

February 23rd, 2017

SOMETHING I LEARNED ABOUT MYSELF!!!

Hello Friends, and welcome back to my Cage. I hope you are having a blessed day. I am doing better today than yesterday.

So how's going with ya'll? Are ya'll enjoying my world yet? If you're here, then it's your world too...I mean, a world is something we make together. It's a team effort to make it the best we can.

Well, I was laying in bed yesterday after getting into it with the officers about a hair cut, and thinking about how I responded to the officers and my actions during the whole shabang. After reviewing myself and the whole incident again later, I was very disappointed with myself. I mean, I had just vowed a few days ago, that I would stop letting people push my buttons. And here I am, letting the small shit set me up for failure.

I just read a book called, 'How To Keep People From Pushing Your Buttons' by Albert Ellis. I borrowed it from the library instead of requesting a novel like I usually do. And it was fascinating to read this book because what they were talking about is exactly what I have been allowing to happen to me. Yep, I couldn't put the book down, but then they came and got the book early, so I am going to try to order it so I have it to read whenever I began to backslide.

So, here I am, instead of thinking about what the book said, I went straight from asking for something to being angry cause I couldn't get what I wanted right then. It doesn't matter that I have been asking for a hair cut for over a month now. It doesn't matter that some shit has been going on and I feel vulnerable right now. What matters is how I handled the current situation. And I didn't handle it well at all. I actually threatened to harm someone because I couldn't get a hair cut. A hair cut people!!! What was I thinking?

I can tell you what I wasn't thinking...How is threatening these folks going to get me anything, other than more trouble? I let my emotions take over. My homeboy here, who is like a little brother, has told me repeatedly, not to let these folks steal my joy...and then I turn around and do something dumb and let them. I can make excuses and blame it on the counselor for shattering my shell and then leaving me to defend myself; I could blame these officers for not doing what they say; I could blame a million other things other than the truth. I am in control (or should be that is) of my own behavior. If I can't take responsibility for my own actions, then what type of person am I? I'm just like almost everyone else: putting the blame on someone else because I'm not man enough to man up and accept the consequences of my actions.

Yet it doesn't stop with taking responsibility for your actions, that's only the start. Yet, that is the first step of the process...What process? The process to change yourself and how you think. The process to change who you are into a better person. Because you are the only one who can do this for yourself. Yes, it's good to have help, and sometimes you can't start the process without some help in the first place. But you can't depend on nobody else. I have just realized that with the crap I am going through right now. The counselor I respect and admire so much, started the process and because I relied on her to be there to help me if I screwed up, I screwed up by cutting myself over something I knew I didn't have any control over. She did what she was supposed to and helped me get a start...and then I dropped the ball. That is my fault and only my fault. I allowed myself to let the letter affect me so much, but that is over with. What have I done since then to change how I respond/react next time? Nothing!!! It has been exactly a month since I got the letter, and I have done nothing but continue to find excuses to blame someone else.

I just finished this book called Hard Times by Shaun Attwood, that another offender let me read. And in this book, he told everything he went through in Joe Arpaio's jail. He also walked me through his change and thought process. And that is why I am writing this now. Because I realize my screw up and am man enough to admit that I messed up.

Now don't expect me to change over night. It just ain't gonna happen! But I am going to start using the meditations that my Spider whisperer taught me. Yeah, if I had thought about using those before, maybe I wouldn't have cut myself, which is something else I just learned...It does no good to fret and worry about what you didn't do in the past, because you can't change it. All you can do is work to do better in the future. As Albert Ellis said in his book, the more you practice something, the easier it is to do and pretty soon, you'll be doing it like second nature, without even thinking about it.

I know I have it in me to change...if I'm willing to put in the work. It is up to me. It doesn't matter if others think I can do it, because they are just observers and bystanders. It all comes down to me and what I want to accomplish. So what have I decided to do? I have to stop letting the small shit get to me. I have to retrain my mind to think instead of react to any situation. I have a long road ahead of me...I hope you'll stay the journey with me and give me feedback, advice and encouragement when you can. Its a long road, but I have to start somewhere. I look forward to traveling it with ya'll.

For now, that is all I wanted to say friends. sooner or later, I hope that the Spider Whisperer will start reading my posts and chip in on them. I know she'll set me right;-) Well, take care and enjoy your day...And remember this saying by Marcus Aurelius: "The first rule is to keep an untroubled spirit. The second is to look things in the face and know them for what they are.

Until later, take care and I'll write again soon. Hope to hear from ya'll too.

The Griz

A handwritten signature in cursive script, appearing to read 'The Griz', written in dark ink.