

Just one of those days #1

Just one of those days when I just want to be left alone. These people don't want to follow rules they agreed to follow when they put on the tan uniform. There is no for them or for us guidelines for either or that's it right? I can't say one way or another. You probably wonder what I'm talking about well I filed a grievance many days ago that haven't been returned & I'm trying to find what's on my property but they won't tell me. I stopped eating animal so that's a plus I guess I don't want to die a animal by eating animal no joke real talk. All jails and prisons are the same in my eyes

#2

Its just one of these days when I want to be left alone but my thoughts wont shut up and I dont want to sleep at all. Its so cold in side this box that been my house for for longer than I want it to be. Oh I been out side a few times but its been in hand cuffs and in the back seat of some bodys car. I hate to have a escort but thats just what I have its getting old but hey I committed a crime right I deserve this or no? Dont answer that cause if you speak the truth it will only hurt me.

Today turned out to be a over all bad day me and my wife had a big fight because of the letter I wrote her some

Times I wonder why I try she can^{#3}
be happy else where but I really do
need her as a constant disappointment
in my self. I let my whole life go
I, I not them or us I did it as
the head of my house I did this so
why am I so mad about this if I
did it for my self?? I been working^{on}
my anger issues but my wife makes
me rage some times. I take my (meds) but
if they work instead of putting me to
sleep I dont know. I wonder if I will
be here for ever, will be able to hold my
kids again with out people looking at me
crazy or call cps on me. I blame
my self no body else I got to work
on my temper better but deep down

im on one of those revelationary susids
 days where I dont go out alone. They tell
 me the meds are supposed to work but I
 havent seen the proofs Im only human
 so it will take a lot of just one of
 these days. I only live for my tomorrow
 because thats all I can deal with. Do you
 enjoy being inside of my head...?? my
 brain cant do stable 95% of the time
 and others I wish the state would leave
 me alone. I begged for help but they
 wouldnt give it to me now every body
 has a problem with the crazy muslim.
 The object of staying focused as every
 hard for me when I want to touch
 my wife or my mom. I wonder if I
 will ever see mom again or touch that
 black cross with the flowers on it oh

Yea before I forget my wife did a back
 ground check on me she was shocked to
 see all the past crimes I committed when
 I didnt care about crime. my habit
 has been crime now they will use it against
 me to give me life or any thing over 50
 years for me is life in prison. What am
 I to do my lord?? it helps me to write so
 maybe we help each other out in the cony
 run.