

LOA

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G5

The following embodiment of words is going to be my letter of accountability,

This is going to consist of me owning up to ~~the~~ mistakes and bad choices I've made. I'm not apologizing for my actions just taking accountability. I'll be explaining the possible consequences, actual consequences, how it made me feel, and why I did it. The first thing I would like to take accountability was garage hopping in the 10th grade, I used to go out at night and look for open garages and take alcohol from peoples fridges, at first with others, then a couple times by myself before I stopped, possible consequences could've been being shot or attacked, going to jail, shaming and embarrassing my ~~parents~~ parents, actual consequences included feeling very guilty and shaming myself, getting comfortable enough to do it ~~alone~~, and leading to bigger things like the incident in NC.

I did this because I had no way of getting alcohol at the time and I wanted to drink. I used to do this in the neighborhood across from the Church

We used to go too, I stopped because my guilt got the best of me. The time I went out by myself into the neighbors house. I know you think I did this my junior year but the truth is it was during the summer after 9th grade, and the 2 occasions by myself during weekends on the school year. I would also like to take

accountability for my Dissociative use in my late Jr. year, this includes MXE and DXM (methoxetamine and Dextromethorphan) ~~and~~ I know you think I was using others like ketamine and PCP. But I never have, or even seen them. I only used ~~the~~ ^{Dissociative}

by myself. The last time I used a dissociative was the time you took me to the hospital for admitting to being under the influence of DXM. I quit after that and don't plan on returning to that ever again. I used these as a scapegoat because I didn't like the way our family felt and I blamed myself for all the pain I had caused to my family. I didn't want to deal with the reality of my situation and sometimes I convinced myself it was ok not too. I know it isn't. I used these 6 or 7 times.

~~Possible~~ Possible Consequences could've been terrible, I could've overdosed, gotten addicted, moved onto harder drugs, Nausea, damaging my liver, or having a terrifying bad trip. Actual Consequences include scaring my family and friends, terrible anxiety the next day, and taking myself far from reality. I would also like to take accountability for doing LSD over a year and a half ago, I took three hits and had an amazing experience. During I felt Euphoric, great, and out of this world after I felt peaceful and experienced. I enjoyed it greatly and still consider it to be a positive life-changing experience. It allowed me to look at the world and myself in a whole new perspective. Even though I enjoyed it I never went back to it or ever did it more than once. I didn't feel the need and I don't feel the need to ever do it again. I did this out of curiosity and for fun and experience.

Possible Consequences include having had a bad trip or a felony/trouble with police, Actual Consequences included wanting to try Psilocybin (Mushrooms) which can induce sickness, vomiting, and death if you eat way too many. I searched for them for about a month after and did research, I was never able to find them and eventually lost interest realizing one psychedelic experience satisfied me. I will take accountability for my excessive marijuana use. ~~At~~ In tenth grade other than a couple months when I quit, I smoked as much as I could and continued to smoke even when on probation. I can't keep track of how many times I've smoked weed or even configure a schedule because I was so off and on about it. I know it was a lot though. There were times when I smoked everyday and times when I didn't at all. I smoked weed for fun and to self-medicate my anxiety and sleep disorder. This was my drug of choice and is the only drug I've used on a day to day basis. Possible Consequences include getting arrested, ~~getting arrested~~, getting sicked out of school, and feeling comfortable with other drugs. Actual Consequences include disappointing my parents.

I will now take accountability for mixing alcohol with Ambien ~~and~~ Lunesta 3 different times. This is probably one of the stupidest things I've done, and I'm embarrassed about this because it took me 3 times to learn this lesson and it didn't even feel good. I did this because when under the influence of Lunesta/Ambien I lost control of myself and lost my moral compass, I had convinced myself that it was ok to drink in this state of mind only from this state of mind.

With this sleeping medicine I had a history of making poor or strange decisions such as crawling around, crying for no reason, and stealing your alcohol. 2 out of 3 of the incidents were blackouts. The first incident was when I went into our neighbor's house and stole prescription medicine. The 2nd incident was the time I broke into the store in North Carolina. The 3rd and final incident was the time Edward and Richard were over and I blacked out ~~and~~ went into

Some sleepwalkish strange state and consumed most of the alcohol in the house and you found me peeing off the roof smoking a cigar. The first incident is the only one I can draw memory from. The thought of these actions pain and embarrass me to this day mainly because the person you saw and those actions reflect a person who is far different from who I am.

Possible consequences include: Death, overdose, alcohol poisoning, getting shot or attacked, Actual consequences include Vomiting, embarrassment for the whole family, a criminal record, jail time, and disappointing my parents. I plan on never abusing prescriptions ever again of any kind and only drinking under parent supervision when you allow me to have a glass of wine on Thanksgiving or Christmas because I do want to be able to moderate when I am older and legal if I can deem it possible. Now I will take accountability for my alcohol use. I first started drinking alcohol in the summer after 9th grade. I discovered it around the time all my friends did. I would sneak out and we would drink at the park and hide in the trees when cops came by.

