one if they are struggling with drug addiction. If your loved one has lost control of their life, they should know you are there for them.

If abused, drugs can become addictive and make it seem like an endless battle. In a matter of days or hours, a person can lose control. It's a disease, and drug addiction should be treated accordingly. Experts recommend that treatment be done because it opens the individual to learning more about drug abuse, controlling urges, and creating a solid recovery plan.

Many parents don't realize that drug addiction can be a severe disease. They also don't know what it feels like to suffer from it. This is crucial for them to understand, so they can help. They should also learn where your drugs come from so they can get them elsewhere if necessary.

Drug addiction can be a devastating problem that can cause family havoc. A drug addict will do whatever it takes to get his next fix. They will avoid their loved ones and family members as they fear what their family might think. ***With hard work and treatment, drug addiction can be defeated. To make it work, the addict must be motivated to change.** They have to stop for their own sake and not for the benefit of others.

Many people have to deal with drug addiction every day. Many people come from good families and may have lived a happy life. Many people believe that once someone starts using drugs, it's a sign that they have lost their way. However, this isn't always the case. If

someone is honest about their drug addiction, they can find help.

Drug use can make it difficult to pay attention to the needs of your friends and family. You must approach the problem positively and not allow the drug-affected person to lose their life. Don't be afraid to speak out if your family members suffer from drug addictions. Talk to your family members about their drug problems so they can seek help.

What Is Drug Addiction?

***A substance abuse disorder is when someone uses illegal or legal drugs regularly and continues to do so even though it adversely affects their health, relationships, and education. This behavior is often called drug abuse.**

“I'm still shooting dope. I still can't kick it. I went to rehabs. I did everything. It doesn't matter man. If you got that monkey on your back. You're going chase that shit.” - Dope Jersey

Drug Addiction Doesn't Discriminate

*** Drug addiction doesn't discriminate. Drug use can be found in all demographics: rich and poor, young and old.** This can cause havoc in a person's life. Most people have never experienced addiction and cannot

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picture themselves as addicts or alcoholics. TV will show someone who has lost all sense of self and is often homeless and incapable of functioning in society. It's difficult to see the typical addict or alcoholic when they look a lot like you.

Many people cannot recognize their addiction because of this common misconception. Addiction is not a discriminatory disease. Anyone can be affected, regardless of race, social status, or physical ability. Recognizing this fact can help reduce the stigma surrounding addiction and make people more comfortable accepting that they require help.

Addiction Extends Across Socioeconomic Lines

Many aspects of the stereotype of the homeless and drug addicts are false. The ability to develop substance dependence is just as possible for wealthy people as for the poor. One study showed that people with higher incomes are more likely to drink alcohol. Addicts can also be successful in other areas of life.

Experts say that even during their worst times, many addicts are still employed and financially stable. ***A job allows the addict to continue using their drug of choice. It also gives them the feeling of "keeping it together."** Drug addiction rates are rising among some of the most respected professions, particularly medicine. As lawyers and doctors, nurses and doctors have the highest addiction rates. These professionals

feel pressure to abuse substances, and the status of their profession makes it difficult for them and others to recognize the full extent of the problem.

Can We Spot the The Beast in Other People?

Everyone has their vices. One person might be addicted to alcohol; another might turn to porn or gambling. Everyone has a particular vice. It's all about what they choose to indulge in. While some vices are hidden, addictions can often be seen from afar. Below are some signs that could indicate addiction.

Physical Characteristics

These are some of the physical characteristics that make addictive personalities:

They are always moving. Addictive personalities are often constantly in motion. They are unable to settle down or find a relaxing place to rest. They are always fidgeting and bouncing about and seem unable to keep their bodies still or stable.

Excessive drinking and substance abuse. Addiction can be characterized by excessive drinking, smoking, and drugging.

Sometimes, they do this to self-medicate or to relieve their pain. Sometimes, however, it is their vice of choice. They abuse drugs or alcohol regardless of how they feel.

Constant hunger pangs or adverse eating pattern. A person with an addictive personality may find it difficult

to stop eating or feel hungry all the time. It's almost like the addict uses food as a drug to relieve the hunger and pain caused by their addiction (the desire for use). This could be an indication that the addict is suffering from addiction.

Constantly tired and unable to get enough sleep. Due to excessive drug use addictive personalities can't stay asleep. They might stay awake all night, even if they do get to sleep.

Obsessive Thoughts About Vices and Addictions

Addicts are more likely to have obsessive thoughts about their vices or addictions. Addicts will often obsess about their dependence on marijuana or alcohol. This doesn't necessarily mean they have a mental illness. It just means they have an addictive personality.

Children Should Be Aware of Signs of The Beast (Drug Addiction).

Drug abuse is a lifestyle involving heavy drug use, such as alcohol or marijuana. ***Children who become dependent on drugs can develop an addiction and may eventually become addicted.** They may not feel pain or any emotion when they are using drugs.

However, the signs of addiction (drug abuse) differ from child abuse. Children with symptoms of the beast (drug addiction) can show a lack of emotional and psychological well-being, a tendency to self-destruction and anxiety, substance abuse, and a reckless lifestyle.

These children may also exhibit signs of mental illness, such as identity disturbance and sadism, and masochism.

***How the Beast works: People who have used drugs only a few times over their lifetime develop a drug addiction slowly. However, as they use more and more, their ability to control their use decreases until they cannot function normally.**

***Signs of drug addiction:**

You don't have to be high to notice symptoms. A person suffering from drug addiction can show signs even if they have not used. Here are various signs that you may have a drug addiction.

1. It smells like drugs or chemicals
2. Sudden changes in friends and hobbies
3. Unexplained wealth, new clothes, cars, etc. (from selling drugs)
4. Mood swings - easily agitated, angry, depressed, etc. (from drug abuse)
5. Withdrawal symptoms include muscle aches, headaches, and nausea. (From excessive drug abuse)
6. The home is messy: clothes are piled high on the floor, and walls are covered with posters. (Drug paraphernalia found in the house).
7. Excessive drug use can cause sleep problems and difficulties with concentration.

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8. Inattention to school and other activities in childhood. Wearing dirty clothes, not bathing enough (drug paraphernalia at home).
9. Spends extended periods alone and is isolated from family or friends (drug paraphernalia in the home).
10. Excessive drug use can lead to changes in eating habits, such as excessive eating and cravings for food.
11. Unexplained injuries and accidents (caused by drug paraphernalia in the home).
12. Is not interested in anything (drug paraphernalia home).
13. Conflicts frequently with others, especially at school or when dealing with authority figures (drug abuse leading to problems at school).
14. Alters your sleep patterns (e.g., being awake 24/7/sleeping all day) (sometimes due to insomnia caused by excessive drug use).
15. A decrease in sexual interest (may lead to increased activity).
16. You make excuses or lie about drug use. Drug addiction is difficult to conceal.
17. You must give up your favorite activities, as they may interfere with drug use.
18. Irrational behavior, such as blaming others or lashing out. (from drug abuse).
19. Frequent, unexpected changes in friends (to avoid others who might hold them responsible if they continue to use drugs).

20. Hair loss, weight loss, etc. Drug use can lead to overconsumption. All of these symptoms are caused by malnutrition.
21. Drug use can lead to problems in relationships and school
22. An irregular sleep pattern, such as excessive or insufficient sleep (due to addiction that causes insomnia).
23. Needs to be alone and does not like being around other people. You lose interest in your life. (An addiction can cause depression).

A Few Affirmations Against the Beast (Drug Addiction).

****Affirmations are positive, short messages you repeat to yourself to embed in your subconscious.*** Your affirmations are tools to help maintain your mental and emotional resilience during this transformational period. Here are some affirmations that can help people who struggle with alcohol and drug addiction.

- My life is under control.
- I deserve to be sober.
- I am sorry for what I did while under the influence.
- My life is drug-free.

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- I can see myself as a source of joy.
- I can resist temptation.
- I am proud of who I am.
- I am in control.
- I respect my body and my family.
- Every day, in all aspects, I get better.
- I can, and I will.
- I will be a better person.
- I'm worthy of great things.
- I love the person I am becoming.
- I am loved.
- I'm more than an addict.
- I'm learning to forgive myself for being so weak.
- Because quitting is not as easy as it seems, I will continue to try until I can find a way to get out of the grips of addiction.
- I will be fine without drugs.
- I want to love again and open my heart.
- I will not stop believing in God's power and strength.

(Conclusion)

Drug addiction has taken the lives of almost 1 million people since 1999. It has also been responsible for killing a lot of rich and poor people. The beast doesn't discriminate on who it attacks and kills. Drug addiction is an ongoing problem that we have in America. The solution to this problem starts with you. Flee from the beast and resist the temptations to escape reality. **BE PART OF THE SOLUTION NOT THE PROBLEM.**

Dope Jersey: Based on a True Story (Part 4) My Drug of choice is FAST MONEY!

The first thing that I became addicted to when I entered street life was fast money. Fast money was my drug of choice. I wasn't interested in smoking Newport's, drinking Hennessy, or chasing women. I was curious to see and learn how some of my peers were walking around with big stacks of money every day. For those that don't know, fast money is money generated through an illegal or unethical enterprise, such as drug dealing or hustling. Not all of my friends were interested in making fast money; most of them were using their time experimenting with other drugs like alcohol, marijuana, tobacco, crack, PCP, and whatever else would help them escape reality and ease the pain. It wasn't long before I was introduced to the drug game. It was my best friend at the time who suggested that selling marijuana was a great way to generate some funds so we could buy some music recording equipment to start our rap careers and make millions. Lol. With selling drugs came some unexpected things that I couldn't foresee. Some of those things were stress, anxiety, killers, haters, leeches, cops, court, death, and drug addiction. Most of the guys that were selling drugs before me were already smoking weed, having loose sex, drinking liquor, and living a thug life. So, succumbing to the power of peer pressure, I started to smoke weed. Now I was dealing with two addictions that would change my life forever.

Chapter 4 (TEST)

1. Why is drug addiction called the beast?
2. What does it take for a person to overcome drug addiction?
3. What's the definition of drug addiction?
4. Drug addiction doesn't discriminate. T or F
5. What does 'keeping it together' mean?
6. List three signs of drug addiction.
7. Name five affirmations to fight against the beast.
8. You can't spot the beast in other people. T or F
9. Children who become dependent on drugs can develop an addiction and may eventually become addicted. T or F
10. What are affirmations?
11. How does the beast work?

Affirmation #4

“I Am not a victim to the beast.”

CHAPTER 5

Exercise 5

The Underworld (Street Life)

(Introduction)

Unfortunately, a lot of people have fallen into the hands of the beast. Once drug addiction starts to get the best of you, the first place that the beast will bring you is to the streets or the underworld. In this exercise, you'll learn about some of the characters of the underworld and how drug addiction leads people to street life. ***The street life is the first danger that comes along with drug addiction.*** Pay attention and stay focused!

What Is The Underworld? How Does Drug Addiction Bring You Into The Street Life?

The word "underworld" can be confusing because it sounds like a place where bad things happen, such as crime or murder. But is it a place where bad things happen? Or is the underworld more than just one thing? The underworld is a range of common and influential conditions that some people consider to be outside of the acceptable boundaries of society.

How Does Drug Addiction Bring You Into Street Life?

Many people who are struggling with addiction often find themselves on the streets. They may have lost all access to family, employment, and other support systems. Addiction is a difficult illness to manage, but it helps to know that there are options for those willing to take the necessary steps to regain control of their lives and get back on track. It's time you took responsibility for your life again and stopped waiting for someone or something to save you.

Street life is not easy, and it can be downright dangerous, but many individuals find themselves unable or unwilling to even try other routes out of addiction because they feel they don't have any options left. It can be challenging to pull yourself out of this downward cycle, but the reality is that there are options for those who are willing to put in the work required.

The majority of people living on the street do not start off chasing people up and down Broadway or selling work off of exit 4 in Camden, NJ. ***Instead, they find themselves there due to drug addiction, mental health issues, or a lack of family support systems.** They're often unable to access effective treatment in their home communities due to a lack of available resources. They often don't want help and will resist any attempt to get them away from their current situation.

Overcoming addiction is not easy, but it's also not impossible to achieve. Many people manage to overcome this hurdle on their own and return to their communities as productive and useful members of society. If you're struggling with your own addiction, it may be time for you to take responsibility for yourself, seek the help you need, and get back into your community.

How does drug addiction bring you into street life?

We all make choices in life. We choose what we eat, where we live, with whom we hang out, and what careers we pursue. However, to make these choices, you must have options available. Drug addiction often brings you out on the streets, but when you are ready to choose to get help and get your life back, what options are available for you? The road to getting your life back from addiction is not an easy one, but it's not impossible once you have made that decision.

Are You Prepared To Live That Street Drug Dealer Life?

If you're not ready to live the life of a street drug dealer, maybe it's time to ask yourself some tough questions about your lifestyle. We live in an era where the worst thing is to be bored, and boredom can't exist without a persistent sense of confinement and an utter lack of opportunity. With so many people alienated from their means of subsistence and so much enforced leisure time on their hands, what else will they do?

Drugs are the easiest thing to do. Their sale is also lucrative because they are in demand all the time.

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Nowadays, bank tellers' salaries no longer buy your luxury cars or villas overlooking the sea in Dubai. If you're frustrated by your lack of opportunity, thwarted by a system that doesn't work for you, and desperate for some escape from reality, how could you turn down easy money?

Whatever the reason, it's important not to lose sight of why we feel the way we do. ***Drug use is an escape from reality, but it's not a solution to our problems.** It enables us to avoid the real reasons behind our perceptions of disappointment and failure: financial insecurity, perpetual anxiety, and general dissatisfaction with our lives. If we're serious about getting out of this situation, then taking drugs as an escape will land us in further trouble.

