

Salim

(My) programs were Aggression, Foundation and Addictions.

Helping me is Aggression but the reason I love the Aggression is because it can stabilise my mood sometimes.

Cause you know with some people, it takes 5 seconds to lose it.

There's a saying too 'that it takes a lifetime to build a reputation, it takes 5 seconds to lose it'.

Nervous? Like umm, I never had a good program before in my life.

But in a positive way though, you get to meet new people and listen to their side of the story, how they react to the program.

And also, I'll learn from that and use that experience for me to gain more knowledge as well when I'm learning at the same time.

Normally when somebody ticked me off I'd snap real quick but now, I'd just walk away from it.

And I've learned from that and at the same time I'm helping some other people to do the good thing – to walk away from it – cop it on the chin – instead of me taking it the wrong way and getting in trouble.

It's a good thing though me having a good program. We can help each other out. Lend each other a hand.

I'm trying to pass on the message that I've been there. I done it. That it's never too late. It's not worth it. You got a future ahead of you. So it's never too late to change the way that you walk on. You've still got time.

So I'm happy to take everything I learned and pass it on.