

Realistically Speaking

Are you being realistic? Do you think realistically? What about all of those ideas you have and came up with while walled off from society, were they realistic? How will you execute them? So, your plans are to get out, get a job, your own apartment, a car and start your own business. Boy that all sounds good, nice, doable and exciting on paper and in your head but guess what, those are exactly what you call unrealistic plans. You failed to include in your plans some of the most basic and important ingredients, beginning with preparation. It doesn't cost a penny to think or dream of great ideas or putting a plan together. What it does cost is actually executing those plans. Have you given any thought as to where your seed money for your plans will come from? Where the money is going to come from for a car; insurance and registration, the first and last months rent for your apartment? Preparation is part of dreaming and planning. Things just will not work without it. You must include rates if you are planning on securing a loan, whether through family, friends or a banking institution. You must consider at what rates you will have to pay back your loan. You must consider if you are able to pay back the loan. You must consider your credit, if anyone is willing to make you a loan and how you will pay it back. You must take stock of every item of material you will need, calculate man hours, experience verses time needed getting experience, what type and whose assistance you will need, who your target audience is for your product or services and most of all, you must prepare for setbacks. Everyone goes through them. Once you gather all in which you will need to fulfill those plans you are then free to move forth but not before. Unless everything is provided for you **do not continue to think unrealistically**. You cannot just step out of prison, after so many years, and just assume it is going to be that easy just because you may have done it before. You can't go from the gate and buy a car and get an apartment just like that. That's called delusional thinking. That doesn't happen in real life. Having goals and dreams are one thing but believing they can be achieved with little to no effort or planning is just plain unrealistic. If this is the case you may as well believe as soon as you step out of prison you will become a multimillionaire and a king sized mansion and luxury cars are waiting for your arrival. Realistically speaking

you can parole to a transitional residence, get the help you need to reintegrate into society, be groomed for success, receive assistance locating employment, learn the community in which you will reside, build character, esteem, network, build relationships, get accustomed to the inner workings of society, report to your parole officer, obey your parole conditions and learn what it takes to get a loan for a car and an apartment. That's being realistic. And guess what? Nine times out of ten, you may even be able to locate the source for your loan. You would never jump into a swimming pool without knowing first how to swim so, why rush things before securing all you need for your plans to become successful? This is the very reason everything you hope for must not only be planned out but also realistic. Not all saw blades are for cutting wood. The same goes for any relationship you may wish to get involved in or any other variety of things you wish to accomplish. They must all be realistic and attainable and planned. Do not plan on opening a pizza shop without first knowing all that is involved in running the place, from the books to the fountain machine. But most of all, you must learn how to make pizza that your customers will enjoy. That's only fair. You want your customers to have the best experience at whatever goods or service you provide for them and you want them to keep coming back so, do not half step. Being realistic is does not include breaking your neck for the sake of all of the money you've been dreaming about. Being realistic is taking your time and paying attention to detail. Stay in your lane and take one step at a time. It can be overwhelming in society because you feel a great need to accomplish everything you've thought of but you have to start one thing at a time so you do not exhaust yourself. Getting involved in your community will help jump start your plans and goals. You will also have to participate in those things that you were able to get away with while in prison like paying bills, taxes, getting insurance, gassing up a vehicle, etc. Do your part with heart. Society is neither your character defect nor conflict of interest, especially when you are a part of it. You will not only be doing society a favor but you will also be doing yourself a favor as well if you do not step out of prison carrying your knapsack full of blues. They are no more than complaints, no one will be willing to listen to them and you will be labeled a complainer foothold in society. Instead, perhaps you should just listen. After all, everyone has problems of their own.

Relationships

Relationships are fun, loving, challenging and healthy. **Being in a relationship; in love is exciting; makes you giddy, giggly, warm, humble, expressive, touchy-feely, and excited. It can ease stress and improve your health, make you cautious, pay attention to your insecurities and self-esteem issues** but none of those things count unless you know just how to approach a relationship or how to **respect love**.

Relationships are not meant to impose your will upon your partner. Your partner is your equal. You must be willing to bend, accept criticism and share all that is required to maintain a relationship. Never make comparisons with your partner and others, especially exes. **Always avoid arguments**, especially when they can be resolved in a civilized manner. **Always be willing to resolve any differences** at first sight of them. At no time should you go to bed with anger on your mind. This can easily harm a relationship.

Communication and trust is and always has been the foundation to a healthy relationship. If there is something you do not understand, cannot figure out or otherwise do not agree with, you must communicate as much without allowing the issue to build up inside. I call this the genie affect. When you allow issues to go unresolved and otherwise build up inside we tend to allow them to get to the point of exploding and it may even be at an individual you did not have an issue with. This is why it is very crucial that every issue should have a resolution. You should never control, let alone want to, control your partner. When you finally locate a partner who is compatible with your standards you should love them just the way they are. It is far too much of a job to attempt to change an individual. Furthermore, it would be unfair to his/her personal independence (of you) and her own identity. It may work for a short spell but as soon as any disagreement comes up, that individual will resort back to who she/he was prior to the relationship. It is better to leave well enough alone. Besides, the way you found them is what attracted you to them in the first place. Instead of wasting time on trying to find faults, take the time to do something special your love interest likes to do. Ask first then get involved and invest time in their activities without being too clinging. You must allow her to have her space independence and own identity and always find ways in which to outweigh the good