***A lot of people behave like addicts or use drugs because they are addicted to the whole idea of living a fast life. You know, the high life featuring fast cars, big houses, and hot women but if you're caught up in all that, you forget that you have to work hard in this world, and it's a tall order.** A lot of young people think they deserve success just for being themselves. What non-sense!

***Success is hard to come by as it is, but we've also got to put in a great deal of effort if we want it badly enough.**

The next time you find yourself in a predicament about making ends meet and being stuck in a dead-end job, think about the alternatives. Using drugs is not the

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answer. You can have luck without using illegal substances, too; it's just a matter of doing things properly. And this is not to say that there isn't a lot of luck involved in drug dealing! Some people make their money by pure chance and find themselves sitting where they want to be without doing anything. But your efforts will eventually pay off if you work hard and play by the rules.

One word of advice: never do anything that might get you into trouble with the police. If you find yourself in a situation where you're under suspicion of criminal activity, don't think about running or lying about what you've done. Take responsibility for your actions and face the consequences like a man or woman. Emotion can be a distraction from rational thought, and it's something we all have too much of.

“You can’t even sleep, you got to keep your eyes open at all times.” – Dope Jersey

What Are The Consequences Of Internet Life?

Internet life is a relatively new thing that many people are still confused about. Yes, it's true; you can look up every topic and piece of information on the Internet. For example, you want to know what your favorite celebrity had for breakfast. You can find out by typing their name into a search engine. But is Internet life all happiness and joy? Of course not! There are plenty of disadvantages to the Internet, and some may not realize the potential consequences of what happens online."

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More than just web surfing, using the Internet starts to feel like living inside a web browser. The browser becomes your gateway to everything you need in your day-to-day existence. Many things you use daily have been made possible due to the Internet, but is all of this freedom worth it?

The Internet has so much to offer but also many negative side effects. ***Some dangers of the Internet include cyberbullying, cyberstalking, and pornography. It is also a place where you can find harmful information.** The Internet has become a huge part of almost everyone's lives, and it's important to understand some of the dangers it can cause.

***The benefits of the Internet are that anybody can research anything they want, for example, looking up facts about history, biology, or art. It is also used for entertainment, such as watching videos or surfing websites. Another benefit is that it helps people learn new things because they can look up information on the Internet. You can find all types of information on the Internet. The Internet is a very useful tool that gives you access to various types of information that has many purposes in your daily life.**

"You have to be careful online. You need to know what you are getting into before you click any links or open any attachments."

We should be very cautious when using the Internet because it is an open public domain; anyone can hide behind a computer, so you can't see them or their face.

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Cyberbullying is a huge problem, and we need to be aware of our actions and the people around us because we wouldn't want harmful things to happen to us or anyone else.

Characters Of The Underworld

Crime, murder, and sexual deviance These are the underlying facts of society that people refuse to acknowledge every day. But if you think this is harsh for humans on earth, then once these same traits are applied to the underworld of mythological hells, it is even more appalling. The inhabitants of this world commit atrocious crimes to get what they desire from anyone and everyone who crosses their path. Now it's not just an epic war between heaven and hell but also a struggle for power, wealth, and glory among the rulers of each underworld.

*“I’ve seen a lady’s head decapitated all over drugs.” –
Dope Jersey*

The underworld is determined to be a complex social network where there are many different levels: professional, volunteer, client, victim, and criminal. The life of crime encompasses the different values it provides compared to mainstream society. Characteristics of underworld life include:

- Gross violation of the law
- violence and aggression

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- Obsession with power and control
- Failure to perceive consequences for acts
- Isolation from society
- Everything is about status, power, and prestige.
- A stark lack of morality.
- An underground society of the underclass
- Underworld community is all about loyalty and acceptance

Describe Each Character

Whore

***A whore is a promiscuous woman who engages in sexual activity with males for money. Traditionally, one could associate a prostitute or "whore" as a woman selling sex for monetary gain.**

Drug Dealer

***Drug dealers are individuals who sell drugs to people for profit.** In certain countries, the term drug dealer is synonymous with the criminal underworld, where the large-scale distribution of drugs for personal and financial gain is central to their illegal business model.

The terms "drug dealer" and "drug lord" are often used interchangeably; however, it's important to note that drug lords can be found in every part of society, including within law enforcement agencies at all levels.

Prostitute

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Prostitution (or "the world's oldest profession") is a line of work in which an individual exchanges sexual services for money. Prostitutes are often associated with promiscuity, drug use, and mental problems; however, these generalizations fail to address the complexities of individuals who enter this profession. Prostitutes come from all different social backgrounds and therefore access different levels of education, understanding of sexuality, and wealth.

Junkie/Fiend/Addict

***A person who is consumed by addiction. Aspects of their life suffer as he/she satisfies the addiction.**

Scammer

A scammer is someone who commits fraud and uses the Internet to take advantage of victims. Most types of fraud happen online and involve impersonation, trickery, or falsifying documents

Snitch

Snitches are people who report crimes committed by others. Snitch is a verb meaning to inform someone. Originally, the term was used to refer only to informants in criminal law but now has come to be extended in many other contexts as well.

A snitch is someone who informs their neighbors, friends, peers, and sometimes even family members with information that it believes will help law enforcement catch people committing crimes. It is also common for snitches to be involved with drug dealing or selling drugs

themselves, and they would go out of their way not to stir up too much trouble among other criminals because they don't want them coming after them later on down the road.

Murderer

Murderers are people who kill other people. Murderers usually have a motive and are usually male. They find a victim, but that is not always the case. Most murderers kill more than one person at a time. They do all these things to feel better about themselves, to keep themselves from being judged, to gain attention or admiration, or to get revenge on someone they don't like. Some murder is done for sex or money, some murder is done in self-defense, and some murders are done out of spite or rage toward society.

How Many People Successfully Make It Out Of Street Life?

****It's hard to say. But it is estimated that only 1 out of 10 people will make it out of street life. And many people end up going back to the streets because they need food, shelter, and support.*** This means that many people have to live with this lifestyle for a long time before they can successfully break free and start a functional life elsewhere, without the help of the streets or other street life institutions."

Do You Want To Enter That Life?

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Well, it's not the kind of life people expect to live any day. It's a very violent and tough life. It's said that most of the underworld gangsters who held high positions had hard times and were never really happy with what they had. So most of them looked for ways to get out of the situation.

If you enter this kind of life, you will face lots of problems, like being addicted to drugs and alcohol, being fought by your family, being involved in robberies, and fighting with cops.

You might think it's a nice life, but it's not the way they show it in the movies; those things only happen in movies, not real life.

Why would you enter this kind of life?

Why should you bother entering it if you're not interested in this kind of life? All the reasons are mentioned below:

1. It's generally a tough life with no proper education. It's hard for people in this world to return to their normal lives because it's like hell for them. They feel like gods, and no one can bring them down from that position. They don't want to go back to their normal lives because they feel it's a loss of face and respect. You may think you won't be in street gangs, but chances are high that you'll get involved in such things. It happens to most people. Even if you're not directly involved, your friends will drag you

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into it by force. So, you better stay away from all those things.

2. The underworld life is not a place for everyone; if you're not strong enough then don't even try it, because people who usually have ill thoughts will use them against you and might even kill you for any reason of their choice. You will be forever haunted by fear if you come into this world.
3. It's a messed up life; those already in it know what I mean. Even the cops are scared of these people.
4. It's a very risky life; you'll always be in danger if you're not strong. So, you better stay away from this kind of life.
5. You could be a target for everything, like being caught by the cops and other people involved. So, you better stay away from it, because it might cause problems later on.

(Conclusion)

Is this the kind of life you want to enter? Think twice before embarking on a dangerous journey. The streets are undefeated. Only a few make it out alive! Be wise. Stay sober. And make good decisions! - Pyramid Hall

NOTES —

Chapter 5 (TEST)

1. Drug use is an escape from reality, and it will solve your problems. T or F
2. What is the fast life?
3. What are some of the dangers of the internet?
4. What are the benefits of the internet?
5. What is a drug dealer?
6. Success is hard to come by, and you have to work hard for it. T or F
7. How many people make it out of street life?
8. What is a whore?
9. How do people end up in street life?
10. What is a junkie?

Affirmation #5

“I Am not a victim of the streets.”

Dope Jersey: Based on a True Story

The Beast Finally Got Me

(Part 5)

At 19, I was looking at a 25-year life sentence for attempted murder. All because of drug addiction! And before that, I had other felony charges for illegal activities I was involved in. All because of drug addiction! It was only when I was in a cell surrounded by other prisoners that I realized the beast had me where it wanted me. Locked down in a cell, a reality similar to hell. Far away from the people who really loved and understood me. At the time, I couldn't see how drug addiction was responsible for all the trouble that was in my life, and I still didn't realize it until years later. When your mind is filled with negative thoughts and your brain's chemistry is unbalanced because of drug use, you have poor judgment. After I was released to go home from jail. I started doing more drugs than ever because I was so afraid that I would have to spend the rest of my life in prison. I fell in a deeper and darker place with the beast. After I caught an attempted murder charge at 19, my life was never the same. The beast had me right where it wanted me.

Chapter 6

Exercise 6

Degradation

(Introduction)

Once a person ends up on the streets because of drug addiction, the respect that people once had for them is thrown out the window. I've seen people who used to get the utmost respect from their peers and community leaders get disrespected in the worst ways possible. Once a person loses respect for you and starts disrespecting you, it usually continues until they regain respect for you again. In some cases, that will never happen. ***Degradation is the second danger that comes along with drug addiction.*** Stay focused and sober-minded. Let's get started.

What Is Self-Respect

I think self-respect is the most important thing we have as human beings. We can't buy it anywhere; no one else can give it to us, and our lives become much more difficult without it. ****If you are dealing with any addictive behaviors such as alcohol or drug misuse, eating disorders, smoking, gambling, internet addiction, compulsive overspending, or relationship addiction, becoming aware of how you view your level***

of self-respect can make a massive difference to the quality of your recovery from these behaviors. I often call self-respect the name of the game because it is

an integral and vital part of living an emotionally healthy life. Once we understand its importance and learn how to develop it, we never have to be without self-respect again. Unfortunately, however, many people never think about their self-respect; they don't consider whether they have it, want it, need more of it, or what they can do to attain it.

I believe it's well worth our time to explore what it means to have healthy self-respect and what we can do to improve and expand the self-respect we already possess. Most of us know that we want to be treated with respect by others. You probably become upset, angry, or hurt when someone disrespects you because it feels as if that person does not value you enough to treat you well.

Self-Respect: What Exactly Is It?

Self-respect works in the same way as being respected by others. When do you value yourself enough to treat yourself? Well, you are acting in a self-respecting way.

**Suppose you take good care of yourself through healthy habits such as having clear and assertive boundaries, saying no when you need to, taking good care of your physical, emotional, and spiritual needs,*

and putting your own important needs ahead of the needs of others when necessary. In that case, you are exercising your self-respect.

And you will find that others take their cues from you regarding how to relate to you. For example, when people hear you talking about yourself in a derogatory way and putting yourself down, they will likely think less of you. However, if they see you valuing yourself and living your life in that manner, they will probably love you more. “We teach other people how to treat us”.

Losing Your Self-Respect

An addict completely loses any self-respect. He (or she) no longer has a high opinion of himself and no longer feels any admiration for his goodness or value because all worth and value disappear in an addicted lifestyle. An addict manipulates and lies to others and himself as the cravings drive him to do acts he would never have dreamed of doing before his life of substance abuse.

How you treat yourself often has its roots in the messages you were given about yourself in childhood. How you were treated by your parents, caregivers, siblings, teachers, and even your friends have led you to believe that you were or are not worthy, valuable, or cherished. And you have most likely brought these same beliefs about yourself into your adult relationships, coloring how you treat yourself in the present time. But you do not

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have to continue believing something about yourself that is not true!

Of course, you are valuable, unique, and memorable; you always were, and that is true of all of us. When you decide to empower yourself by believing the truth about who you are rather than what someone else may think of you, you are on the road to self-respect.

Taking Care of Yourself to Seeing the Way You Used To

Learning how to treat yourself more respectfully will change your life. You will experience a profound shift in the ways you see your life and your place in the world.

Your relationships with other people will become healthier as you treat yourself in healthier ways. Although nobody's life is ever perfect living with non-negotiable self-respect is the most consistent way of living a rich and fulfilling life. If you have difficulty believing in yourself and treating yourself with self-respect, you may want to talk to some of your trusted friends or reach out to a skilled therapist for assistance. This might help you to explore what is holding you back from giving up your self-sabotaging patterns.

Remember, it all starts with YOU - what do you need to do, or what do you need NOT to do, to look at yourself honestly and feel happy with who you are? That is the name of the game!

Why Is Respect Important

***A lack of self-respect is at the root of many of our emotional problems, including addictions and mental health issues.** We don't feel we deserve respect from ourselves or other people. This lack of self-respect manifests as toxic relationships, self-harming behaviors, and self-destructive patterns of addiction and depression. Developing a sense of self-respect is one of the most important things we can do for our recovery.

Having self-respect goes hand in hand with loving and accepting ourselves. Self-respect means deciding that we will see ourselves not just for our mistakes but for our potential to do better. We can view ourselves not just as struggling addicts but as powerful beings capable of change and healing. We tend to feel small, to feel worthless, and to keep a mental record of all our wrongs and transgressions. We don't give ourselves understanding, compassion, or forgiveness. When we choose self-respect, it is often because we have allowed ourselves to fall so low, depriving ourselves of respect at every turn. We decided that we couldn't live like that anymore. We know that respecting ourselves will make the difference between simply living and thriving. We decide we deserve better.

