

8/23/18

'Prison Pain' is distinct. It is different from losing your job or your dog dying. It is different from missing from or your date canceling. It's finding out from prison that someone you love has cancer, or that your grand-father has passed. While knowing also that your father already had a brain-aneurysm (spell check) and hasn't walked since 2014. It's having 16 years to serve with 2 children with 2 different mothers. Your trap'd. Your world's collapsing slowly. You've tried to take your own life twice. You come so close to dying from a pill overdose, you were in a coma for 3 days, after a blood transfusion your kidney's aren't 100%. ~~It's~~ All-the-while, you have to maintain your mental, because the convicts smell fear, it's cousin depression. On the occasions you lose it, become violent or rebellious, they hand cuff you, tether the hand cuff to shackles and leave you like this for up to 72 hours, depending on how 'well' you behave while on them. Think about that, NO break for relief or sleep for 72 hours, how primitive that is. How ugly and degrading. If they used chemical agent/mace before hand your wearing that for the time being.

To be honest I don't know ^{how} the guys I'm around that are doing 60, 30 or life in general do it, in my state you cannot smoke nor can you see any pictures of any form of nudity. It's against the rules. You need your family, because the serving sizes are so inadequate that when you don't eat from 4:30 - 5pm to 6:30 - 7am, it takes a toll on you, lose weight stress out, makes you cranky etc. Makes being in segregation an ordeal.

'Prison Pain' is harsh and aggressive. It takes the girl you love and leaves no replacement. NO club night or Bar hopping to meet girls or Facebook, Instagram, Tinder to find a way to cover up the break up. No group of guys & girls to socialize within an easy going manner to cheer you up. You stuck remembering every moment you spent with her good or bad. Questioning what you did wrong or what her true intentions were. Stuck remembering the sex you feel you'll never share an experience like that again. The pet names and good mornings, waking up with smiles and questions about the day...
... you face

I've done my wrong, have worn my guilt. I don't know what tomorrow inside these walls will bring, but I do know that I'm praying for this Prison Pain to stop. For more positive support, for my need for encouragement & compassion to be recognized and given without prompting. I haven't been a model inmate, but I'm working at it. From level 5 maximum where I generally started, now floating between the level 4 facilities, I'm trying to find a way to behave amongst, murders, thieves drug-dealers etc. All of this I've written is about my life and what I've been dealing with in prison, since there is no correct way to be held ~~in~~ captive I do all I can to stay sane. But I tell you, you don't know pain, til you've come to prison. It is a emotionally gut-wrenching experience you can not run away from once your in. A lot of guys pretend otherwise but inside that hurt festers.

Amen & Goodnight

Legal Name: George Padilla Jr. DOB: 7/24/89
357590

Crime: Assault 1st w/ firearm, Signature: George Padilla 8/23/18

Pen Name: Rico G

Year of birth: 1989 - Male Hetero Sexual

I have 2 children (Boy 6yrs Girl 5yrs)

Incarcerated -

No job inside

Race Latino

Religious Identification: Islamic

Facility Type: State Facility - Public - Medium

Current Prison: Garner Correctional Institutions

Age 29 yrs old

Is this your first time incarcerated? NO, 3 prison stint.