

Reply: viua



23 Aug. 14

Dearest Destiny ♥ Happy Birthday!

I'm so happy that you've written. I love you all so much and it means the world to me when you share what's going on in your life. Congrats with yer lil' blueberry, by the way. I pray that all goes well in every way. I'm not surprised that your mom sensed it even before you knew - bless her heart. And she's willing to hold yer hand if you need it to visit the "scary guy"? (LOL) I've mailed several visiting forms to Heather to give you all in early July, and the rules permit up to five visitors at a time.... So whatever it takes, I'd love to see you all. I'm looking forward to meeting Johnny too. I really appreciate his encouraging support in restoring our relationship, Destiny. I appreciate your (Luke 5:20) restoring forgiveness too, sweetheart.

Thank you. I love you so very much. Be blessed.



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P.S.  
(enclosed)



*P.S. Here's some info on Visiting to answer questions that you might have. You may also text Joe (jriley@bridgeps.com) and have him give account of his visiting experience with me here during this year. \*I'm also attaching my latest self-help commendation to show you all that I do strive to better myself despite never getting out.*

**Do my visitors have to be approved?** Yes. Before your visitors can see you, they must be approved. Send your prospective visitor a CDC-106 Visitor Questionnaire Form. Make sure you sign the form before you send it. The visitor must mail the completed form containing the inmate's original signature to:

**Mule Creek State Prison  
Attn: Visiting Staff (CDC 106 Enclosed)  
Post Office Box 409099  
Ione CA 95640**

You will receive a written notice from visiting staff letting you know if your visitor is approved or disapproved. Due to confidentiality, you will not be given the reason for disapproval. Any visitor approved at one institution shall be approved to visit the same inmate upon transfer to another institution; however, a visitor may be required to update his/her application after 12 months.

**How many visitors may I have at one time?** You may have up to five visitors at one time, children included. They may bring in \$50.00 per adult and \$20.00 per child to use the vending machines that are located in visiting. Denominations of bills are not to exceed \$1.00. If you would like to take pictures, your family must purchase a photo ducat when they check in at the Visiting Room Foyer. For non-contact visits, you may have up to three visitors at a time, children included.

**Can children visit?** Yes, but special rules apply to children visitors. The child's parent must bring the child's original birth certificate. A child brought by anyone other than the parent must have a notarized consent from the parent and a birth certificate, even if the visiting child is your own child. You must check with your CCI to find out if you have any restrictions.

**What is the visiting schedule?**

*Saturday/Sunday/Designated Holidays*  
**0830 to 1500 hrs (Processing ends at 1400 hours)**

Visits for orientation, ASU, and inmates on non-contact status are one-hour visits by appointment only. Appointments are scheduled Monday through Saturday, from 0700 to 1300 hours. Request your visitor to call (209) 274-4911, extension 5410 for the current week. Visitors arriving without an appointment will be subject to space availability. Check with your CCI to find out if you have any restrictions. Only one prescheduled appointment will be allowed per inmate or visitor each day.

**Is visiting open on holidays?** Per CCR, Title 15, Section 3179, there are four holidays designated each year for visiting: New Year's Day, Independence Day, Thanksgiving Day, and Christmas Day. When the above listed holiday occurs on a day not regularly scheduled for visiting, MCSP will provide the same number of hours on that holiday as for any single regularly scheduled visiting

The above mentioned participates in the Lifers Support Group. Mr. Goehler is to be commended for his active voluntary participation and completion of Restorative Justice, a 12 week comprehensive offender based self-help study program.

Original C-File  
Inmate  
Writer

Sandie Tanner  
Sandie Tanner  
Staff Sponsor LSG  
Facility "A" MCSP, Ione

August 2014

CDCR-128-B Rev. 4/74

*Having completed the above... For being this one below, which you may appreciate and want to share with others. (There are no copy rights)*

The following exercise is intended to help you examine your current relationships and if they are productive in increasing or negative in decreasing the quality of your life.

Interaction Inventory:

List the five people you spend the most time with.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

After you have listed the names answer the following questions for each relationship:

- How much time do you spend with each?
- In what context or situations do you come together?
- Do you look forward to being with that person?
- How do you feel prior to seeing them?
- How do they treat you when you are with them?
- Are they critical or supportive?
- Do they make overtly hostile remarks, or do they abuse you in a more subtle way?
- How do you treat them?
- How do you feel when you are with them?
- Are you able to hear what they have to say without being defensive?
- How do you feel when you are away from them?

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After you answer these questions rate how you feel about each relationship on a scale of 1 to 10, with 1 being very negative and 10 being very positive, supportive and nurturing.



## Change the Negative Interactions

"We all teach others how to interact with and respond to us. If, by our actions, we teach them that they must respect us or we'll have nothing to do with them, they either treat us with respect or they leave us alone. If we teach them that we'll accept their negative comments or verbal or physical abuse, they may abuse us. Be clear and consistent with the bottom line"

Listed below are six steps that can assist you in changing your negative interactions.