We may have learned to disrespect ourselves from various sources. We might have experienced trauma that

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we took as a sign of our unworthiness, so we felt we didn't deserve respect. We might have been abused by a partner or family member, internalizing their disrespect as proof we aren't lovable or respectable. We might have developed low self-esteem from the messages in today's media culture telling us we must look, act, and be a certain way to be good enough, attractive enough, and respectable enough. When we don't meet these standards, we think something's wrong with us, rather than with the propaganda trying to brainwash us into altering ourselves for companies' profit.

Self-respect comes from within. We can't hope that the right relationship will make us love and respect ourselves. We can't think that changing our image or how much money we make will guarantee that we'll respect ourselves. It has to be an internal change, a choice that we deserve our unconditional self-respect. Start affirming that you are deserving, worthy, and a manifestation of your higher power deserving of your respect.

Once You Lose Self-Respect, It's Hard to Get It Back

When you hit rock bottom in addiction, chances are you've lost every shred of self-respect you ever had. And not only that, no one else has much, if any, respect for you either. Frankly, you're probably not thinking about your self-respect when you've bottomed out. You're primarily interested in survival and getting out of your

addictive quandary. After you complete treatment for addiction, however, you still have a lot of work to do. You need to implement the whole recovery plan and practice living clean and sober. Part of the new you will undoubtedly involve rebuilding your self-respect. Here are some tips on how you can win that back for yourself as well as the respect of others.

1. Give respect to earn it. –

***The Christian saying, "Do unto others as you would have them do unto you," could be modified to "Give respect to others if you would have them give respect to you."** Before you can expect to receive others' respect, you must be worthy of it. One way to begin rebuilding your self-respect is to be respectful of others. It isn't just your elders that you should respect, although many in the younger generation seem to have lost or never learned this lesson. Respect your parents, spouse or partner, children, boss, coworkers, and friends. Respect the cashier at the grocery store, the clerk at the gas station, the mailman, the FedEx driver, and even passersby on the street or in the mall. This isn't being Pollyanna or goodie-two-shoes. It's simply recognizing other people as human beings and the acknowledgement they're due according to them. In short, you offer them respect. How do you give consideration? It can be as simple as allowing someone to pass in front of you with a wave of the hand and a smile. You may hold the door for another person, allowing them to enter the building first. Listen instead of interrupting when someone speaks to you. Say thank you for any assistance you get, even if it is less than what you wanted or expected.

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Even if you disagree with the conclusions or statements of someone in charge—say, your boss or supervisor—afford that individual the respect their position deserves and moderate your responses accordingly. Sometimes it's difficult to be respectful, especially when others treat us with disrespect.

In this case, you can kill them with kindness or "turn the other cheek." No, you're not asking to be a doormat. You're deflecting negativity and turning it off with your positive energy.

2. Start at home. —

In early recovery, you'll probably spend much of your time in the safety and security of your own home. This is a normal stage of getting used to being in your typical environment, and that, in itself, takes some getting used to. But while you are at home, win back your self-respect by being respectful, kind, and considerate with your family members. After all, they're the ones who know you the best.

In the best-case scenario, they've been by your side throughout your addiction and treatment and are still supporting and encouraging you in recovery. In the worst-case scenario, your family members haven't done much to support your healing. Maybe they didn't participate in family therapy, or they have addictions.

Are you destined to fail because of that? While it's true that family support is a linchpin of adequate recovery, not

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everyone has a supportive family. Do your best, even if you find a new support network elsewhere. Another way to help win back your self-respect is to practice what you've listed in your recovery plans. When you make a schedule for your daily activities, stick to it. Living according to a routine you've set for yourself is an easy and painless way to mark accomplishments. Check completed tasks off your list. Give yourself credit for doing things ahead of time, better than expected, or when you've been able to tackle a challenging issue successfully. All these can help you feel more at ease with your judgment and give you more confidence, leading to increased self-respect.

3. Do what you can, but don't over-commit. – If you attempt to take on too much, you are bound to be disappointed that you either can't fulfil your commitments or your productivity and quality suffer.

This is true at work, at home, at social events, and in other situations. If you're not doing the job, what you said you'd do, or what you feel you should be doing to the best of your ability, it may be that you're not ready to take on the level or number of commitments, or you're subconsciously trying to rush back into a stressful and challenging situation. Try to avoid promising too much. Don't be the first to ask for challenging assignments, at least not in the first year of your recovery. Don't stick around the office until late at night, bring homework, refuse to take vacations, get back up to speed, try to prove yourself to your boss, or make up for lost time. This will make you more frazzled, depressed, frustrated, and anxious.

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To make matters worse, others will notice. The cycle will repeat, and you may find that your coping skills aren't enough to overcome the cravings and urges that may surface. This is not to suggest that you skirt your responsibilities—far from it. Recovery experts do recommend, however, that those in the early weeks and months of recovery tend to the basics: take care of your own needs first (nutrition, adequate rest, and exercise), go to meetings and therapy, and spend time with your family. Limit your outside activities to those you can comfortably and reasonably manage, and don't make any significant life changes.

4. Live up to your word. –

****Loss of self-respect comes when we fail to live up to our word or when our terms are regarded as useless because we have proven ourselves untrustworthy.*** To win back your self-respect and that of others, make it a practice to only say what you mean and live up to your word. This is a little tricky to navigate, especially when you've been fudging the truth, telling others what you think they want to hear, or engaging in self-deception about your true motives or intentions. Try this for starters. When you feel like you're about to say something or make a promise or commitment to someone else, stop. Stop yourself from talking. Before you allow the words to come out of your mouth, think about what you will say. If you honestly feel that this is something you will complete as promised or that it is a reflection of genuine feeling (instead of flattery or an attempt to get on someone's good side), then go ahead and say it. If, on the other hand, you recognize that your old need to use others

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to get what you want is trying to resurface or that what you're about to say is without noble purpose, don't say it. If you need to, excuse yourself and go on to do something else.

5. Make your words mean something. —

Another point about conversation is that people will respect your words if what you say means something. This isn't about committing. In this case, it's all about discussing things others consider worthwhile. In other words, if you can contribute to a conversation with an observation, point of interest, or fact, others will recognize it as such. Depending on how, when, and where you deliver the comment—and these are other strategies for improving conversational skills that you should try to develop—others may begin to look at you in a new light. Of course, don't obsess over what, when, and where you engage in casual conversation, especially with long-time friends.

Don't attempt to over-analyze or engage in endless self-scrutiny before you say "Good morning" to your family, friends, coworkers, or passersby. Be aware that words have a powerful impact. Choose your words wisely. Speak to them in a welcoming and heartfelt manner. Others will react accordingly. Even if someone brusquely passes you by without an acknowledgement, you will have extended yourself and brought positive energy forth. Open yourself up to receiving good things; you will send creative energy out in return. ****Feeling good about yourself helps build your self-respect. Others can't help but notice and will likely begin to give you the respect***

that you increasingly deserve. Respect is something that money cannot buy.

Self-Respect Is Earned

Here is an easy gauge of how well you're faring with your self-respect. Ask yourself this question, and be willing to look honestly at your answers: "What do I need to do, or what do I not need to do, to be able to look at myself in the mirror and be okay with who I see?" Each time you ask yourself that question, listen for your true answer and base your behavior on what you have heard. If you do this regularly, you will build up your self-respect. That is the game's name, and it becomes the basis for all your interactions, whether you are aware of that or not.

This may be a difficult change for you to make, however. If you are used to pleasing others instead of yourself, your challenge may lie in learning to put yourself first without feeling guilty or "selfish." But your self-respect will suffer if you continue to put others first and feel badly about yourself for doing that. So here is the choice point: what is more important to you: having other people like you or liking yourself? Every time you decide to like yourself despite any potentially negative consequences from others, you earn a little more self-respect.

(Conclusion)

****A person with self-respect treats others the same way they would want to be treated.*** When they are treated poorly by another person, they talk with them about it or consider distancing themselves from that individual. Conversely, a person without self-respect tolerates this kind of treatment but is quick to excuse it or believe he deserves it. If you have never thought about self-respect before, now is the time to decide to hold yourself accountable to your standards and values. Low self-respect and addiction are intimately connected. Low self-respect is often one factor leading to addiction, and improving self-respect is one of the things that people in recovery need to focus on if they want to stay sober for any length of time. Rebuilding your life after addiction is possible. Practicing the proper behavior can help you improve your self-esteem and conquer your addiction head-on. Thinking negatively can be easy, but having a positive mindset can help you avoid relapsing.

Chapter 6 (TEST)

1. What is self-respect?
2. A drug addict is highly respected in society. T or F
3. How will drug addiction make you lose your self-respect?
4. Why is it important to live up to your word?
5. What is a famous Christian saying?
6. What is the root of a lot of people's emotional and mental problems?
7. What are some addictive behaviors?
8. Self-respect isn't that important. T or F
9. Feeling good about yourself helps build your self-respect. T or F
10. How do people with self-respect treat others?

Affirmation #6

“I have Self-Respect.”

Dope Jersey: Based on a True Story (Part 6)

After going back and forth to court for three years, I finally decided to go to trial. I'm not going to get into the details of the trial, but I will say "I beat the charges I was facing." All glory be to God. Amen. But, that was the beginning of a new set of problems. I was put on probation for three years and I couldn't smoke weed anymore. That was the biggest problem for me, not being able to smoke weed was an issue. Even after God had mercy on my soul, my addiction to drugs still had me willing to risk my freedom for a drug. When drug addiction has you willing to risk your freedom, you're a junkie. When you have no control over your addiction, you're a fiend. Nobody has respect for a fiend. That's a proven fact. Just think about all the things that people say about drug addicts behind their back. None of it is good. Most of the time it's down talk. This is the second danger that comes with drug addiction. Being looked at as a drug addict is something I suggest you avoid. After my big mistake, I lost a lot of respect from my family and friends. They started to treat me like a fiend. And that's exactly what I'm became a fiend for the fast life and drugs.

Chapter 7

Exercise 7

Family and Friends

(Introduction)

Degradation is the second danger you will face once drug addiction gets a hold of your soul. Soon after, your family and friends will abandon you because of the new person you're becoming. In this exercise, you will see how the new you will push your family and friends out of your life. Many people didn't think about losing their family and friends before they invited drug addiction into their lives. ***The loss of your family and friends is the third danger that comes with drug addiction.*** Be wise. Don't be a victim.

Welcome To The New You

To the youth of America, It only take one time.

My first-time using drugs, everything seemed normal. I never thought that it would be the start of a lifetime struggle with addiction. The drugs made everything seem insignificant; nothing mattered. My life turned into an endless cycle of drug use, trying to numb myself and escape from reality with the help of substances. Nowadays, I wake up each day wondering why this

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happened to me; my motivation is gone, and I feel hopelessly lost in this game called life.

Welcome to the new you, if you choose to start using and abusing drugs. This is a story told by many people who have walked this path before me. The consequences are as devastating as they could be—or even more so. Look at the statistics of drug use today—there are broken lives all around us. We contact them daily on social media, hear their stories from news outlets on TV, and read about them in newspapers. They have lost jobs, relationships, and nearly everything dear to them because of drugs, yet one might question why these people started using drugs in the first place.

Remember the adage: "Once you go black, you never go back." Indeed, most drug users will never see life the same again. ***The truth is that drugs are a momentary escape from reality and a way to cope with their lives. As dictated by society and the mass media, we feel that drugs work as cures for depression. This point is wrong and created by people who have no idea how addiction works—it isn't a "fix" for all problems in your life.**

In my case, I was told that my depression was caused by unhappy times in my past; to cure it, I needed to find happiness again in the present. This was my reality, and I believed them. After a few months of trying many different ways and substances, I found something that indeed worked—drugs—but the effect was only

temporary. I turned into a drug addict, and this would eventually lead me to ruin my life.

Later in life, when I tried to get clean, it took a long time before I realized the damage drugs had done. When you realize the damage, you see how your life has been destroyed; you've hurt people around you, and their lives have been ruined. ***The truth is that drugs are bad for everyone involved - even if they appear to work initially.**

When Your Drug Addiction Gets Worse, Your Family And Friends Will Distance Themselves From You

***If you or someone you know has been struggling with addiction for some time, it may seem like the people in your life are pulling away from you. This is a natural reaction and one that addiction professionals call "drawing boundaries."**

***While your family and friends may still love you, they can't afford to sacrifice their own well-being just to help you. They may feel powerless to change the situation without professional support. Even if they did have those resources, their presence might not be enough to face the demons that have taken power over your life.**

This is a painful but normal part of the process. Your addiction has caused harm to the people around you—those people you love. It is safe for them to return with love and support when you are ready for that kind of relationship again. ***An addict wants nothing more than for someone else to handle his or her challenges.** This can lead family members and friends to sense that they are being used as a resource rather than being loved as a person. Boundaries are not the same thing as giving up on someone! Boundaries don't mean that they've stopped caring for or about you.

The process is not the same for everyone. There are many ways that addicts can push others away, and some people are able to cope with that better than others. Some addicts have family supporting them even when they do horrific things. Others find themselves with a new social circle at the bottom of the barrel—people who provide no hope for recovery or even basic human decency. Whatever your situation is, it's important to remember that you are not powerless. If you're not sure where to begin looking for help, you can always start by talking with your doctor or calling an addiction treatment center.

Why Will Your Loved Ones Abandon You?

Addiction is crippling and can destroy your life in the most destructive ways. You'll have to face reality sooner or later when your drug use spirals out of control. But even before you hit rock bottom, addiction will do damage that goes far beyond the effects of a substance on your body and mind. To help avoid the

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inevitable, let's look at three signs of addiction so that you can be proactive about getting help.