with the bad in your relationship. If your spouse enjoys walking through the park while you hold her hand, is that so bad? It is definitely not an overbearing request. If it makes her/him feel good, do it. Imagine the feeling you get when your lady puts her arm around you, you're in love, feel wanted and it is a lasting moment. I can personally tell you that it is a wonderful feeling when you let go, respect and enjoy it. After being alone for so many years, why wouldn't you? It is a small gesture that goes a long way and only makes a relationship stronger. If she wants you to give her a kiss on her lips or otherwise be affectionate in public, what's the harm in that? She may want you to put your arm around her in the theater. News flash, if you think otherwise, all of these things are perfectly normal and accepted things couples do in a normal relationship. Do not compartmentalize your feelings or desires. Be unafraid to be vulnerable. Share your thoughts and feelings openly. Don't hold back. Balance your union by being willing to bend. On the other hand, if your partner does not feel up to being intimate at a certain time, do not hold it against her. It is not a deal breaker. Reasons vary, especially for females. You should be willing to accept her explanation even if it is not as thorough as you would like it to be. If she simply says, "It's a female thing. You wouldn't understand," then guess what? She is right. You would not understand because you are not a female or Gynecologists and you do not understand how a female's body works on the inside. You only see the goodness on the outside and you believe everything is fine all the time. Do not push the issue or get angry, discuss it. When **you approach a relationship** you should always do so as if you're going on an employment interview. If she hires you she will expect you to be her mate and do a good job. **Make that first impression count. Do not be aggressive or too assertive. Be confident not arrogant, caring and casual. Do not feel inadequate, insecure or uncomfortable** because you have been out of the dating scene for so long. You should be willing and happy to **open doors for your lady, pull out her chair, make her dinner; bath, rub her shoulders and feet. Call her at work and ask her how you can make her day better, share household chores, burn aroma candles.** This is all a part of a good relationship. **Always respect her feelings and be courteous when it comes to how she feels about certain issues. Never badger her, put her down or make her feel bad about her insecurities or faults. Always uplift her. Tell her how**

pretty she looks, comment on her hair, clothes, shoes, etc. Tell her what a good friend, companion and lover she is and you will be showing your best true efforts to maintain your relationship. Like everything else in life you must put in the work. What is crucial for you to understand is that the individual you get involved with will have a past, which means she was involved in other relationships before you came along. That is natural. She has a social history. With that come exes and male friends who you should not get jealous of or worry about. You were never a part of that history. Your only concern should be the history you make with her. **Do not cause a bump where only a barely-there-surface-scratch lay. Embrace friendships, not isolate your woman from her friends. That's abuse.** Lets keep it real/straight. There is this hard evidence that incarcerated individuals have missed out on a great deal of sex. This is in no way a misconception, though, it is a misconception that any individual can make up any ground in this area by having sex with multiple partners. Pump your ~~breasts~~ and be frank with yourself for a moment. Is this really what you need and if so, can't you get it from one partner? Leave those silly prison fantasies where you conjured them up. That's the only place they will come true and not be complicated. You do not need that type of trouble. Believing you can make up in this area is just like believing you can recapture your youth and catch up on all of the uninterrupted sleep you lost out on while you were in prison. Let it go man. Focus on one relationship. Attempting to make up for lost time will cause you to lose focus and cause you more trials and tribulations than you really want. **Keep it simple.** Bending over backwards to keep a loving relationship going strong is the goal and not a horrible position to be in, either. There are no score cards in a relationship. **Be kind and loving not petty and ugly.** Enjoy it for what it is. It will keep balance in your life. **Why have your credibility challenged for trying to do something that is unrealistic and does not matter?.** Attempts like this only destroy relationships. Be confident that it is normal to get a late start; be a late bloomer. Essentially, this is your position. You are the one who has been absent from society and must have a starting point, no matter your age, as long as you begin and are willing to learn as you go. **Start with brand new news and new bricks** (Girlfriend/boyfriend).

Old bricks tend to have cracks in them that will eventually fully break apart before the end of building a solid relationship. There is no sense in going backwards, just like you would not normally walk backwards. Build, build, and build with new bricks, a strong foundation and healthy relationship from scratch. Walk forward and deal with every aspect of it head on. Do not walk away, destroy or burn the bridges of your foundation. Saying **I love you** often is not hard. Take advice of someone who had to go through incarceration in order to get a full understanding of what a relationship entails.

Remember, there is temptation everywhere in the world but that does not mean you have to give in to it. Do not be afraid to take advice from those who have been in a relationship while you have been in prison. Listed below is a partial list of does and don'ts for a relationship:

Does:

Put her/him first

Considerate

Respect

Support

Confident

Love

Balance

Compassionate

Listen

Enjoy

Transparent

Committed

Faithful

Encourage

Communicate

Patient

Don'ts:

Angry

Jealous

Play games

Unkind

Aggressive

Dominate

Controlling

Off limits

Disrespect

Deceitful

Manipulate

Violent

Abusive

Complain

Confrontational

Assume