

TRULINCS 23038076 - LUMMUS, ALLAN CRAIG - Unit: BAS-T-A

FROM: 23038076
TO: Cif Prison Ministry, The
SUBJECT: mp 83 Drug treatment program hear I come...
DATE: 03/26/2015 05:05:31 PM

mp 83 Drug treatment program hear I come...

3-26-15

I started the drug treatment program. I am being challenged already. There is a very big expectation of fairly intense social interaction. I did not realize how comfortable I had gotten. I had my set groups and friends and stayed out of the way of everyone else. I had little interaction with anyone that would cause the least bit of awkwardness. That comfort zone is out the window.

But it is good for me. I need to push myself to be more social and more engaged. I will benefit from having to improve my conversational skills. I tend to be too utilitarian with my conversations. They are designed to accomplish something (gain some information or give some information). I don't just talk to develop a bond between me and another. I have always struggled at light talk. I just stayed away from situations that would call for that kind of interaction. My idea of conversation is a committee meeting (ha! I laugh but it is basically true).

When I get out, I will be around non sex offenders most of the time. Only in my support groups will I get a chance to be with guys with my past. So now is the time to start spreading my wings and operating with some level of unease as the normal state of being. If I am serious about starting a mindfulness based non-profit I will have to feel comfortable in my own skin to own my own story. Drug program will allow me the opportunity to do just that. My first big statement is coming up next week. I will describe my "readiness" for treatment to the community. It is like a first step statement in 12 step. What my life was like before. What was the consequences of my behavior and my intention to commit to change.

I feel the need to include two pieces of information about my past. One is my Mom's mental illness - paranoid schizophrenia and the other is the fact of my abusive relationship with Bobbie. The first because it helped shaped my primary defense mechanisms for my life and the second because it was the truth that I tried to stuff and deny. The denial led to more stuffing and denial which I handled by numbing out by alcohol and eventually porn when alcohol stopped being effective. Admitting to being abused in front of the entire community will be hard. But needed, because of it centrality to my addictions.

But I am confident I can do that without getting too emotional. What will be hard to keep it together is talking about my impact on Connie, Max and my family, particularly Connie and Max. They are the most vulnerable to my actions. I have not been able to keep from tearing up as I go over the material in my head. How can I possibly keep from crying when I say it out loud! I don't think I will be able too. At least I will not be the first to shed tears. Already seen some and heard about many others. I just got to suck it up and get through it. I need to do it in support group this weekend. That way I can take some of the sting out of it.

I took away Connie's partner, her best friend, the person she was going to live the rest of her life with. The person that she was convinced did not exist until I convinced her otherwise. I left her with the shame of being the partner of a sex offender. Now she has to adjust to life without all that important relationship. Max lost his Dad presence. In my place I left the shame of having a sex offender for a Dad. A Dad who is a criminal. I substituted insecurity and fear for security and love.

Maybe if I repeat that a thousand times I can do that without the tears rolling down my cheeks.

mindful prisoner | allan lummus #23038076 | pobox 1010 bastrop,tx 96402 | betweenthebars.org