When loved ones are forced to abandon their addictions because of their dangerous behavior, it can become emotionally devastating for not only those around them but also for themselves.

What should you do when your loved ones are forced to abandon you due to your addiction? What should you do when relatives, family, and friends leave you because they can no longer deal with their loved one being an addict?

Well, let's answer those questions now. First, let's remember why some people are forced to abandon their loved ones because of addiction. The reasons for this are varied and differ from person to person, depending on the case. For example, some may have been addicted for years before getting the help they needed to recover from their drug addiction, whereas others may have gotten the help they needed in rehab but could not perform at a stable level after withdrawal. Whatever the case, here are some things you should remember about family members who get abandoned on account of drug addiction.

****It's Not Personal***

The biggest thing to remember is that it's not personal. It may feel like it is at first, but if they treated you like this before the addiction and while in treatment, it's probably

just how they act with everyone. In short, don't take their actions personally because there is a chance that this is just how they normally act with others. By doing this, you'll be able to better cope with the abandonment symptoms and take action to avoid relapse and other issues that may come up later on down the road.

****It Wasn't Their Decision***

This is a tough pill to swallow, but it's important to remember that they're abandoning you because your addiction was not their decision. Just because your loved one abandons you doesn't make the effects any less painful and devastating for everyone involved in the situation. You must understand that addiction is a disease, and the person suffering from it will sometimes act erratically and unpredictably. This is because addiction takes over a person's whole being because they think they can handle their addiction without any help.

****They Can't Handle It Anymore***

The next thing you need to understand about your loved ones abandoning you because of your addiction is that maybe the problem wasn't theirs in the first place. For example, you could have been dealing with the addiction for years before they even knew about it. And even if you did seek help back then, maybe you suffered all of the effects of withdrawal when you first got clean but

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couldn't stay sober in the long run due to relapse or other reasons.

On the other hand, maybe your loved ones knew that you were using it and decided to stick around for as long as possible to help you quit. But after a while, they still didn't realize any progress and may have abandoned the idea that this was possible for you and returned home with a broken heart instead.

****You have to keep in mind that family members are not immune to addiction.*** So, if you didn't know for a long time that your loved one was addicted, and no one told you, then it's possible that they were dealing with the disorder simultaneously and may not have even realized that they had it. But as difficult as it is to hear, this may be the case here, and maybe your loved one didn't realize it until later. In fact, this may be the reason why they ended up abandoning you.

“Now im at rock bottom I have nothing, im waiting on social security.” – Dope Jersey

****You Have To Move On***

Next on our list of things to remember about your loved ones abandoning you because of your addiction is that you have to move on. It's not easy, but it's something that everyone afflicted with addiction has to do when this happens. By doing this, you'll be able to avoid relapse by putting your energy into other areas, such as:

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- Working a job and making money
- Getting into school and furthering your education or career advancement opportunities
- Taking up a hobby or doing something else that will keep you busy, so you don't have time to think about them or miss them while they're gone.

For example, if you were dealing with addiction and your loved ones abandoned you in the process of your treatment and recovery journey, then there's a possibility that they may not come back until you're sober. But this is only a possibility; even if it's true, there's nothing you can do about it. That being said, the best thing you can do is move on by focusing on other things so that they will no longer bother you at all. If it helps, try looking to family members or friends who stayed by your side throughout everything instead, as they may be able to help with your recovery. There are many ways that family members end up abandoning their loved ones due to addiction. After all, this is a disease that presents itself in many different ways. However, the only way to truly move on from this is to accept what happened and move on as quickly as possible.

Why It Is Important To Have Family or Friends In Your Life When Dealing With Addiction

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Everyone's life situation is different. However, if you are struggling with addiction and don't have any friends or family around to help you, this book is for you. If your loved ones are not around, people still care about how your addiction affects your life and will likely be willing to help. You can use local resources to find someone in the community who might be perfect for you! Good luck on your recovery journey! I hope that this book proves useful to people dealing with addiction and abuse issues. Remember, it's never too late to make a change; having a friend or loved one by your side can make all the difference in the world.

Having Loved Ones Close To You Can Help With Recovery

This section is intended for people who have struggled with addiction and are trying to find the best way to move forward. I'm going to share with you one of the most important reasons why it is so important to have family or friends in your life when dealing with addiction. It's all about having your back! When you are actively using, it's easy not to care about what other people think. Sometimes, people celebrate when they see others struggling with sobriety because they don't know what that person went through to get clean and stay clean. For example, you may have sold all your things to buy drugs for yourself or been evicted from your home because of your addiction. While all of this is happening, it's important to remember that you still deserve love and support from friends and family members. These people won't judge you for what happened. Instead, they will offer their help in any way

that they can! **Having people who care about you and will help advocate on your behalf greatly impacts recovery. When loved ones are by your side, they can give suggestions and encouragement when needed. One of the biggest benefits is the support system that a close friend or family member provides. Going into recovery is tough, but having your support system around you will help ensure a successful and happy path forward!*

Some Family And Friends Will Not Give Up On You Some Will Disown You

There is no way to sugarcoat this. When it comes to addiction, you will inevitably make a mess of things. And, as with any messy situation, some will offer help, and those who will turn their backs on you. It's not always black and white, but when family and friends find out you're struggling with addiction, they may decide to cut ties. Many people erroneously think that when they relapse or do something totally out of character for them because of their addiction recovery, the person who raised them never knew what was coming or couldn't try harder to stop it from happening in the first place. This is simply not true. Many family members and friends do, in fact, see the signs of addiction coming. But even when they do, things can get complicated. You might not see them or talk to them for a long time, or you may never do anything like that again. That doesn't mean that they don't care about you anymore. People just have to know how to handle

the situation individually. ***It's important to remember that family members and friends will still love and support you even if they are disappointed in your actions or choices.** Like addiction itself, this is a complicated issue with no easy answers or solutions. The best way to approach it is on an individual basis.

Most Family And Friends Won't Understand Your Struggle If They Haven't Battled Drug Addiction

Many people struggle to understand the struggles of those suffering from drug addiction. This can be a lifelong battle that we often don't want to hear about. But not everyone knows how in-depth and serious the cause of drug addiction is, so here are some helpful resources that can help you better understand those who suffer from this condition and learn how to help them.

After seeing first-hand the challenges faced by drug addicts, many people have approached loved ones trying to understand what's going on. Everyone wants better for their loved one, and many have offered advice as an attempt at relief. However, this can do nothing but push a drug addict away. Family and friends may think they're helping by giving advice, but you aren't going to get very far in your relationship if the person you're trying to help is angry about your involvement. The best thing for family and friends to do is learn how to support their loved ones safely.

Learning from your mistakes is an excellent way to build a better relationship with a loved one suffering from drug

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addiction. If a family or friend has attempted to give advice and it was pushed back or refused, don't take it personally – everyone has different methods of dealing with situations. Understanding that this will come with time will make conversations much easier down the road.

Another helpful way to communicate with a loved one suffering from drug addiction is to get involved in their recovery. Being active in their recovery can be a very effective way to talk about the situation with them and prove your dedication to their improving health. You can also provide insight into the process of healing a drug addict by asking questions regarding specific issues, like how they feel on this day or another. This type of connection will help you both get through each day and make sure you're making progress toward your goals together.

Finally, remember that there is never a wrong way to help your loved one. Everyone reacts differently to different situations, so remember that you can't force anyone to do anything they don't want to, and it doesn't necessarily mean you're doing something wrong. Try not to get discouraged by the resistance you may encounter at first – this does not mean the person doesn't want your presence or care. Keep up with your efforts, as soon you will begin accomplishing good things in your relationship with them and notice their recovery as it occurs.

“I stole from my family, now I have no family.” – Dope Jersey

Are Your Family And Friends Something That Your Willing To Lose For Drug Addiction?

Many people have families and friends they would risk just about anything for, but are you willing to lose these people if it means that you can't get high anymore? Can

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you forever say goodbye to all your loved ones and friends? You're probably not prepared to do that, so let's figure out some tips and tricks for knowing what's important. This will also help pave the way for deciding whether or not drugs are worth jeopardizing your relationships with loved ones. It can be tough when faced with those high stakes. It's part of the unconscious process of addiction, and it can be a lot tougher than you anticipated. You might have known that your life is worth more than just a counterculture high, but when it comes to doing something about it, well, ah, there are easier ways to see that!

It can be a very complicated process for people who don't have a knowledge base to fall back on. But once you learn the best tactics for thinking strategically instead of peg emotions in this situation, you'll find yourself with better options moving forward. So, the question remains: what should you do? I know just how to answer this one. ****You don't have to lose anyone you love to your drug addiction. There is a way out, and it all starts with getting honest with yourself about everything that's going on in your life. This is where the real change begins—and this isn't about just stopping the use of drugs. This is about fixing all the other aspects of your life that may be contributing to this addiction.***

This is sort of like when a person is suffering from an addiction but is trying to fix his problem without first fixing the other problems in his life. It doesn't make much sense and will not take you anywhere useful. To get through this crisis, you must first diagnose the

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problem that's affecting your life and figure out what you need to do to fix it. One of the biggest problems with addiction is that people often look at drug use as a solution to huge problems in their lives. And this happens not just with drugs—it can happen with any major problem when someone tries to treat their addiction as the answer instead of looking at their entire situation first. This is what makes drug addiction so hard to stop.

You will not feel like you have the resources to stay clean right now. You will feel like you are being pulled into a bottomless pit. And that's when you'll want to look at the problem with your entire lifestyle and ensure it's not contributing to your drug use.

(Conclusion)

Losing your family and friends is something that most people don't think about when they start using. Drugs will change who you are, and in most cases, your family and friends won't like the new you. Next time you see a drug addict homeless on the streets, ask them if their family likes the new them. The new them means they are addicted to drugs. I know for a fact that when drug addiction takes over a person's life, it won't be long before family and friends eventually cut the cord. It's important to remember what you learned in this chapter when it comes to family abandonment. It's key to remember that we all have choices, and we need to be held accountable for our decisions. Your family and friends are your support system; never forget that.

Don't give up your family and friends for a temporary high.

Notes -

Dope Jersey: Based on a True Story (Part 7)

Don't sacrifice your support system for drugs!

If you decide to start doing drugs. You might as well say goodbye to your family and friends. Because once your drug addiction gets out of control, your family and friends will eventually turn their backs on you. I know it sounds harsh, but it's the truth. I've experienced it and have seen it happen to my peers. When drug addiction takes over, you become a person that your family doesn't know, and because of that, they will abandon that new person. Some people that you see homeless on the streets can no longer go to their family because their drug-addicted ways have burned all the bridges that they once had with their family. In this world we are living in, you have to work for everything you have, so allowing people who steal and rob to

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dwell in the living spaces of those who are clean will not work. It wasn't until I started getting clean and getting my mind right that my family and friends gave me a second chance. Your family and friends are important. ***They're your support system, and you shouldn't jeopardize that for drugs.*** Don't be deceived; I'm going to tell you one more time. If you fall victim to drug addiction, your family and friends will leave you for dead. ***Your family and friends leaving you is the third danger that comes with the beast. So, beware!***

Chapter 7 (TEST)

1. How do you prevent yourself from losing your family and friends to drug addiction?
2. Why is it important to surround yourself with positive individuals during your recovery?
3. What does drawing boundaries mean?
4. What four things should you keep in mind if your family abandons you?
5. What are two reasons why family members occasionally forsake other family members who are addicted to drugs?
6. Your family doesn't love you if they abandon you. T or F
7. Your family members are immune to drug addiction. T or F
8. What's the truth about drugs?
9. A drug addict finds honor in facing his or her challenges. T or F
10. Drugs are a cure for depression. T or F

Affirmation #7

“I love my family and friends.”

Chapter 8

Mental Illness

Exercise 8

(Introduction)

Mental illness is the fourth danger that comes with drug addiction. Because drugs change the way your brain works and its chemistry, research shows that drug use often triggers mental illness. Mental illness and drug addiction go hand in hand and should be avoided. In this chapter, you'll learn what mental illness is. The signs? And how does drug addiction cause mental illness? Mental health is something that needs more attention because it is the root of all drug addiction.

How Do You Define Mental Illness?

***Mental illness, often referred to as mental health disorder, is a variety of mental health problems that affect your mood, thinking, and behavior.** Some examples of mental illness are depression and schizophrenia, anxiety disorders, eating disorders, and addictive behavior. A lot of people experience mental health issues occasionally. However, a mental health problem develops into a mental illness when persistent symptoms and signs cause constant anxiety and impair

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the ability of your body to function. Mental illness can be a source of stress and cause issues within your daily routine, like at work, school, or with your partner.

The signs

The symptoms and signs of mental illness vary depending on the condition and the circumstances, as well as other aspects. The symptoms of mental illness can alter how you think, feel, and behave.

Signs and Symptoms Are:

- Feeling down or sad
- A lack of clarity or confusion in thinking or a reduced ability to focus
- Fears or anxieties that are excessive or intense feelings of guilt
- Extreme mood shifts in lows and highs
- Withdrawal from friends and other activities
- Low energy, significant fatigue, or trouble sleeping
- The detachment of reality (delusions) Paranoia, delusions, hallucinations
- Inability to deal with everyday issues or stress
- Problems understanding and connecting to individuals and situations

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- Troubles with alcohol or the use of drugs
- Significant changes in the way we eat
- Changes in the Sex Drive
- Insane anger, hostility, or violence
- Suicidal thoughts

How Does Drug Addiction Cause Mental Illness?

There is a well-known relationship between substance abuse and mental illness. Several factors influence this connection. In many cases, an underlying condition instigates substance abuse. However, substance abuse can also trigger mental illness itself.

Of course, substance abuse is not the only reason that mental disorders occur. Other underlying causes, such as genetics and the environment, are also instrumental.

