

REPLY ID: X949

Hello Elaine,

Thank you for your comments. I remember my first AVP class. We had did an exercise on anger/violence and that night I went back to my cell and thought about where was all the violent thoughts and anger coming from inside of me. I learned that sometimes it was my perception of how I saw things. I also learned that I had carried around a lot of hate and anger from as far back as my childhood. Even at the age of 43 I am learning that I have to change my entire way of thinking when it comes to dealing with anger. Believe it or not, people on the outside would be shocked ~~the~~ if they knew the number of fights that could have happened in here if it wasn't for AVP. I am not saying that there are no fights in here, but I am saying that for us inmates who participate in AVP, we are more likely to resolve a conflict peacefully before it gets out of hand and turn violent. And to me that is so powerful. I think that AVP could and would benefit schools also.