

## **Top Ten Reasons Why I Returned to Prison**

Some of you are in prison to meet old and make new friends, want three meals a day and a place to sleep, or to catch-up on your reading, but the real reason is one or more of the following:

1. Wrong kinds of friends
2. No spiritual life-partner
3. Have no or limited education
4. Drug and/or alcohol depended and inspired
5. Runs in the family, like father, like son
6. Low self-esteem, do not believe in yourself
7. Did not work at reentering society upon release
8. No self-motivation, lazy about life, family, and work
9. Little or no concern for another's life, property, and/or feelings
10. Did not apply myself to learn and change my attitude while in prison

However, you can change all of the above negatives into positives with a little effort on your part. You can start taking control of your life so others would not be so inclined. Do not be come a statistic, become a success! Living by the 10 following guidelines will turn your life around and away from crime and violence.

1. Associate with people that live a productive life and help others
2. Become one with your creator, find yourself in his loving arms
3. Pursue an education from high school on up, learn a trade through vocational training
4. Avoid those who associate with drugs and alcohol, take control of your body and life
5. Break the family criminal cycle, avoid the criminal element like the plague, stay out of prison
6. Pump up your self-esteem with daily self pep talks, think positive, and shun ugliness
7. Focus on staying off drugs, out of prison, and on plan; live each day one at a time
8. Establish a purpose in life, and keep telling yourself you can succeed in life
9. Have empathy toward and care about family, friends, and strangers, live by the golden rule
10. You get out of life that which you give of your self, get with the program, chance your life

Remember, it is your life, if you do not care about living a drug and crime free life why should anyone care about you. Show people that you do care about yourself and others, and when you do with honesty, community support is not far behind. Do not whine and bellyache that life is unfair; life is difficult, not everyone has everything. Focus on making the best of what you have, and before long, you will have what you want in life.

### **First Stop-Second Chance**

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