

'Break The Silence'

What is the hardest part of doing time? The most hardest part of doing time, is doing time. No one speaks on the things that the incarcerated individual deals with on a day to day basis.

The challenges that we face on a daily basis. The toll that it has on the incarcerated mental. Being in prison, you deal with all sorts of things. You have to be mentally fortified to deal with life behind bars.

Allow me to expound a little more. Allow me to go deeper. As you know I am incarcerated, as well. I have been for 15 years. However, in order to go deeper I asked other women who's incarcerated one question.

What is the hardest part of doing time? Some say the inconsistency that goes on in this

environment. Some felt being here with other unfamiliar faces, some say being around negative people. Some says being here without family support. Majority of the women says being away from family or the distance that is far from being home. Let me add, having your phone call cut off at 15 minutes while having a conversation with your child. Being told you can't visit your love one if they are not vaccinated. Being told you can't visit your love one if you're not vaccinated. However, you are unable to be vaccinated because the prison runs out of the vaccination supplies.

As I listen to each woman state what's the hardest part of doing time. I realize immediately there's no right or wrong answer. Why? Well, the truth is we are all doing time. We are all doing time and it can be a struggle. The hardest

part of doing time, is doing time.

We aim to try to make the best of things. We try to rehabilitate ourselves. We try to complete self-help programs, so that we can go home to our families. We try to continue to do our best to make it out of here better than we came.

We only ask that you do not remain silent and ignore the MASS Incarceration. We only ask that you hear our voices and know that doing time is not easy. We ask that you make retroactive the Unanimous jury. We ask that you do not use prison as warehouse, because we are still humans. We ask that we be given a second chance.

We ask that you work with us to break the silence of bringing social justice to the broken prison system. Lastly, we humbly ask that you remember that the

hardest part of doing time, is
doing it.

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