

Prison as a Experience

Prison has been a life changing experience.

I've dealt with it from many perspectives. My first was seeing it on T.V. The second comes from being incarcerated for the first time. Currently with my third imprisonment my views of my self have changed. So has prison from the first glimpse on T.V. in early 90's to year 2022. I'm hoping this essay will also change you.

It was the early 90's and I was watching T.V. a movie titled Up Against the Wall was on. It showed a real hardcore look at the prison system at that time. It had everything in it from gangs to corrupt CO's. People where getting stabbed left and right. It really made me think about not breaking the law at the time. There was even a prison riot that actually ended the movie. After that I couldnt beleive the life of prison and never saw myself headed for one.

Being incarcerated for the first time was like everything i've seen on T.V., just being striped of my legal rights was enuff to enrage me. I knew from jump that This wasn't the place for me. I hated being told when to eat, what to wear, and what to watch. I would fight with CO's all the time about authority. It took some calming down but when I did I went to work, completed my time, and returned home.

Now with my third imprisonment I have really been able to adjust more responsibly. On most days I work out and read various books on topics I find interesting. I have learned to control my temper due to the programs I have attended while locked up, along with a lot of self help books. I find myself participating in programs such as AA and NA to help me out with addiction. I look forward to my release and will stay motivated to do the right thing.

Finally we all have had to face prison one way or another. Either from personal experience, loved ones, or on television. It is a experience all over the world prison's house thousands of inmates at a time. Don't think of this as a hopeless case, better yet believe that these men and women do want to change and prison is a place for that. Please take a self evaluation and be aware of the dangers of prison and do what you have to in order to avoid such a place.