for a while we smoked about 3 to 4 times a week, we didn't always get drunk
Sometimes we Teeped or did other delinquent things. At the time it was fun and
exciting, when you caught me it was scary and embarrassing. Possible consequences
include Alcohol poisoning and getting arrested. Actual consequences include ^{my parents} losing
trust in me ~~parents~~ and getting comfortable w/ breaking the rules. I did this
up until I discovered marijuana near the beginning of 10th grade and I quit drinking
until Drug testing and stopped stealing excluding the 3 incidents mentioned earlier
and the safe incident. I will now take accountability for going into
the medicine safe and selling opiates to a kid at school. Before I felt like it
would be worth it because the kid was willing to pay way too much and it
was a one time thing. Afterwards I felt guilty and like a shitty
person. It was definitely not worth it. Possible consequences include
getting comfortable w/ selling drugs, getting comfortable w/ taking from the
safe, jail time, and criminal offense, ~~Actual consequences~~ and causing an
OD or relapse. Actual consequences include guilt and shaming myself, making my
mom angry and depressed, and losing trust. I will now take accountability
for my prescription drug use. I did this out of curiosity and the need to
self medicate. I started when I was first put on drug testing and felt
I had to find something to replace marijuana. The first medicine I
tried was Xanax, at first it was great and I thought 'wow this really
helps' and I used it two days in a row. Then on the 3rd day I felt
extremely anxious and more frantic than usual it was obvious it was
due to the Xanax. So I decided to only use it about once a month
when I felt very anxious about something this continued until one time when
I used it It didn't help at all it just seriously depressed me. I used it
once more after that then realized the Xanax was causing the depression.

So I stopped for good. The next thing I tried was opiates, this ranges from lower grade opiates such as Vicodin and Codiene to higher grade opiates like perocet, but nothing like Heroin or Morphine. I did this randomly to escape my anxiety and sometimes depression. I quit on my own until Mom accidentally gave me Codiene cough syrup and caused me to relapse, but I got back on my feet and plan on never using these again. Possible consequences include overdosing, criminal record, moving onto bigger drugs, addiction, and jail time. Actual consequences include scaring my friends and family, not coping w/ anxiety in healthy ways, almost getting kicked out of outpatient, and one time vomiting. I will now take accountability for my tobacco use, I was never a big smoker and have never bought cigarettes or dip before. I used dip once but I didn't know how to do it and I got dizzy and sick and then threw up. I used to occasionally smoke a cigarette when it was offered but never liked the way it made me feel. There was a week and a half period where I smoked one cigarette a day. After that I quit. I did it mainly to defy you and also to ~~feel~~ feel like I was smoking weed (stupid, I know) I enjoyed doing smoke tricks. The consequences are endless, addiction, cancer, smelling bad, yellow teeth, bad breath, Endophosma, and changing the way people think of you. Actual consequences were feeling poorly, feeling anxious, sore throat, cough, and dissapointing my parents and friends. I would also like to take accountability for acting aggressive and withdrawn at home. Like when I told mom I hated her and refused to eat dinner with her. When I punched the hole in the wall and kicked the cabinet in. The possible consequences could've been breaking my knuckle, maiming or scarring family relationship. The actual consequences were losing privileges and trust, and hurting my parents. I plan to make a conscious effort to express myself assertively and tell you when I'm feeling hurt and to always be honest

I would like to take accountability for my behavior based around apathy and selfishness. This includes me being ~~late~~ late for classes, not wanting to even get out of bed for school in the morning. Also some of my choices at home like taking beer from the attic and not caring if you knew or not. Smoking weed in the house many times even though you asked me not to, often not even blowing it out the window. The Possible Consequences could've been you turning me into the police, kicking me out, and letting my depression get the best of me. The Actual Consequences I believe were that this was one of the main factors of being sent to 2nd Nature (along w/ drug use), feeling sad and sorry for myself, and scaring/upsetting my parents. The ~~next~~ thing I would like to take accountability for is the self-harm I committed on myself here at 2nd Nature. I did this with friction burns and a stick. I did this because I felt deeply hurt, depressed, and unloved and didn't know how to express those emotions appropriately at the time because of emotional immaturity. I plan on using my newfound goal of not letting anything take my power and keeping my happiness no matter what, so far I have been very successful even in a shitty circumstance, to avoid getting to that low place. Even if I feel low I plan on expressing that vocally and never causing self harm again. Although I am not worried about reaching a low place like that since I'm sticking w/ this helpful goal. I feel shameful about hurting myself the possible consequences could've been much bigger. I could've gotten used to dealing w/ depression with this negative habit, I could've been put in a psych ward, or hurt myself badly. Actual consequences were worrying my parents, letting the depression get the best of me, and losing trust within the field staff.

I hope you can take this letter the right way and not view me as a bad person; only ~~as~~ a good person who has made some bad mistakes. These are not choices or a lifestyle that I plan on ^{or} living in the future. I hope you can ~~be~~ forgive me, as I have you, for my mistakes and continue to love and support me in the future. I have been as honest as can be with this letter and have not left anything big or small out that you were unaware of. Even though we are not supposed to apologize I do feel sorry for these things and the way my actions have hurt you. Please keep an open mind, ~~and~~, finally I would like to take accountability for acting out in aggression and intentionally trying to scare you through Facebook chats and text messages, I did this because I knew you read through all my recorded chats so I intentionally made fake conversations about smoking crack, hiding ecstasy in the attic, dealing drugs, and other horrible stupid things. This was an incredibly stupid act where I let my anger get the best of me, I plan on avoiding things like this by being completely up front and honest, and also having nothing to hide. ~~The~~ possible consequences include police going through my phone or Facebook, school going through my phone, and my friends freaking out thinking I was serious. Actual consequences included ~~you~~ you not knowing what to believe, you scared and worried, you thinking my problem was more serious than it was, losing all trust in me, and making me paranoid. This decision really came around to bite me in the ass and look bad and I hope you can forgive me, I love you, and always will, ~~and~~, see through my mistakes and always love me, Love Charles