

One major source of stress in prison is being placed in solitary confinement. I myself was in for at least a year. Solitary confinement is almost guaranteed to make you mentally ILL if not suicidal due to the extremely noisy & filthy environment. I think the filth hurt me the worst due to the fact that I was NEVER given a shower the ENTIRE YEAR I was in solitary. My life has changed for the worst due to the fact that being in solitary caused me to be diagnosed with P.T.S.D. because of nonstop noise from both the guards and inmates.

An idea for educating my friends
I came up with is; Choose an ~~idea~~ Subject,
write the definition, 2 sentences
about that subject, then
write a paragraph or essay on what
that subject means to you and how
it can be used in every day life.
Lastly, write an summary on what
you have learned about what you
have written.