Substance abuse, however, can play a key role in a person's life and influence or exacerbate the mental illness that may already exist.

How Substance Abuse Can Cause Mental Illness

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It is well known that alcohol and certain drugs can cause mental illness or trigger a pre-existing psychological condition. For example, someone may not have depression or schizophrenia before they engage in substance abuse. But certain drugs can trigger these conditions, and there is no certain way to tell who is at risk. It may very well be that they would have never developed a problem if they had never started using it.

Substance abuse can cause short- and long-term changes in the brain, affecting neurotransmitters and hormones. If these hormones become unbalanced, it can set the stage for developing a psychological disorder.

Young adults are especially vulnerable, as their brains are still developing. Substance abuse at a young age can cause lasting damage.

There is evidence that depression and schizophrenia are strongly influenced by drug and alcohol use. Certain drugs and alcohol can either cause or "activate" psychological disorders. It is unclear, however, exactly why this happens.

One theory is that alcohol and drug use, especially over an extended period, can affect gene expression, triggering certain psychological disorders if a person is predisposed to them. In addition, these changes to the body can be passed down to future generations.

Alcohol, Opioids, and Depression

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About a third to half of people who abuse alcohol develop depressive symptoms. Studies have shown that chronic alcohol abuse causes changes in brain chemistry and may lead to folate deficiency, both of which are causes of depressive disorder. In addition, heavy alcohol consumption within a short period of time can mimic symptoms of depression. This can worsen psychological problems if mild symptoms are already present.

Chronic abuse of opioids, such as heroin, has also been associated with the development of moderate or severe depression.

“I’ve seen the richest of people get destroyed by opiates and I’ve seen the poorest of poor get destroyed by opiates. – Dope Jersey

Meth, Cannabis, and Schizophrenia

Long-term cannabis use correlates with an increased risk of psychosis, especially if a person carries specific genes. In addition, cannabis use, especially in adolescence, is linked to a higher risk of developing schizophrenic disorders.

Other studies have shown that meth abuse may contribute to the development of schizophrenia as well.

Other Drugs

Chronic abuse of other drugs has also been known to worsen or cause mental illnesses such as depression, anxiety, PTSD, and mood disorders.

For example, if a person was only experiencing mild depressive-like symptoms before, substance use can grow into severe depression.

Certain Types of Drugs Tend to Produce Particular Effects:

****Hallucinogens and psychedelics, such as LSD and magic mushrooms, are known to trigger or worsen symptoms of personality disorders and schizophrenia.***

Sedatives, such as benzodiazepines, can make anxiety difficult to treat.

Stimulants, such as cocaine, meth, or amphetamines, can also worsen anxiety and PTSD. If a person has been abusing stimulants for a long time, a period of abstinence may result in anhedonia, which is a serious symptom of depression.

Long-term use of dissociative drugs, such as ketamine or PCP, is associated with the development of depression and anxiety.

Furthermore, long-term substance abuse can cause changes in lifestyle that result in poor decision-making, which can lead a person into bad situations. Thus, people with substance abuse issues may find themselves in violent or terrifying situations, leading to PTSD, depression, and anxiety.

Substance Abuse and Addiction

Substance abuse is not the same as addiction. However, it is important not to forget that addiction is also a mental illness, and abusing alcohol or drugs can lead to addiction.

Substance Abuse Can Mimic Mental Illness

People who come in for substance abuse treatment often exhibit mood or personality disorder symptoms. However, these symptoms tend to disappear early in treatment, after a period of abstinence. In such situations, a person would be diagnosed with a substance-induced problem instead of a co-occurring mental disorder.

****Side effects of substance use and withdrawal can include depression, paranoia, psychosis, and hallucinations.*** These symptoms can sometimes persist for long periods after a person is sober. In such cases, even professionals say it is hard to distinguish between a co-occurring mental illness and one caused by drugs or alcohol.

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Another example is hallucinogen persisting perception disorder, characterized by flashbacks and hallucinations long after a person has used drugs. This can be mistaken for schizophrenia or another mental disorder.

Dissociative disorders, especially PCP, are known to trigger psychotic symptoms resembling schizophrenia.

Meth users can be misdiagnosed with bipolar disorder. From an outsider's point of view, it appears that they have a period of mania followed by depression. A common behavior of meth users explains this: a binge followed by a come-down period.

During this come-down, many users self-medicate with alcohol.

What Are the Different Types of Mental Illness?

There are a variety of illnesses that are classified as mental illnesses. The most common ones include the following:

- **Anxiety disorders:** Individuals with anxiety disorders react to things or events in a state of fear or dread, along with physical symptoms of panic or anxiety, for example, a rapid heartbeat or sweating. An anxiety disorder is identified if the person's reaction is inappropriate to the circumstance, when the person cannot manage the reaction or if the fear hinders normal functioning.

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Anxiety disorders include generalized anxiety disorders, panic disorders, the disorder of social anxiety, as well as specific phobias.

- Disorders of the mood: These diseases are often referred to as affective disorders caused by constant sadness or a period that is extremely joyful, or a fluctuation between extreme happiness and extreme sadness.

The most commonly reported mood disorders are bipolar disorder and cyclothymic disorder.

- Psychotic disorder: Psychotic conditions are characterized by the distortion of awareness and thinking. One of the more prevalent manifestations of psychotic illness is hallucinations, perception of visuals or sounds that aren't real, like hearing voices, and delusions, which are false beliefs that the person suffering believes to be real, despite evidence against the contrary. Schizophrenia is a prime example of a psychotic disorder.
- Eating disorders are characterized by extreme emotions, attitudes, and behaviors involving food and weight. Anorexia nervosa and bulimia nervosa, and binge eating disorder are the most commonly reported eating disorders.
- Disorders of addiction and impulse control
People suffering from impulse control disorders cannot

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resist the urges or impulses to do actions that may harm them or others.

Pyromania (starting fires), Kleptomania (stealing), and compulsive gaming are examples of impulse control disorders. The use of alcohol and other drugs is the most frequent object of addiction. Many people suffering from these disorders are obsessed with the cause associated with their dependence to avoid obligations and relationships.

- **Personality disorders:** Those with personality disorders exhibit extremely rigid and inflexible characteristics that cause distress for the person and can cause issues in the workplace, school, or social relationships. Additionally, the individual's habits of thought and behavior are quite different from what is expected of society and are so rigid that they hinder the individual's normal functioning.
- **Obsessive-compulsive disorder (OCD)** people with OCD suffer from constantly recurring thoughts or fears that prompt them to engage in certain rituals or practices.

The disturbing thoughts are known as obsessions, and the behaviors are known as compulsive behaviors. One example is a person who has a fear of germs and who is constantly washing their hands.

- Post-traumatic Stress Disorder (PTSD) is a disorder that can result from a stressful or frightening event like physical or sexual assault, the sudden loss of a loved one, or a natural catastrophe. Patients suffering from PTSD tend to have lasting and terrifying thoughts and memories of the incident and can be emotionally numb.

Other less commonly-known forms of mental illness include:

- Syndromes of stress (formerly known as adjustment disorders) stress response syndromes are when someone develops behavior or emotional symptoms due to a stressful event or circumstance. The triggers could be natural disasters, like the occurrence of a tornado or earthquake; incidents or crises, like a car accident or the diagnosis of a serious illness; or problems with interpersonal relationships, such as divorce, the death of a loved one loss of employment or an issue with substance abuse. Stress response syndromes usually start within the first three months following the event or incident and end within one year after the stressor ceases or has been eliminated.

- Dissociative disorders: Those suffering from these disorders have severe problems with or changes in consciousness, memory, and general perception of themselves and their environment. They usually occur

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in conjunction with a high level of stress. These could result from traumatizing incidents, accidents, or natural disasters that the person sees or feels. Dissociative identity disorder (a multi-personality disorder or "split personality disorder" and depersonalization disorder are two examples of dissociative disorder

- Disorders of the fact: These are those in which the person intentionally and intentionally develops emotional or physical symptoms to put the person in the position of a patient or a person in need of assistance.
- Sexual and gender-related disorders influence the desire to be sexual, perform, and behave. Sexual dysfunction, as well as gender identity disorder and paraphilia's, are some examples of gender and sexual disorders.
- Somatic symptoms disorders: A person suffering from a somatic symptom disorder, previously known as a psychosomatic or somatoform disorder, has physical manifestations of disease or pain that causes an overly high and extreme stress level regardless of whether medical professionals can identify medical reasons for the symptoms.

- Tic disorders: People suffering from Tic disorders produce sounds or show non-specific body movements that are repetitive quickly, suddenly or uncontrollably. (Sounds made without intention are referred to as vocal tics.) Tourette's syndrome is a prime instance of a tic disorder.

- Other illnesses or conditions related to sleep, such as various sleep-related issues and a variety of types of dementia, such as Alzheimer's disease, are often classified as mental disorders since they affect the brain.

Different Behaviors Drug Addicts Have from Mental Illnesses?

Behaviors of a drug addict:

- Poor physical appearance: Drug addicts are often depressed, which results in physical effects such as weight loss, acne, and bad hair. They may even stay in the same clothes for days on end. Neglecting hygiene can be another sign of depression.

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- **Odd behavior in public:** People suffering from drug addiction often feel embarrassed about their problem, resulting in strange behaviors when someone is around or trying to hide their problems. This might include acting overly friendly or trying to impress people, or even lying about anything related to drugs or alcohol.
- **Lack of motivation:** Someone addicted to drugs may find it difficult to maintain a job or do their usual daily activities without the push of drugs. They may also lose interest in hobbies that they used to love.
- **Anger issues:** An individual addicted to drugs often feels pressured, lonely and anxious. This can lead to violent outbursts or irrational anger toward others, including family or friends.

This is especially true with anxiety stimulants such as PCP and methamphetamine, where users might feel paranoid and lash out at anyone nearby, thinking they're out to get them.

- **Depressed mood:** Someone suffering from drug addiction is often depressed and filled with anxiety, which can make them irritable, angry, or even suicidal. This is especially true with cocaine users, who are

likely to experience low self-esteem, anxiety, and depression.

Suicide Awareness Because Of Mental Illnesses

The effects on the brain and body caused by substance use or withdrawal can often mimic symptoms of mental illness. Professionals refer to these situations as substantial

Suicide is the third-leading cause of death for people between the ages of 10 and 34. Suicide is a complex issue and not an honest conversation in our culture; shame often prevents us from talking about it. The focus tends to be on mental illnesses rather than emotional health, which can lead people with depression to feel disconnected from others who do not believe they are still suffering or acknowledge that suicide could ever be an option for them.

Many resources are available online to learn more about suicide awareness and prevention and find support through organizations dedicated to suicide prevention. There are national organizations, such as the American Foundation for Suicide Prevention, that promote suicide awareness and acceptance while also preserving the dignity of individuals who face mental health challenges. Other organizations, such as First Candle and Samaritans, focus on reaching out to those considering suicide to encourage them to get help.

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Understanding the warning signs of suicide can help save lives. Some people who are suicidal may have been acting out in ways that could have been perceived as attention-seeking or neglectful before they decided to change their lives forever.

Below are some warning signs of severe and chronic depression, which affect a person's behavior, including suicidal thoughts and actions.

A person who is suicidal may have signs of severe and chronic depression, including:

- A lack of interest in daily activities.
- An inability to grasp new information.
- A decrease in cognitive functioning.

People with depression often lose interest in or find their attention drawn away from activities or subjects they once enjoyed, such as hobbies or other interests. They may also experience memory loss because they find it difficult to concentrate and focus on tasks such as reading or studying. The physical symptoms of depression can also result in problems with memory, including forgetting common words and being unable to recall names and faces.

- Inability to sleep or change sleeping patterns.
- A lack of energy or feeling restless
- Appearing fearful, anxious, or worried.

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Depressed people often ruminate about their difficulties and spend a lot of time thinking about suicide. They may also talk to others about their severe depression and plan for the future, which makes them appear confused and fearful. They may become irritable, argumentative, angry, or abusive. Their perceptions may be skewed, making them think they are becoming weaker when they feel stronger and lose interest in other people's concerns.

Warning signs of suicide can also be seen in people who plan to take their own life while still healthy. A preoccupation with death or dying is the most common sign of suicide and can be subtle. People who want to commit suicide may talk about death, including their own, or about what they will do when they die. They may become obsessed with religion or spirituality, reflecting a desire to find meaning in life after someone has passed away.

Some people who are severely depressed also show warning signs of suicide by giving away their possessions, such as clothing and furniture, although it is difficult to determine if this reflects a desire to clean out their lives before putting an end to them or if they are being practical. Some people thinking about committing suicide may give away some of the things they love most. They may also begin to isolate themselves from others and become less engaged in normal activities.

Some people who are contemplating suicide may be involved in a relationship that is falling apart, resulting

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in them separating from the people who care about them most. They may have behavioral changes not typically associated with depression, including becoming angry or acting differently toward family members. These can be signs of suicidal acts, and sometimes people who commit suicide behave differently after deciding to end their lives.

People considering suicide tend to think of specific ways they would like to die, such as methods they know how to do, such as hanging or using a firearm. If people who are contemplating suicide start to talk about ways they would kill themselves, such as a specific drug or method, this is a sign that they are considering taking their own lives.

In addition to the signs of suicide described above, people who have chronic depression may also start to isolate themselves from others because they do not want anyone to know how bad their condition is. They may avoid spending time with family and friends and refuse offers of help from others. They may even lose interest in sex and stop participating in activities that once gave them pleasure. They may stop eating and neglect their health by not caring about their appearance or dressing appropriately.

