

# 1 YEARNING FOR SUPPORT PEOPLE

Sitting behind bars with out support people is a struggle. I've written out dozens of times trying to be placed on sites so that I may begin my process with a structured support system. The actual definition of a support system behind bars are really just individuals willing to make a small commitment toward helping the individual between meeting goals corresponding, not necessarily financially but morally toward a common cause during his/her incarceration and reintegration, lending friendship simply writing is a positive method. You do not have to have knowledge in recovery and can learn simply off the internet and give feedback. I am seeking any individual who wishes to help me in my journey I will first state I need you desperately I haven't ever had an actual support team and have been a failure. I'm tired of

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Spending My life behind bars and willing to commit to any studies, goals, and have decided although when I am released I want just reenter the world for freedom but reenter it for proper rehabilitation wheather it be a 6 month Drug program or a two years. I wish to commit my life to recovery and helping others and becoming a support system for others. This is what's in my heart. But I need you out there to strengthen me, inspire me, push me in my walk just to be there to listen and tell me if I'm wrong or contradict me or praise me when I've done something right for a change, did you know that over 50% of the people who reenter the world without a support system fail? I don't want to be a part of that percent any longer but I can't do it without you. I'm an addict with codependency and depression and that's another reason I've used in my past I've felt "Alone"

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Like NO ONE REALLY cares! I've been abandoned and shunned lost most of my family and the rest are strangers and that hurts a lot to have family and not know them or think they do not care. I'm not asking for sympathy I'm asking you all for your help and it's not much of a commitment, (pride) has always held me back and prevented me from asking anyone for help. And if you have it you could relate with how it feels. I've always tried to be independent finally finding out I can't do this "alone."

And feeling a burning desire to make it in life and succeed in recovery. Any information on drug programs will help also that accept people without the fee because I am indigent. Some that accept parolees preferably I have one year till I come back up for parole for my fourth time and I'd like to have a plan, a support team, and goals met, and in place.

4 your support means the world to me and  
the time and effort you make.

I look forward to hearing from  
you and sharing my life's struggles

Respectfully

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