

Parole

I just want to let anyone who is interested in knowing why I waived my Parole hearing why I did so.

First, it is highly unlikely that I would be granted Parole because I have not yet completed the Program I'm now in. If I do complete it will likely be around early Summer. I'll be wrapping this sentence up in September.

Second, the Program I'm in is very good. I want to gain as much from it as I possibly can so I can live a healthy functional life after I'm released. I've learned more, and grown more, in my two years in this Program than I have in all the years I've spent trying to learn, heal, and grow (well over 15 years now). I believe it is important that I have the time to internalize what I've learned and also to solidify my plans for a successful re-entry into society.

Although my sentence was long (12½-14½) I do believe it was more than fair for the offenses I committed, and if it takes up my whole sentence in order for me to make sure I'm as capable as I'll ever be to live a healthy, pro-social life then I'm more than willing to do that.

Any success I've had would not have been possible without all the support I've received. Right now I'm struggling a little bit with some anxiety about being released, but maybe that's a good thing. All the help I've received has made me aware of — to some extent — what it will take to succeed out there, and a little anxiety seems appropriate.

After my release I hope to live a healthy life, one full of meaningful relationships, purpose and where I'm able to contribute something of value to the lives of others. I lived a very tormented and dysfunctional life before (and during) prison. A life that caused a lot of pain as well as endured a lot of pain. I also, at my worst, made some very poor decisions to hurt others. I can't change that. All I can do is do my best to be healthy and to help those I can when I can. I look forward to this opportunity.