

6-4-12

Hey, it's ya Boy Skys.

I won't tell any lies, but when I be writing I feel as tho I'm talking to myself! However, it's relaxing and it helps to get some things out in the open. I've been in prison for 11 yrs. and I'm only 27 yrs. old. It's been rough because I came in to the prison, sentenced as an adult. I had ~~the~~ ~~the~~ Mentality of "leave me alone, I leave you alone" but the prison Mentality was "Fuck or Fight". I got into alot of bullshit in the years that have past me by. But I can say that it was the bullshit that has made me into the humble man that I am today.

Don't get me wrong! I still have alot of things I want to change about myself. For one: I have a serious Anger problem. I'm one of the guys you see that you wouldn't even think I have a problem with my anger. I try not to show my anger, and I don't like to let situations that anger me go. I may not snap then because I don't like to show people that they've gotten under my skin. But when my Anger does show it's self, it comes out as an uncontrollable Rage. It's times when this uncontrollable rage show it's self that I find myself getting into trouble. Even before I came to prison and part of the reason I'm in prison is that I don't know how to control this Rage. I can say that prison has changed me for the best, but before I get ~~out~~ out again, I want to learn to control my Anger. I don't want to sit it on a back burner so it can grow into an uncontrollable rage that I am accustom to, ~~because~~ because I am uncomfortable not ~~be~~ being in control of myself. Alot of the problems I've had could have been avoided had I known how to control or even if I had a healthy outlet for releasing my anger.

If you have any Subjections for means of controlling anger, or if you know of any healthy outlets that you think may work  
Holla at me.

Simply Me!  
Skys