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I suffer from a lot of depression issues, and it's hard some times for me not to misplace my anger and be violent. It's a true struggle. I'm 29 years young, handsome and talented, so of course in my mind not being able to engage women or utilize my talents, it causes me to be angry. Disappointed at the lack of accomplishment.

How do I encourage my children to chase their dreams when I can't do the same or haven't done the same. My parents failed me in that respect, but who am I, to forfeit my potential.

A lot of times I don't want to go to Rec time or talk to my cellmate but I guess you gotta get up and get out. A lot of people talk about heartache in relation to relationships but I feel it in my will to want to be free.

As charismatic as can be my energy some days is very low. So this writing has become some what of an exit - lit especially after almost dying after my last suicide attempt I do as I can to scarp happiness from the bottom of this crusty prison bowl.

I feel most of the men happy to be here are usually going home very soon or was never much of a true man in the correct sense of the word in the world. Whatever I'll write again soon