

Since I was Put into the Opening doors Program I have learned so Much I talk to a lot of People and especially My room Mate about change and how you can come about it. I have learned several Problem <sup>Power</sup> Transforming skills and I have applied them too My life and The Problems that I face. I have found that when I think about things before I do something And take My Thoughts captive There is a better outcome in the situation. I try to recognize the good things About People even when a Negative situation is happening. I find that when I am Patient and I continue to do the Right Thing that Right and good things happen to Me. I walked into The Opening doors Program thinking that it was going to be stupid And that I wasn't going to be able to relate to these People but after ~~the~~ The 3 day's of the Program were up I was dissatisfied that it was over because I had learned so much, ~~I had become~~ And when I walked out of The doors I walked out as A truly different Person.