

Ex-Felon Etiquette Guide Part III

Paying For Your Past



Giving Back

Paying For Your Future



PLANNING FOR PAROLE

RELATIONSHIPS

- Having healthy Relationships With others
- Being Supportive
- Respecting Others
- Being Honest/Trustworthy
- Being Faithful

Emotional Growth

- * Coping with Emotions
- * Remaining true to my Values
- * Controlling my Anger
- * Feeling Worthy
- * Relax
- * Reduce Stress

Intellectual Growth

- Finding a satisfying Job
- Maintaining a clear mindset
- Meeting my responsibilities
- Keeping My Word
etc.
- Having proper Identification
- Concentrate on task

Physical Environment

- * Having a stable Residence
- * Having Financial Security
- * Getting Basic Needs Met:
Food, Housing, Clothing,
- * Staying out of trouble
- * Being Independent
- * Having Security:
Social network of Family,
Friends, Community
Leaders

It is not the intention of this guide to neither solve nor give advice to problems, nor lead any individual to the door steps of those professionals who may be able to assist you in those problems you seek answers to. This guide only serves as a reminder that we all have character defects/flaws and that we must seek answers to which we can not only identify those defects but also be willing to deal with them in the most positive manner and be remorseful for any crime we have committed, change our decision making and behavior. Perhaps by reading this guide it will trigger something in you that may assist in identifying those traits and encourage you to seek help to deal with them. The guide's contents are only the express opinion of its author and are not to be misconstrued as professional guidance nor mischaracterized as a self-help guide, book or pamphlet. The words contained in this guide are shared through the passion the author have for helping others, in hopes we all become better as positive individuals who care about others and appreciate the endless boundaries of effective, positive communication and communicative thinking. Being better means never stop learning, never stop thinking. You may be faced with real time real life situations where you may not only be tested but also need real time resolutions real fast; those answers that will resolve and defuse any situation you may find yourself in that will bring the best possible positive result. You must, at all times, remain in complete control of your actions and behavior. When you master these two you can deal with and win any situation. But do not confuse winning over having control over your own behavior and actions. There is a major difference between the two. The situations you may face will vary, is normal in society and happens every day, several times a day and to any and every one at any given time. Your job will be to make the very best decisions that will defuse the prospect of anger and the situation getting out of hand, by mentally preparing how to deal with it all. You can get through those situations you are confronted with by being prepared and accept anything can happen and know ex-felons are very vulnerable in various areas. In fact, this particular group is the most economically vulnerable and challenged group in America, which is why thinking is crucial. The whole point is to think, especially before making any rational decision that may make things difficult or bring harm to self or others. Besides, if you think about it, people tend to think better when we are resilient, listen, and ask questions and smile, to name a few antidotes. Think of the possibilities when thinking. Let's take a look at some of those scenarios below:

During the course of our life time, there is one absolute thing we can never fully stop doing; is something that can be objective yet, subjective, screwed up when we go about it the wrong way, are unaware of it at times, do not confess to doing it when caught red handed and is something we all desperately need to survive, maintain our health and consumes our every moment...THINKING!!!

Thinking can cause all sorts of emotions, some that lead to anger and stress, affects our decisions, is challenging, can be deceiving, lead to denial and produces good and evil. Some individuals will make the argument they did not think at all: "I didn't even think about it. I just did it". Once the particular issue is resolved, these same individuals may make a contradictory and conflicting statement: "I wasn't thinking at the time but I was hoping I didn't get it wrong, in trouble or somebody, or myself, hurt." Guess what? Those individuals did not think about what they said before they made that statement. Thinkers do not always think when we should. We learn, grow, and gain experience and change through thinking. Having a thought is passed tents for, guess what? Thinking, hope something would not happen. When we view it in that light we realize we were deceiving ourselves and was in complete denial in believing we did not have a thought before our actions. The hard boiled truth of the matter is we are all charged with thinking about what we say or do before we just compulsively spring into action. There is always room, and we should make that room, for thinking, when you think about it. The fact that most of us has already failed in the positive light of thinking does not discharge any of us from regaining a grip on affective communicative thinking. We are not speaking of changing one of the four legs of the table. That is our foundation in which we stand. We are speaking of smoothing over the table cloth, sharpening and making better the way we think and respond; the mind of our foundation, our thought chamber. Whether we think out loud or daydream to ourselves we should always think positive about everything we think or dream about. Those things we have control of, anyways. It is by experience and common knowledge we do not always think of those things we need to think of when we need to. If we did, we would not say things such as:

I know I'm forgetting something

I cannot think of where I left my keys

I paid the mortgage, didn't I?

I do not remember if I shut off the computer

I'm thinking. Did I? I can't remember

The point is even if we cannot always remember everything; we must give ourselves a chance by thinking.