1. **Recognize and be clear about what, specifically, each of you does to contribute to the negative interaction.** It is important for you to be aware of the other's behavior as well as acknowledge your contribution.
2. **Take responsibility for what you do to add to the negative situation and change it.** You cannot control or change others. The only person you have absolute control over is yourself.
3. **Tell people they are important to you, (if they weren't you wouldn't be hanging around them) and that some of the things they do cause you to feel hurt or put down.** Effective communication is the foundation of productive human interaction.
4. **Ask them to change. First, tell them how upset their behavior makes you feel, and then ask them to change it. (Often this is all it takes)**
5. **If asking doesn't change the behavior, make it uncomfortable for them to treat you that way, confront unacceptable behavior when it happens. Make it clear which behaviors you'll accept and which you won't. Be ready to back up words with action.**
6. **If that still doesn't work, take it up a notch. In order for change to take place, the person must feel uncomfortable, sometimes very uncomfortable. Often this may mean threatening to terminate the relationship unless a person is willing to get help and or change. Negative relationships usually take more out of your physically and emotionally than they are worth.**

"Before you get out of negative relationships, you need more information:

Can you change your interactions?

Can the other person change theirs?

If others are teachable, you need to teach them how to treat you.

**If the negative people in your environment are unwilling or unable to change, decrease the amount of time you spend with them. Remember, if your environment is negative, so are you.**



A major part of being emotionally healthy is having productive and positive social and family connections. The following eleven (11) relationship principles can help you create, maintain and nurture productive and positive relationships.

- 1. Take responsibility for keeping your relationships strong.**  
It is easy to blame others for problems, but when you blame others you give up the power change what is wrong. This will not be easy, but if you focus on how you can bring your very best to the relationship, you are being responsible for your conduct.
- 2. Never take the relationship for granted.**  
Relationships are based on interaction, give and take and equality. Relationships are like gardens, in order for it to be healthy and beautiful it must be weeded, watered and groomed, simply they take maintenance. You must put time and effort into relationships because relationships are living things that require care. Think about your previous relationships, how many times have you taken your parents, wives, siblings for granted? Now think about how many of those same people you took for granted are still "actively engaged" in your life?
- 3. Protect your relationships.**  
This principle is directly related to the previous. If you value it take care of it and treat it like is special. Human beings are social animals and we do our best when we are connected in a positive way. Think about the most loving relationship you have ever experienced? Were you belittled, dismissed or degraded? Absolutely not, you were empowered and encouraged, because that person felt you were. Seek out those things and give those things.
- 4. Assume the best.**  
Give the benefit of the doubt. It is important to think the best of those you are in relationship. If you cannot then you need to question why you are in the relationship.
- 5. Keep relationships fresh.**  
Do new things together such as learning a new skill or sharing ideas. Life can become boring very quickly if you allow it to, so always challenge yourself and those you are in relationship to do better and be productive.
- 6. Notice the good.**  
You may be very familiar with people telling you what's wrong with you and never recognizing your efforts. How does it feel? As with the previous principles, it is important to empower and uplift. Tell them when they are doing a good job or that they are good listeners, or support. Give credit where credit is due.
- 7. Communicate clearly.**  
The reason we were given two ears and one mouth is so we can listen more and speak less. Effective communication is a very important aspect of relationships. Everyone wants to be heard and acknowledged and being an active listener is the most effective way to demonstrate to another person that you are actually "listening" to them and not just hearing the sound of their voice.



**8. Maintain and protect trust.**

Like many people you may have been hurt and or felt betrayed in a previous relationship. It is important to realize that trust is a central element of relationships and should be protected. If you value trust in others, be trustworthy.

**9. Deal with difficult issues.**

A lack of interpersonal skills frequently results in conflict that is socially destructive, personally debilitating, and counterproductive. There is a tendency among offenders to view relationships as disposable since many of their interpersonal interactions were/are exploitive and self-serving and once the relationships become empty, problematic, or require a significant work or personal change to maintain, it is easier to discard the relationship. If you engage in the principle 7, you will find it is easier to deal with difficult issues. Relationships take work and will not always be easy, but if you value something, you take care of it and do what needed to maintain it. This is a part of protecting relationships. Conflict cannot be resolved nor transformed without learning how to get along with others. Instruction in appropriate interpersonal skills is an absolute necessity. We typically fail to appreciate the fact that our interpersonal styles are the result of years of maladaptive learning that has been internalized through years of seemingly productive and effective use. As a result the stability of our identities are determined and supported by these dysfunctional interpersonal styles. Within the correctional setting conflicts can be deadly, both literally and metaphorically. When dealing with conflict prison culture and politics can influence how that conflict is addressed. If a relationship valued the persons involved need to work with and through conflict rather than avoid it. Conflict resolution is a very important life skill and learning to appropriately resolve conflict is a important part of life.

**10. Time.**

Relationships absolutely require an investment in time. This principle is also directly related to principles 1 and 2. Remember, your return is directly based on your contribution.

**11. Touch is necessary for humans.**

For men, this is a very "touchy" subject, especially for those of us in prison. It is important to understand we all want to be "held" and the failure to have this need met has long term consequences. But how is done in an appropriate, non-sexualized manner? "Soul shakes", "fist-bumps", the "tough-guy/homeboy" shoulder grasp" all these things communicate affection and care. You must not discount or underestimate the need for touch human beings have because it is an essential element of human connection. You may have a history of being emotionally and physically abused and your understanding of "touch" are associated with negative memories and experiences, but remember, you have to consider the relationship in which it occurred. In order to move forward, we must walk away from our past.

*Yup! there's no copy right with this self-help material. Do  
feel free to share it! Thanks for letting me know about  
Michael. Can you let me know why Will doesn't write now??  
And Joshua... what is he up to? Do you think David would  
like to get into my head and meet the real me? I've got more  
than enough love for all of you — and plenty of time to spare  
and share with you all. Granted, it's quicker and more private to  
write each other directly... but until then, this must do.  
I love you.*