Without treatment, people who are severely depressed may make suicide attempts, which can result in death or injury. Some people who commit suicide leave notes behind that explain the reasons they made this choice and what they hope will happen to those they care about after they die. Some people who have chronic

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depression do not attempt suicide at all but choose to end their lives by refusing treatment to end their suffering instead.

If a person has suicidal thoughts or makes plans to kill themselves, immediate action is needed. People who are suicidal often feel hopeless, helpless, and isolated. They have a difficult time reaching out to others for social support. They also tend to withdraw and isolate themselves, making it impossible for others to help them. If you or someone you love is suicidal, this is not the time to act alone. Get help from your doctor or therapist immediately. ***Some people who are severely depressed do not feel comfortable talking about their feelings with those they are close to because they do not want them to know how bad their situation is.** If you are close to a person who is suicidal, it can be helpful to take this as an opportunity to be there for them. Ask the person if they have thoughts of suicide or feel like they might act on them. Be aware that this may be a sign that the person needs help. Even if the person does not want you to talk about their situation, tell them how much you care and ask if they want someone else to be with them in case something happens after they decide to end their lives. Keep someone updated about what is happening in their lives so that someone will know where the person is and whether he or she has taken any action toward ending his or her life. It is important to remember that it is never a person's fault when they are suicidal. The person needs help to get better, and it is your responsibility as the loved one to be there for them when they need you. Your presence may make all the difference in the world.

How to Overcome Mental Illness

"Mental illness is a real problem in our society, and we mustn't hide from it or pretend that everything will be okay when someone suffers from it."

If you suffer from mental illness, you know how difficult it can be to live. Mental illnesses can cause low self-esteem and poor quality of life and are currently the leading cause of disability in America. They also often do not have an easy cure — they just come and go as they please. But what can you do?

How can you overcome mental illness?

****The answer is a little simpler than you might think. You need to take care of yourself and surround yourself with a community of people who will help lift you. It would help if you also educated yourself on how the illness works; that way, it will be easier to keep it under control.***

1. You Need to Take Care of Yourself

Sometimes, to get out of bed in the morning, you have to remind yourself that there's a reason to get out of bed in the morning.

When you're suffering from mental illness, getting out of bed in the morning and facing a day may seem

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impossible. It may seem like you don't want to leave your bed — how could you possibly go on?

But with a little help, you can overcome mental illness without destroying yourself.

First, begin by creating some support in your life. Find someone who is patient and understanding — someone who can listen to you without judging you or trying to fix everything for you. This is especially important if it's been a while since someone has been helping you take care of yourself. Please get back in touch with old friends or family members and make sure they know your situation's difficult.

These people can help you through rough times, as well as help you learn how to take care of yourself every day.

Maybe you can't tell your fantastic friend how hard it is to get out of bed — remember that she's a great listener and an open book. Bury it in her heart and let her know what you need. She won't judge you; she'll try her best to understand and be there for you when things with mental illness get bad.

Enlist the help of a therapist, a doctor, or someone who can help you take care of your mind without judging anything about your situation. Find what works for you and make it happen.

Second, surround yourself with good people. Volunteering at a shelter or an animal shelter can help boost your mood — your work will be emotionally

fulfilling, and the pets there won't care that you're struggling with mental illness. Befriending other people who have experienced mental illness or who have struggled with similar problems in the past can make a difference. You don't have to go through things alone — you can overcome mental illness with a community of people who understand your struggles.

2. You Need to Educate Yourself

You might think that mental illness is something that "just happens," but it's not. Many environmental factors contribute to how your brain works and how you experience the world, and you need to learn about them.

For example, when someone suffers from depression, they are more likely to make bad decisions without thinking about the consequences. If they're not careful, these bad decisions can lead to poor decisions, such as becoming a drunk or an addict.

Here's what you can do:

If you are depressed, make sure you don't surround yourself with people who are not supportive of your health. Surrounding yourself with people who will bring out the worst in you is a recipe for disaster. Instead, surround yourself with close friends and family members who will help lift you when things get rough.

It would help if you also found hobbies or activities that make you happy. Perhaps that involves running or watching movies — making time to relax and enjoy life will make it easier for the negative voices in your head

to quiet down. Depression is certainly treatable, so work to reclaim your life.

3. You Need to Be Mindful of Your Environment

If you have a mental illness, sometimes it's easy to mistake a bad day for a long-term problem. You think that no matter how hard you try, things will always be this way, but this isn't true.

The fact is that you can recover without losing everything. Perhaps a simple trip to the gym will do it for you. Maybe some new friends or a change in scenery could help snap your mind back into focus — and maybe it'll help make you realize how much better life can be when you see it from another perspective.

A lot of the time, taking a step back from your life is all it takes to realize that everything isn't so bad.

Sometimes it's just a phase and not something to be ashamed of — but sometimes, it can be overcome.

We've learned that when you're trying to recover, you need to be honest with yourself. Don't convince yourself that you can't recover, don't convince yourself that things will always be this way and that nothing will ever change — because you might make things worse for yourself.

If you're struggling with mental illness, take a step back and look your situation objectively.

What are you going through? Is it likely that you'll be this way forever? What do your friends and family say

about your situation? Do they think you'll ever change, or will things stay this way forever? How do they view your mental health problems? Are their opinions (and your own) just as valid as a doctor's? Would a doctor even help if he or she could see right into your head and realize why you're experiencing mental illness in the first place?

Creating a healthy perspective may seem simple, but sometimes it's easier said than done. Everyone has different experiences interpreted differently, and some people interpret events in completely different ways than others.

But to recover from mental illness, you must learn how to interpret events correctly.

4. You Need to Be Honest About What You're Experiencing

It would help if you told others how you feel when you're having a rough time. If people in your life aren't as understanding as they should be, try to tell them right away — but don't be afraid to ask them for help, either.

If you're depressed, you may be considering suicide. It would help if you talked to someone about this as soon as possible. Don't wait, and don't try to hide it — instead, talk to someone and ask them how they can help. Talking about suicide isn't shameful; it's necessary. Many people who suffer from mental illness think about death quite a lot, so it's not surprising that

you've thought about it before — but the most important thing is asking for help when your mind goes there.

Sometimes letting others help you does make everything better in the end — perhaps talking to a therapist or a friend will be just what you need to snap out of it.

If you're struggling with mental illness, don't be afraid to ask for help. Talking about your problems can be scary, but it's completely normal. Many people will understand what you're going through, and they want to help you succeed.

5. You Need to Be Very Careful About What You Say About Yourself

***Gaslighting — manipulating someone into believing the most negative things about them — is a big problem in the world of mental illness. Committing a form of gaslighting is saying something meant to wound or embarrass someone but saying it subtly enough that no one else notices (but the victim did).**

We've seen this happen to people with mental illness, and we know how damaging it is — and how damaging it can be in the long run.

***Here's how gaslighting works: You make someone feel ashamed or embarrassed, but no one else can see it. You say something negative about them, and then**

when they point it out, you deny that anything was wrong — effectively making the person believe they are crazy or malicious.

But there are ways to fight back against gaslighting — we'll give you a few examples of this type of gaslighting below:

- "You're so irrational. Why are you even so upset about this? Stop being such a drama queen."
- "I don't think you should be friends with that person anymore — they seem like they're not good for you."
- "Why are you crying? You're being so dramatic. Nobody believes that you were hurt, and that makes you cry, right?"

Of course, it's important to be careful about what you say about yourself — but it's also important to know how to recognize when someone is doing this. If other people around you start saying things that sound a bit off, stop and ask them what they mean. If you can't convey the message that what they're saying is hurtful (or even if they refuse to admit they were wrong), it may be time to cut them out of your life.

6. You Need to Be Honest with Your Doctor or Therapist

Some people with mental illness are afraid to open up with their healthcare providers. They're afraid that if they say something wrong, the doctor will think less of

them — but this isn't true. Opening up to your doctor doesn't mean you'll be judged; it just means you might be helped.

It's important to be completely honest with your doctor if you're experiencing mental illness — and if you don't feel like you can be honest with them, it might be time to move on.

If you struggle with depression, anxiety, or any other mental illness and you have a therapist or doctor who doesn't seem like they care about your mental health, it's important to get help elsewhere — because there are people out there who will help. Your doctor may not be right for you, and that's okay! Don't feel helpless because of this; try to find someone who might better understand what you're going through.

7. You Need to Be Honest About How You're Feeling

If you're suffering from mental illness, it's important, to be honest about your feelings. Not only is this the right thing to do, but it also helps keep your mind in check and prevents problems before they happen. You must tell people around you what kind of mood you're in — because if they know, they'll be able to help when your emotional state gets out of control.

It can be difficult to speak up about how we feel — but being honest with others helps keep our mental health in check and minimize problems before they happen.

8. You Need to Know When to Stay Quiet About Your Problems

You must know when to open up about your problems — but it's also indispensable to know when to shut up. Mental illness can be very hard on the people around you — and if you're going through something tough, sometimes it's best not to say anything. You must ask yourself: "What is the best way of telling other people?"

Sometimes saying nothing at all is better than saying too much. For example — instead of sharing your feelings with friends or family members when they're in a bad mood, it may be better for everyone involved if you keep quiet for the time being.

Other times, however, it's important to talk — and if someone is going through something hard, they deserve to have that hard time heard by someone else. It would help if you decided when it's the right time to open up

9. You Need to Be as Confident as Possible with Your Depression and Anxiety Symptoms

The symptoms of mental illness should not be swept under the rug. Mental illness is real; just because people suffer from it doesn't mean they're less useful or capable than anyone else. For example — you don't need to feel embarrassed because of your depression, especially if no one understands what you're trying to say. And you also don't need to feel ashamed because

of your anxiety — it's a normal part of being human, and most people understand it.

Is mental illness permanent?

***Mental illness is not permanent. A mental illness can impact your life, but it doesn't have to control it. The proper treatment makes it possible to recover and lead a full life.**

The important thing to remember is that you are not the brain disease; rather, the symptoms of the disease are causing challenges in your life. ***Recovery means finding ways to handle challenges that might once have been too difficult or overwhelming for you alone.**

With support from others and several approaches that may work for different people in different situations, there's almost always hope for improvement.

Recovery is when a person learns to live with their illness and can handle the highs and lows of strong symptoms. Recovery means finding ways to manage the challenges of severe mental illness while still making time for important life activities. ***It is possible to have a fulfilling, productive life after recovery.**

Recovery means different things to different people. Many people go on to do great things: become successful in college, graduate from college, get a job, or live independently—even after struggling for years with severe mental illness. Other people may be unable

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to return to work or school or maintain an independent lifestyle. Everyone needs to understand that mental illness is not permanent. Recovery is a process that happens over time. There's no single way it happens for everyone -- it can be a long and winding road.

***Recovery takes commitment and dedication from your family, friends, and healthcare providers. But most of all, recovery takes hope -- hope that you can get better with help from others and hope that with patience, support, and the right treatment, you'll be able to manage your symptoms, so they are no longer in control of your life.**

Notes -

Dope Jersey: Based on a True Story (Part 8)

Drug addiction will leave you mentally ill!

When I first decided to start drinking liquor and smoking weed, I didn't think about my mental health at all. The only thing I was focused on was getting high. Now that I'm older and wiser, I see how taking drugs didn't help with my mental illnesses but made them worse. My mental illnesses played a big part in the destruction of my life. Due to the use of harmful hardcore drugs, my brain's chemistry was totally out of whack. Even after I stopped smoking and drinking, I still suffered from the effects of the drugs. My mental illnesses put me in a lot of places that I would have never dreamed of going, like jail. Not only that, but I've done a lot of things that I regret because of my mental illnesses. Pay attention to how I keep using the term "mental illness." A lot of people never want to acknowledge or admit that they have mental illnesses. Ignoring your mental illness is not a good idea. If you're suffering from any type of mental illness that you read about or learned about in this chapter, please seek professional help. Mental health is something that is causing much damage in today's society and should be taken seriously. So, before you think about joining the drug culture, think about the fourth danger that comes with drug addiction. Mental Illness!

Chapter 8 (TEST)

11. What is mental illness? 1
12. Name some side effects of magic mushroom's and Lsd. T or F 1
13. Mental illnesses are permanent and can't be corrected. T or F 1
14. What are three things needed for recovery? 1
15. It isn't possible to have a fulfilling, productive life after recovery. T or F 1
16. What does recovery mean?
17. How do you overcome mental illness?
18. What is gas lighting and how does it work? 1
19. People who are severely depressed like to talk about their problems. T or F
20. What are three side effects of substance use and withdrawal?

Affirmation #8

“I love my family and friends.”

Chapter 9

Russian Roulette

Exercise 9

(Introduction)

What Is Russian Roulette?

This is one of the most dangerous games in the history of humanity. Russian Roulette is a game of chance in which one or more of the six chambers of a revolver are filled with cartridges, the chamber is rotated at random, and the gun is fired. The shooter bets on whether the section that turns into position will be loaded. If it is, he loses not only his bet but his life. In this exercise, you will learn why Russian Roulette is the fifth danger that comes along with drug addiction.

Are You Playing Russian Roulette with Your Life and Don't Know It?

Do you believe that everyone is aware that doing drugs puts their lives in danger? How can you be certain that the drugs you are obtaining are safe? If you don't know, there is a significant risk that you will end up dead like the other overdose victims.

You hear so many accounts of people who perished after using dangerous substances. People typically receive fentanyl-laced phony pills or a batch of fentanyl that is either overly powerful or of poor quality. Even more recent incidents of people overdosing on marijuana that has been spiked with fentanyl are being reported. There are also reports of fentanyl-laced edibles like mushrooms, and the list goes on. I believe it is reasonable to state that everybody who participates in the drug culture and uses and abuses drugs is playing Russian Roulette with their lives.

