

IF I COULD HELP!!

The following Introductory IS and Couldn't be more true and Honest of what its like in Prison alot of People don't give the Fair Facts Those of you that are living life on the edge and are on your last Chance IF I could help Id tell you what its really like. and if you arent strong enough to really defend your self I Pray you dont get sent to any of the worse units, Criminals in here do not have any empathy or care and concerne for Others they will only use you for what you are worth and only pretend to be your friend if they can steal from you or take, force you into Gangs or take advantage of you some will even try to punk you. Its like a school with its many crowds the ones who are Bullies, preps and Geeks and even openly Gays. Some just beat you up to see if you'll fold and if you dont thats your only chance of survived unless you pay. This is not to say (all) are in this category you will meet some pretty good guys who will look out for you and try to help

This place is even rougher if you do not have any money or loved ones to help you. It isnt nice watching others enjoy treats and the luxury of having things they want and not just need. That is all just one side of the fence the other are the Bx10 cells, the MEATS that are awful, the one roll of toilet paper a week, being told when you can eat, sleep, use the rest room or be treated as though you are trash. Some of the officers will cheat you out of meals

or anything they can just because ~~you~~ they can!
They will lie and Make your Time as hard
as they can if you do not submit you just
cant win inside here and as the years goes
by you lose those cool loved ones. you miss
watching your Child take its first steps or
Even are surprised when you find out they are riding
a Bike

If what you are doing just isn't right
My best advice would be to try and do the right
thing I've lost 5 years of my life sitting in here
wasting My life. With nothing to show for it
and had to Deal with the loss of my family, friends,
happiness, and all it has brought me is Depression
waking up in a cell with bars a door that wont
open when I'd like it to watching those that are
fortunate to have family and friends help them
enjoy eating Snacks, RECREATION you would NEVER REALIZE
how much you would miss the simplest of things.
Even privacy which you will NEVER have in here
BECAUSE once your here you lost all rights you've
signed them away at the doors. Imagine what it is
like to be given 7 Little Bars of Soap no Bigger than
 $\frac{1}{4}$ " x $\frac{1}{2}$ " to shower with Not being able to get a proper
Diagnose for a Medical Problem Just Because the Drs
Dont know whether to believe you or not. and your
Very life is in Their hands or Being in a cell
where officers Dont answer your cries for help.
these are the Cold hard Facts. Nothing is over Exaggerated
But Simply the truth.

I hope what I have exposed Shines some
light If you have any questions your welcome to
ask

Sincerely Teddy