

# Opportunities

MCSF  
CA

As a prisoner I often find myself in need of opportunities to maintain myself happy, high functioning, and associated with my mind. If opportunities don't arise I find myself unhappy, troubled, and disassociated. I yearn for family and friends to write me but I find I'm out of sight out of mind. I am 24 years old and I know I am not the best me I can be. I am not only fighting a severe mind-based illness I am fighting it in a small toxic environment that make it progress quicker than it usually would. Reading becomes impossible to comprehend, muscles lose the ability to be felt, rest becomes unrestful, and days become repetitive. I live in a prison physically in mentally I am oppressed by demons and the law. The best thing I can do is write yet I lose stimulant topics every time. I crave certain personal interests to usually to remedy my personal malabilities. Topics in this area include demonic possession, the Bible, Aliens, hallucinations, Schizophrenia, Hallucinations, visions, consciousness studies, philosophy, logic/ethics/analysis, law, and Language Arts, and psychology. I feel like my interests alienate me from a normal satisfaction with



with life. I feel like my hopes  
I have constructed all my life are  
making my heart sick with displeasure.

I need new desires to fulfill to  
make my soul full of life again.

I am set to receive a new subscription  
of psychology today so I'll probably  
write what I get from that. I don't  
know what kind of experiences I have  
to send to APWA so I send them  
essays I would like to review later.

It's a big help since correctional officers  
often force you to throw away loose  
papers at random times during the year.

I have yet to build trust in this  
place. Every thing about prison is  
undignifying as it is humbling.

Well at least I have time to build  
on my identity as much it is destroyed  
by thinking and remembering on the great  
gifts I still have today.

- CJ

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