

**Geoff**

I've done programs before, so I knew kind of what to expect, but every course is different, they're not hard to do, they're not you know

I didn't understand what they were about at the start, I didn't know how much detail they'd go into and what sort of thing it would be but they are pretty easy going,

It just cuts this very fine line with me, it just brings up stuff all the time that I really don't want to deal with anymore, I suppose I have to and I suppose that's what these programs are for.