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DEAR OUTSIDE WORLD,

11-19-12

ARE MEN SUPPOSE TO CRY? WE LIVE IN A SOCIETY WHICH SAYS MEN ARE SUPPOSE TO BE STRONG EMOTIONALLESS CREATURES, AND THAT MACHO ATTITUDE IS FURTHER PERPETUATED IN PRISON. WHEN A MAN FIRST COMES TO PRISON, HE IS TOLD; "MAN UP, SHOW NO FEAR, AND SHED NO TEARS." YOU ARE TO BECOME A PRISON-BEING INSTEAD OF BEING A HUMAN-BEING. YOU ARE TO BECOME A SOUL THAT CRIES NO MORE.

PRISON IS A VERY DEHUMANIZING AND DEMORALIZING ENVIRONMENT. IT'S WHERE THEY TRANSFORM YOU FROM A HUMAN-BEING TO A PRISON-BEING, AND TREAT YOU LIKE AN ANIMAL IN A CAGE. TO CHARACTERIZE A PRISON-BEING IS LIVING IN AN ENVIRONMENT OF DOGS, PITS, SNAKES, AND WILD PUSSY CATS. CAN YOU IMAGINE THAT? THESE ARE HUMAN-BEINGS THAT I AM TALKING ABOUT. THEY HAVE BECOME LIVING SOULS THAT CRY NO MORE.

HERE RECENTLY I DID AN INTERVIEW FOR MSNBC LOCK-UP TITLED "STICKS AND STONE," AND THERE WAS A SCENE WHERE I WAS SHOWN CRYING. NOW I'M PRETTY SURE MOST PEOPLE, ESPECIALLY PRISONERS WATCHING THAT SCENE OF ME CRYING PROBABLY THOUGHT I WAS

BEING A BIG WUSS, THAT AFTER TEN (10) YEARS OF BEING CONFINED IN A WINDOWLESS CELL TWENTY-THREE (23) HOURS A DAY, THAT I WAS JUST HAPPY FOR PRISON OFFICIALS RELEASING ME OFF THE ISOLATION UNIT AFTER SUCH A LONG TIME. BUT WHAT THEY DID KNOW WAS THAT I WAS REJOICING IN THE FACT THAT I DID NOT ALLOW THE NEGATIVE ENVIRONMENT OF THE LOCK UP UNIT TO DEHUMANIZE ME. THE FACT THAT I COULD BE MAN ENOUGH TO CRY WENT TO CONFIRM THAT I WAS NOT DEAD INSIDE. MY TEARS AND MY FEARS DON'T COMPROMISE MY STRENGTH. I'M STRONG BUT HUMAN!

I WOULD ADVISE MEN, ESPECIALLY MEN IN PRISON TO NOT BE AFRAID TO CRY. BECAUSE THE TRAGEDY OF LIFE IS WHAT DIES INSIDE A MAN WHILE HE LIVES. DON'T BE A SOUL THAT CRIES NO MORE.

PEACE INSIDE,
CHRISTOPHER TROTTER