

A psych. has recently reported that I represent a low risk of future violence if released on parole. Her assessment was based on my criminal & substance abuse history, the time I have spent in prison, what I have done in here, & other factors apparently important in these determinations. She reported that only 3% of male offenders in the U.S. represent lower risks, that 97% represent more. This will be an important factor when the parole board considers me for release next year.

An objective look at my history reveals that it has been roughly 25 years since I posed no risk to others. I began abusing drugs & alcohol in my teens & adopted criminal attitudes & thinking patterns shortly thereafter. Who would have thought that I would change so much?

Undoubtedly, I must credit the 12 Steps of Alcoholics Anonymous with my new life. AA led me to my Higher Power & promised success if I would faithfully practice spiritual principles. The tools I have learned from my mentors, & which I pass on to others, help me daily to challenge my thinking & guard my peace.

The doctor advised that I should continue my life in AA. My 12-Step process has not been easy for me. But despite the difficulties, I could not imagine a better prescription.