

TRULINCS 23038076 - LUMMUS, ALLAN CRAIG - Unit: BAS-H-A

FROM: 23038076
TO: [REDACTED]
SUBJECT: mp 17 [REDACTED]
DATE: 11/02/2011 05:58:42 PM

11-2-11

mp 17

Why I don't write.

I look at my blog and it reminds me of my many diary attempts. Starts off ok, but quickly fades to black. It is a kind of new years resolution graph. What seems like a normal human frailty at first pass, reveals more if one stops and really looks. Perhaps a crucial character flaw?

What is behind this inability to keep writing. Not writing in general, but reflexive writing. Putting words to feelings, thoughts, and emotions. Oh I have words for them, but they remain in my head. I shrink from putting them on paper. Mmm. Getting somewhere now, you think? Several times I have started writing about past experiences that seem important given my present residential location. But I put down the pen, and think oh you are just being "pathetic" - poor me. I don't say or write that word, but it does seem to be a mantra I bring to mind regularly.

I can remember using it in an off hand way with my therapist. I was taken back by ^{the} her intensity ^{of} her response. ^{she} Disagreeing ^I strongly with the applicability of the word for the situation under discussion. For me it seemed totally appropriate and not too harsh at all. The effect of this self critique is ^{to} keep me ^{from} going there. I put the pen down. Turn off the computer. I keep the overgrowth undisturbed.

I can remember other times the word has welled up inside me. At my sentencing hearing, I heard my Lawyer going over the childhood issues that could have influenced me and thinking...I wish he would just skip over this part...it sounds so pathetic. It sounds like I am justifying my actions. I responded by shutting down...on the witness stand. At just the moment that I needed to be most present. I responded to his questions, which were supposed to be prompts for me to give detail about me so the judge can make an informed discision, with minimal responses barely even going past repeating what the lawyer presented in his setups.

At my PSI - the interview that records my complete background for the prison system file on me - I refused to go into any of the mitigating factors at all. I asked if the judge would have my psych evals (written by psychologists i met once) when the answer was yes, I gave only the minimal biographical info. This came back to me as I listend to the judge in his prepared remarks on my case before he gave me my sentence, give line by line from the PSI and not a single word from my psych evals except for the summary clinical judgement that I was a low risk according to the test of my likilhood of sexual offending with minors. Thank God my wife showed up to communitate for me. Of course that was a major problem with our marriage is that I coopted her into speaking my feelings for me.

I am thinking it...
thinking it...
ok...I can't help it...
That Is Pathetic.

So. (sigh) Why don't I write? I can't stop the judgement. But I must. I have too. If I don't. I will probably be coming back.

mindful Prisoner