

NO CONTROL

4-15-21

Lack of control can be a very difficult thing to admit at times. It can become a very dangerous to your self and to those around you.

I remember riding a bike and as I stood up to go faster (as most kids did) the handle bars came straight off under the weight, what looked to me of me having full control of the bike, was soon to be seen as a bad mistake. I flew over the handle bars to the road. Now you may say this type of lack of control will not happen to you and you'll probably be right. I want to talk about the all too common belief that we as humans have complete control over our liquor, alcohol, drugs, medicines (opioids) or any other mind altering substance.

My cellie believes the same thing still even after admitting he only committed his crime because he was on drugs... To preserve his identity we will call him Jim.

Now Jim believes he is in complete control of the K2 and other illegal drugs that are so available to the prison population. He at times stays up for 72 plus hours at times on certain drugs. Now if you've never seen or experienced this consider your self blessed. However here in prison you cannot control who you live with or for how long. I can assure you that it is not a good thing, especially if your stuck in the cell with him for 24hrs a day, 7 days a week, its down right inhuman and heart breaking to see.

Now the reader may or may not be saying or thinking well you made your bed now lay in it, and for the most part they may or may not be right to do that, however as a human being any of us could find

ourselves under some form and fashion, under the grasp of the many mind altering substance. When Jim stays up that long, he loses control over what's real and what's not, he believes every one is out to get him and the police are after him (yes even while already being in prison) sound crazy? yeah pretty much, so but he has lost control of all cognitive capability and is experiencing lost of control!

Now he still believes he has control, when he sobars up, but as his cell mate I assure him he did not. Does he believe me? of course not that would mean he have to admit he had no control!

You may be saying, thankfully I only smoke, or drink, or take pills that could never happened to me! You are "in control" you tell your self, "every one may lose control but I won't!" yeah I've heard that from many people, prisoners and free world people alike.

I can assure you many prisoners if not most simply came here because they used acohol, drugs, pills and lost control and now sit in prison wishing they knew this simply truth. You have NO control of these mind altering drugs.

So Don't fall into the deceptiv human pride that says I can drink and drive, take pills and work or stay up on drugs for days and can hold my own "stay in control." I am here to assure you as a fellow human and ex pill popper, Cokaine sniffer and fellow spot smoker you have no control over these things.

Do you believe you, like Jim are still capable of keeping 100% control over these drugs or drinks and pills. well my friend I am here to inform you on how wrong you are, cause Frankly to gain control you first must admit you have
NO CONTROL

Sincerely

-Joseph