For many, smoking weed or taking opiates is nothing more than having a good time. Whether it's stress relief, enjoying some company and some laughs, or just getting into that mood, no one will think any less of you for getting high. These drugs are recreational substances, after all; they are not something to be afraid of. ***But, in reality, smoking weed and taking opiates can be very dangerous and shouldn't be taken lightly.**

The truth is, you never know how your body will react to drugs. Some people tried it once and nothing happened, and some died. Perhaps you won't overdose, or maybe you won't even feel a thing, or maybe you will die. That's the risk you take. ***However, remember that, unlike Russian roulette, the game of doing street drugs doesn't stop after one round. While people die from playing Russian roulette, they survive more often than not if they quit before too many rounds are played. While people typically do not die from trying**

street drugs once or twice, they will die if they continue to do them repeatedly!

You Never Know If Street Drugs Are Good

Do you put all your trust and faith in your drug dealer? Have you ever asked yourself that question? Most people who are addicted to drugs don't realize how much trust they place in their dealers. Unfortunately, everybody who's selling drugs doesn't have the customers best interests in mind. The main focus for them is to make money and get paid. Whenever people put money above morals and good values, it opens the door for all types of evil. I would like to share a story with you about how a life was lost to drug addiction. The names have been changed, but this is based off a true story.

This story is about two friends named Emmitt and John. Emmitt and John grew up together and have been friends since the sandbox and have always respected each other. As they got older, they grew apart, but they still kept the respect they had for each other until this happened.

I'm so excited, I've got to call John and tell him the good news. (The phone rings.) Ayo, what's up, my guy? What's happening? John I'm on cloud 9 right now, bro, ***I just got an email from DJ Wilden saying that he wants me to produce three tracks for his new album. It's finally here—the big break I've been**

looking for. *That's what's up, bro; do you need any za? I just got a new batch of freshies. And I got Indica's in. You know how much you love my Indica's, said John. Emmitt replied by saying, "You're a fucked-up friend, John. Lol, you didn't even congratulate me on my accomplishments, but you're telling me about your new weed strains." My bad, bro. Congratulations on your accomplishments. I wish you the best and many more. I'm about to order me some food; come through later if you need any gas. Peace out.

What's wrong Emmitt, we're supposed to be in a positive mood, celebrating your new opportunity to produce for DJ Wilden's new mixtape. What happened? Why the tight face? I don't feel like talking about it right now. Sarah, let's just go to the movies. No! I'm your girlfriend, and I want to know what John said that has you in that sunken place. Alright, I'll tell you. Don't you know that when I called this fool John to tell him about my deal with DJ Wilden, he cut me off and said, "I got a new freshie in." with that annoying voice that he was using. I was so angry inside that I could have cussed him out, but I didn't. He's supposed to be my friend. Lately, he's been treating me like, I hate to say it, a junkie! I feel like we're growing apart.

Maybe you should slow down on the za, said Sarah. ***It's probably because you buy so much weed from him that he's not looking at you as a friend but as a lifetime customer.** A lifetime customer! I can't believe you just said that. Well, it's the truth. If you can't stop smoking it, then that means you're addicted to it, right?

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Then Emmitt said, "I guess you're right. I have to slow down and focus." That's a good idea; you've got a bigger opportunity, and you don't want to allow weed to get in the way of that. I agree, and thank you for keeping it real with me, said Emmitt.

(Meanwhile, in another universe...)

Man, fuck Emmitt and everything he's got going on. I could care less about his opportunity to work with DJ Wilden. Now that he's got that little b*tch, Sarah, he thinks he's that n*gga. Man, fuck Emmitt. I thought you and Emmit were good said Rob? We used to be a few years ago. ***Man, Emmitt isn't nothing but a junkie to me. He spent about 3,000 dollars with me within the last three months.** He's a fiend! Damn, bro, ***I didn't know Emmitt didn't have control over his marijuana habit.** Man, that guy will smoke anything you give him. I'm sick and tired of Emmitt; I've got something for him.

So, lover boy, are we going to catch the 8:30 movie or not? Most definitely, let me get a shower and get dressed.

(1 hour later...about 7:30 P.m.)

Why are we not on our way to the movies? Sarah said, to Emmitt? I want to make a quick stop at John's to get a quarter of this new strain he has in. I don't think that's a good idea said Sarah. We are already spending money to go out to the movies; now you're about to give him \$100 for weed? This makes no sense! I know I should

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be saving for my plane ticket to meet with DJ Wilden, but I want to see what this new strain is hitting for. You're a grown man. I can't tell you what to do, but I wouldn't trust John! My dad told me to never trust and stay away from jealous people. I understand, love. Can you be quiet for a second while I call John?

(The phone is ringing, and John picks it up.)

Yo, bro, bro, I'm in the driveway, said Emmitt. The phone hangs up. A few minutes later, John walks up to the car and greets Emmitt by saying, "What's up, Em?" Everything is everything. **I'm on my way to the movies with Sarah to see "Aliens from Sirius"*. Sarah doesn't speak to John; she just stares him down with the mean mug.

Yo Em I just ran out of the strawberry runtz you wanted, but I got something even better for you. Fuck man, how did you run out when I asked you to put a quarter to the side? My bad man, my fault. Look at this, though: I got these new edibles in from California with 33 percent THC. Man, I don't mess with edibles like that; I just like to smoke my flower. I'm telling you, these will have you on cloud 9. Sarah interrupts and says, I'm ready to go now, Emmitt! John quickly says, Look, man, just take them for free; it's on me. I don't want to hold you up any longer. Emmitt says, "Good looking out, bro; I appreciate you."

I can't believe you, Emmitt. You fool! You can't see that John is the devil. He's the biggest liar I know. And you're going to say, "Good looking out, bro; I

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appreciate you." I can't believe you. I'm so frustrated with you right now that I'm not in the mood to go to the movies with you. Are you serious right now, Sarah? Yes, I'm a dead ass. Can you drop me off at home? I'm not feeling this vibe right now; I just want to go home. ***Your marijuana addiction got you out here chasing anything to get high.** Sure, Sarah, whatever you say. For the rest of the ride, nothing was said; it was complete silence. Emmitt drops Sarah off home and he drives off blasting his music.

(8 A.m. the next morning)

Sarah, are you up? No, Mom, but I guess I am now. Sorry, daughter, I just wanted to know if you wanted any hotcakes and sausage. Of course, you know that's my favorite. I know that's why I asked; maybe it will make you feel better about not going to the movies yesterday with Emmitt. I'm sure it will fill my stomach, but I've been having a weird feeling all night that I just can't shake. I texted Emmitt last night to apologize to him for how I acted yesterday. He still hasn't texted me back. That's not like him; he always texts me back. Maybe he's a little upset, but still, give him some time, and he'll call you back.

Mom These are the best pancakes that I have had from you in a while. Well, thank you, daughter. I try. I'm glad that you're in good spirits now. Then the phone rings: "Hello Sarah, this is Mrs. Jenkins. Are you sitting down? Yes, why are you asking me if I am sitting down? Well, I have some bad news for you. Emmitt passed away yesterday. Sarah drops the phone and

starts screaming No! And runs up into her room. Sarah's mom quickly picks up the phone, and this is what Ms. Jenkins told her.

Apparently, yesterday, before Emmitt and Sarah were supposed to go to the movies, they stopped by John's house to buy some drugs. ***I don't know the full story yet, but yesterday around 8:35, Emmitt overdosed and died in the movie theater.** I'm still in shock. I've been up all-night crying. I would have called you sooner, but I couldn't get the strength together to call you. Tell Sarah to stay strong, and I will come by to see her asap.

This is the typical story that we hear time and time again about someone overdosing on fentanyl. This story shows you how it's not wise to put all your trust in a drug dealer because you never know when they will turn on you. Emmitt and John were childhood friends until money and drug addiction destroyed their friendship. Emmitt was not wise enough to see the signs that John was jealous of him because he was blinded by his drug addiction. This story is not to say that all drug dealers are like John, but some are and some are worse. This is the perfect example of how doing drugs and putting your trust in drug dealers is like playing Russian Roulette.

Do You Want to Play Russian Roulette with Your Life?

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Do you want to play Russian Roulette with your life? The decision is up to you! But before you choose the wheel of fate, think of what could happen if a slight change in events or a choice could significantly impact your life. In a positive way. Playing Russian

Roulette with your life is very dangerous and should be avoided. Furthermore, every time you buy street drugs and use them, you are taking that risk. Is it worth the risk? Doing drugs is all fun and games until you or somebody you know dies.

(Conclusion)

Since 1999, there have been more than 932,000 deaths from drug overdoses. That's almost a million people. We all know somebody who has died from a drug overdose. It's very important to understand that when you decide to use drugs, **YOU ARE TAKING A RISK.** When you get comfortable, that's when you forget that you're taking a risk. Don't be like Emmitt, who was blind to the fact that his so-called friend was jealous of him and poisoned him. This is the fifth danger that comes with drug addiction. Be accountable for the decisions that you make in your life. That means if you choose to walk down that path of addiction, be prepared to face the five dangers that come with drug addiction. Stay focused and live your dreams.

Notes -

Chapter 9 (TEST)

1. Why does John view Emmitt as a fiend?
2. Emmitt doesn't have control over his marijuana addiction. T or F
3. How much money has Emmitt spent with John within the last 3 months?
4. What happened to Emmitt in the movie theater?
5. How did Emmitt's marijuana addiction lead him to trying an edible?
6. Why was John jealous of Emmitt?
7. There's no harm in smoking weed or taking opiates. T or F
8. Why is drug addiction worse than Russian Roulette?
9. When should Emmitt have realized that John wasn't his real friend?
10. What's the name of the movie Emmitt and Sarah were going to see?

Bonus Affirmation

"I will not play Russian Roulette with my life."

Dope Jersey: Based on a True Story (Part 9)

Are You Playing Russian Roulette?

Every time you take street drugs, you're taking a risk. Whether it's smoking marijuana, doing shrooms, or popping pills, you are still gambling with your life. When you don't know where the drug is coming from or what's in it, you're playing Russian Roulette, whether you want to admit it or not. Over the years, I've heard countless stories of people getting bad drugs, both unintentionally and intentionally, that led to their deaths. When most people are buying or using, they are not thinking at all; the only thing on their mind is chasing that high. They have become comfortable with the idea that their drugs are safe and harmless. They have put 100% faith in the person providing them their fix, and the thought of poisoned drugs will never enter their mind.

One of my associates died from drug poisoning because he was addicted to playing Russian Roulette. The story goes that one day he contacted his dealer to get some cannabis flower and edibles. A few hours after getting the drugs, he overdosed and died from the poison in the edibles. When the dealer was in court and they asked him what the motive was, he wouldn't say. But everybody thinks jealousy and envy played a big part in why he put fentanyl in the edibles. That goes to show

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you that you should never put 100% trust in anyone giving you drugs.

That's just one aspect of Russian Roulette. Another aspect is the idea of using and abusing drugs. Take a second to think about what you're actually doing to your body. I'm sure you're well aware by now that there are so many dangers that come with drug addiction. Russian Roulette is not a game that you want to start playing. It's very addictive when you look at it from the perspective of using and abusing drugs.

For the people using and abusing drugs. I hope you make the decision to put the game down and live your life. Don't be a victim. I'm not going to name names, but what I will do is give you an assignment. Google how many famous people died from drug addiction. Then research how many people have died in the last ten years from drug addiction. Don't be a statistic. Put the gun down and stop playing Russian Roulette with your life. Peace!

Notes -

Bonus Chapter

Bonus Exercise

E1T1 Mindset

(Introduction)

Each one teach one is a Kemetite proverb used by many Kemetite Kings and Queens to increase the performance of themselves, their team, and society as a whole. In another light, it's a mindset for winners. It's not without flaws and has been met with criticism and skepticism over the years, but it's still worth looking into. I'll teach you what E1T1 is all about in this exercise.

For any aspiring leader, public figure, entrepreneur, content creator, or social innovator who wants to explore how they can tap into a powerful mindset that has been proven effective by hundreds of thousands of people across the world. This mindset has gained some traction in recent years, so now I want to share the techniques with you.

"Each one teach one," or E1T1, as it is often referred to now, is the mental state of being in a state of "E," which is attained by performing one single sound, Eeeeeee. It is a feeling most will know from their childhood, as every child has practiced one-legged squats to improve their flexibility, balance, and coordination. It's necessary for any winner to begin developing this state of mind while chasing their dreams and focusing on fulfilling their desires.

When done correctly, this seemingly simple sound can become necessary for professional training and conditioning. **At its core, the technique involves utilizing the mind to ensure that your body completes each command one at a time while your mind focuses on maintaining that single point of focus (easy to remember if you think about it). This single-point focus is intended to instill the concept of singularity.*

What Is E1T1 Mindset?

The E1T1 mindset teaches you to execute your plan, visualize your goals, and track them daily. It teaches you to focus on the present and live for the moment, using today as a tool for the future while not worrying about tomorrow. When you have an E1T1 Mindset, you can enjoy life without the consequences of thinking negatively. It's like riding a bike: once it's learned, it's never forgotten. It's a skill needed in every aspect of life, but it's essential to building your true self and obtaining wealth.

“Don’t ever start doing drugs, its no joke.” – Dope Jersey

Notes -

Why Is an E1T1 Mindset Necessary?

You may be wondering why this mindset is so important. There are many benefits to keeping your thoughts and emotions in check.

1. Not only does having an E1T1 Mindset keep you from idolizing money and the world, but it also allows you to give back to the world by teaching at least one person what you've learned in this book and start living the illuminated life you always wanted. Without drug addiction and negativity. Here are some reasons why this mindset is essential:
2. Having an E1T1 Mindset allows you to plan. Many people don't think with a long-term view and get upset when they make mistakes with their time and money. By preparing for the future, you can save more time and money at the start and relax, knowing that if something goes wrong in a couple of years, it won't hurt as much.
3. Having an E1T1 Mindset allows you to relax. No one wants to be the person who is constantly worrying about everything, and by keeping your time and finances in check, you can rest easy knowing that you don't have to worry about your time and money situation.

