

## Parole: Rules and Guidelines

You have completed your time on the inside and you feel that is your debt paid to society but is it? Your debt goes far beyond that simple payment of doing time. You must now enter in your journey of being on parole and successfully completing it. You feel parole is unnecessary, childish and outright crazy because, after all, you are an adult, right? Well that is one way of looking at it. The other way is that the powers that be must monitor and ensure that you are mentally fit to remain in society unsupervised; therefore you must be supervised on parole. They cannot gage the results of parole if you are not put on and monitored by the parole system to ensure that you keep your word of not being a trouble maker and that you do wish to be a vital part of society's norm. You must obey the rules you will be governed by while on supervised parole; not some but all rules and earnestly complete and get off of parole. If those rules contain the following: **Do not use drugs or consume alcohol, hang around ex-felons, gang members, hang in a known gang areas, accept a ride from a current gang member, even if it is a family member. Stay away from victim/victims family. Stay at least 300 yards away from ex-wife, girlfriend, children. Do not operate a vehicle, must remain employed and must get permission to travel outside of designated parole area. Stay clear of checks/credit cards, cannot own knife**, or any other rules put forth, you must obey and adhere to these rules. This is the only way you will successfully be able to complete and get off of parole. **You must keep all appointments with your parole officer and do all that is required to get off parole so that you can get on with living your life. Completing parole is only challenging if you make it that way.** When you screw up parole then you screw up everything you worked for up to that point. **You do not have the option of quitting just to get a new start.** It doesn't work like that for you. Quitting means giving up and do not mind going back to prison. You want to be given an opportunity to move forward not go backwards. Do not make it hard on yourself when all it takes is for you to follow simple rules. **Prove to your parole officer that you are a responsible individual**, want to remain in society and above all, want to succeed. The only way you will be able to accomplish this is by following those rules in society. When you fail to do this, whose

fault will it be? **You cannot blame anyone else for your failure, especially when you are given a full opportunity to succeed. Be encouraged to succeed over returning to prison; that place you hated so much.** Anticipate success, succeed and get off parole. Be grateful for the opportunity to give back, your freedom and do not take it for granted. **Remember, you are being put on supervised parole for a reason and that is to ensure that you can follow the rules of parole and society and remain out of trouble.** If you cannot make it they will not hesitate to gladly send you back to prison so, you must behave yourself.