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4. Having an E1T1 Mindset allows you to give back! Many people with a lot of free time and money also find ways to spread it to those in need or help them in some way. By having an E1T1 Mindset, you can live easily, knowing that if someone else has a problem, they can come to you instead of stressing over how they will fix it. You can use your extra money to help others as well as make the world a better place.
5. Having an E1T1 Mindset allows you to spend more time with loved ones. In this day and age, many people feel that they don't have enough time to spend with the people they care about. They feel guilty for spending so much time working and often forget the little things in life that matter most. By having an E1T1 Mindset, you can eliminate those feelings of guilt and stress, allowing you to spend more time with your family without worry because you know that your finances are in order!
6. Having an E1T1 Mindset allows you to relax in the present moment. Many people focus on the future too much and miss out on the beauty of life right before them. With an E1T1 Mindset, you can relax as you wait for your next thrill, vacation, or big break! Without worrying whether or not your bills will be paid on time.
7. Having an E1T1 Mindset allows you to use today as a tool for tomorrow. You are one step closer to reaching your goals by planning and saving money. When you finally get your goal, it will be even better because you will know

that your hard work paid off and that you used today as a tool for tomorrow!

How Do I Start Building My E1T1 Mindset?

There are many ways to build this mindset, and it's essential to turn negatives into positives. This section is dedicated to those who need help developing their E1T1 mindset.

1. Make a vision board. This is a way to visualize where you want your life to be and will help increase your E1T1 mindset. One cool thing about vision boards is that they are "visual affirmations." They are like affirmations, but they look better.
2. Create an imaginary vacation. This is a fun way to build an E1T1 Mindset when you have time alone. You can visualize how you want your vacation to go and write down the things you love doing while on vacation. You can also write down all the different things you think of when it comes to your life, like who you want to meet and all the great things about it. Then, each night at bedtime, take a minute or two to look at what is written on your board or vision sheet.
3. Think back to when someone else helped you recover financially.

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1. If you are currently in school, think back to a time when someone gave back to those around them by doing something for someone else for free or for a little money.
2. Think about how it felt when you were able to help someone avoid a financial setback.
3. Think about a time when you could have given someone else an opportunity you would have enjoyed.
4. Think about the times when people corrected your financial mistakes and how it felt knowing that things were going back to normal.
5. Visualize yourself enjoying your life with money while being debt-free.

Some People Weren't Educated by Their Parents

In the past century, we've seen a tremendous shift in our educational system, which relies more on technology than ever before. While this is great for our society and gives children more accessible access to various information and resources, ****it's also given way to an unfortunate side effect: the lack of parental guidance.*** Countless times, parents have to answer questions about values, academia, and life. This is unheard of in many parts of the world where education goes back generations or centuries. The result is that many

children are raised without the proper guidance their parents can provide. ***Technology has also made it easier for children to find various information and sources, which is a positive way to educate children. Still, it also allows them to be exposed to dangerous or misleading information.** The people who weren't educated by their parents can be seen in places like the "fake news" phenomenon that has swept the internet this past year. These sites take basic ideas, facts, statistics, and figures from established sources and present them in an often-sensationalized light. By the time the information reaches the third party, it's morphed into something completely different. This is why parents must guide their children on what is safe to look at and what isn't, and how to respond to upsetting information.

“Since I stopped doing drugs, I got the whole world in my hands.” – Dope Jersey

Some people weren't educated by their parents, which also comes into play regarding social media. Social media can open various doors for children, allowing them to connect with people worldwide and discover new experiences and cultures. However, it can also expose children to some of the harshest things in our world without proper guidance from their parents or guardians. Allowing a child to be exposed to disturbing things can lead them to develop a skewed worldview, causing them to retreat from the world, or cause them to give up entirely and become reclusive.

Children need guidance to learn how to think and make decisions for themselves. Of course, this doesn't mean they should never be exposed to the world around them, but they must also have direction so that outside forces won't sway them. This can come from proper education through their parents or guardians, teaching at school, and opportunities they may have elsewhere.

Some People Are Distracted by People, Places, & Things

The E1T1 mindset is a new way of thinking about life. It's the difference between living reactively and proactively. ***Today, many people live in a reactive mode, reacting to life as it happens with no idea of their potential for success or happiness. People are generally reactive when distracted by other things and not focused on what's important to them.** It doesn't have to be this way; it's never too late to break out of the "reactive" pattern and become more proactive. ***Being proactive means following a clear plan of action and being focused and disciplined about the things that are important to you. Being reactive is like not having a plan and planning to fail.** I suggest people break out of their reactive mode with a simple but powerful mindset shift: "E1T1" for life. It's an acronym for "Each-one-teach-one, which means thinking of your future exclusively for once in your life, such as 25 years from now, when you could retire, go back to school, start a new business, or follow other ideas that you have.

The E1T1 mindset can be adapted to any goal, large or small.

***E1T1 combines three concepts: an action plan, a time frame, and a commitment.** Let me break down each idea separately: "Each one teaches one" has three parts. First comes "Action Plan," which is the mindset for living proactively. It means focusing on the things that are important to you for once in your life. So, when it's time for you to start your business, get married, or retire, you focus solely on that goal—all at once. Preventing you from spending time and energy thinking about other things that aren't important to you.

The second part of the E1T1 mindset is setting a time frame for each of your goals. In other words, you have to take action in your life to get from where you are now to this future point where you can focus exclusively on your goals. For example, if you want to be married by 2035, then it's time to develop a plan for meeting someone and start acting on it. When you have an E1T1 time frame plan, simply "execute" it repeatedly with discipline until you achieve success. This is what people mean when they say, "Hard work pays off."

Finally, you have to commit. You have to take time out of your life and dedicate it entirely to the most important things. This is the hardest part of the E1T1 mindset because people are distracted by many things

and don't commit. When you commit, you're deciding that there is no way back and that this is where you want to be in your life. In fact, committing helps people get what they want because when they do so with focus, they get better results and enjoy their lives more.

E1T1 is a simple and easy-to-follow mindset for anyone, whether you're a young person starting on your career path or an older person who wants to retire early or start a business. By choosing this E1T1 mindset, you'll live your life like every successful person.

It Will Keep Your Mind Sharp and Aware That Drug Addiction Is A Beast That's Constantly Destroying People's Life.

Drug addiction is a beast and an ongoing struggle for many people. The number of people who are addicted to drugs and alcohol is staggering, but with an E1T1 mindset, it's possible to overcome addictions, regain lost ground, and re-learn the joys of living life. E1T1 mindsets can provide the support you need to make your way from low self-esteem and depression to happiness. E1T1 reminds us that we matter. It helped hundreds of people stop living in fear, spend more time with their kids, and significantly improve relations with family members, all because they wake up every day feeling confident that they're not alone on this journey through life.

To put things into perspective, let's use drugs as an example. People have seen the destructive power of drugs and subsequently developed a type of ***"Junkie" mindset, where they believe there is no way out or any hope whatsoever.** Unfortunately, this is an attitude many people have learned to live with and accept. They have, in essence, accepted that they will die from some form of drug addiction. However, this is where the E1T1 mindset comes into effect. This mindset teaches us that drug addiction is a choice, and our power of choice is supreme. It teaches us to develop a strategy against drug addiction and not give up if we go through withdrawals or setbacks at some point or another during our recovery (especially if it's a relapse). Eventually, you'll learn to be released from the shackles of addiction and find your way back onto the path of sobriety toward thriving health and wellness.

Benefits of Having an E1T1 Mindset

E1T1 stands for each one, teach one. This is a mindset in which we think we can be successful, happy, and fulfilled. E1T1 is quality of life at its best. The benefits of it are endless. ***Empowered means that you accept yourself and your abilities, so you do not need to prove yourself to others.** You also understand that your happiness does not depend on what others think about you; instead, how you feel about yourself is vital to achieving success, happiness, and fulfilling relationships with people around you.

Creating an E1T1 mindset starts with self-awareness.

***Self-awareness is the ability to discover your strengths and weaknesses. It does not mean perfection, but the ability to commit yourself to achieving your own goals and understand how you are doing towards those goals.** Self-awareness helps you understand where you are and what changes you need to initiate. *** Self-confidence means being comfortable in your skin and knowing that life is an experience and that to survive, you will have ups and downs.** Your happiness depends on how much you like yourself and how much pride you feel about it. Being confident also means that you have a positive attitude towards life; if the weather threatens you, you can take it and still go out as if nothing happened. The benefits of having self-confidence are that you are confident, which helps reduce stress levels, gives more assurance, and helps maintain steady moods. All these benefits will make you more productive in achieving your goals.

E1T1 mindsets help you understand that you can make mistakes but still have a positive attitude as you try to correct them. This mindset allows you to understand that your failures are simply part of the learning process and do not define you as an individual. They only show you areas where we need improvement. E1T1 mindsets allow you to take risks without the fear of failure. Taking calculated risks is one way to reach your goals.

E1T1 mindsets help you develop strong relationships with others and yourself. E1T1 mindsets help you become a better parent and foster your child's self-esteem.

****The benefit of using the E1T1 mindset is that you'll have an excellent opportunity to discover your strengths and weaknesses, which means you will know what actions may help you reach your goals faster and make significant improvements to your life in general.***

Self-awareness, self-confidence, and E1T1 mindsets help you develop a sense of motivation. This is the ability to keep up your pace to achieve your goals, knowing that you're on the right track. It also means you can set realistic goals and achieve them with a progressive mind. Motivation helps in living a fulfilling life by having the ability to take risks and having the courage to discover new things about yourself. In time, you will be able to see who you are as an individual and begin to feel proud of it.

“If you don't get clean from drug addiction, it will take you to the grave.” – Dope Jersey

E1T1 means we believe that we have control over our lives, our decisions, and our future. This mindset helps us live a fulfilled life.

E1T1 is a mindset, which means you can change your mind to help you achieve your goals in life. This mindset is the basis for success and fulfillment in all our lives.

E1T1 means you control your actions and emotions so that you do not allow others to have power over your choices. If we have authorization, we know exactly who we are and what we want out of life.

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E1T1 can help you reach your goals by staying positive, motivating yourself, and taking risks. This mindset allows you to achieve your goals by believing that you can change what is happening in your life. To make changes, you have to think it can be done and take action. This mindset helps you become successful in all areas of your life.

(Conclusion)

You can make changes in your life by using self-confidence, self-awareness, empowerment, and the E1T1 mindset. You don't need the approval of others, as long as you know that making good decisions is best for you, no matter how others feel about you. The benefits of using E1T1 mindsets are that you will develop self-esteem. You need to believe that you have control over your emotions to maintain a steady mood and be motivated to achieve your goals in life. You must understand what happens in your life, who you are, and what you want. The emotions of others don't intimidate you because you feel confident and strong within yourself. You know what is suitable for you as well as who you are, with no mistakes made on your part. E1T1 for life.

Bonus Chapter (TEST)

1. At its core, what does the E1T1 mindset teach you?
2. Define proactive and reactive.
3. Define self-confidence.
4. What does empowered mean?
5. Most junkies believe that there is a way out of their situation. T or F
6. What are the three concepts of the E1T1 mindset?
7. What are the pros and cons of technology?
8. What is an unfortunate side effect of technology?
9. Define self-awareness.
10. What is the benefit of the E1T1 mindset?

Bonus Affirmation

“Each 1 Teach 1 for life”

Dope Jersey: Based on a True Story (Bonus Chapter)

It's because of my E1T1 mindset that my life has turned around. Ever since I abandoned my old mindset and started this new way of thinking, my quality of life has improved. One of the profound changes that I see within myself is my attitude towards life, people, and the world I live in. Every day, we are flooded with negativity coming at us from all angles. So, having a positive mindset is essential if you want to be a positive person. Your mindset is literally everything!

Another benefit that the E1T1 mindset will give you is peace. Before, I changed my mindset. I didn't have any peace in my life because the negative thoughts were consuming it. Because peace of mind is something that we all truly search for, The E1T1 mindset is a great way to obtain that inner peace and hopefully reach the paradise of nirvana. Peace is something that you will need if you want to maximize your life experience. It only took me 7 days of applying the E1T1 techniques to see instant results. Your inner peace is essential!

The E1T1 mindset is designed to improve your well-being in all aspects of your life. By developing self-discipline, you will start to have more control over your thoughts and emotions. This is something that is very necessary if you want to be a master of your mind. Not only that, but not having discipline over your mind is

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dangerous, so self-discipline is another benefit of having an E1T1 mindset.

There are so many benefits to having the E1T1 mindset, I could write a book on how great my life has been since I went E1T1. Subscribe to the E1T1 mindset today and watch how your quality of life will improve. E1T1 for life!

The Drug Addict Test

If you can't go 24 hours without doing whatever drug you're taking, you have a problem and should seek professional help.

During those 24 hours, if you become angry, aggressive, depressed, or don't feel normal, you have a problem and should seek professional help.

If you can go 24 hours without having your drug of choice but have a strong desire to go back to using drugs, you have a problem and should seek professional help.

People who are drug-free and live their lives without drug use enjoy the high that being sober gives them. They are not controlled by the urge to use. When you are controlled by the urge to use, you become a slave to the drug.

The overall aim of this test is to be real with yourself and know where you stand with your drug addiction. The longer you can go without drugs, the closer you can get to the path of sobriety.

This test is not limited to just drugs but can be used for any addiction, such as food, sex, videogame playing, porn, et cetera.

To Be Continued...