

I DID IT AGAIN !!!

Hello my friends, and welcome back to the Bears' Cage. I hope and pray that all is well with ya'lls families and loved ones. I am tormented right now.

I was going to write a post about responsibility for ones actions, but I messed up and accidentally tore it up thinking it was my rough draft...And to be honest, I put alot of work into it, and now it is lost for all time. I might try to recreate it, but we'll just have to wait and see. I said all that because now, I must take responsibility for my actions.

Right now, I want to talk about the royal fuck-up that I am and what I did. I am so disappointed in myself, that its really hard for me to keep going because I know I screwed up and that there might not be a way to change or fix what I did.

So, what did I do?

Okay, you know about my self-mutilation that I did on January 27th. You know it was because I received a bad letter from my dad on the 23rd, and I tried to cope, but lost the battle. What you don't know, is on the same day, the counselor that had been helping me work with my problems, was spit on while conducting a ferral for someone saying they were suicidal. When word reached those around me, I was already in a self-destructive mode, and when one of the inmates here, came into the vent, which is another way for us to talk, and started saying that the B.... deserved it, all these females around here only need to be slapped, hit, screwed, spit on and left on the side of the road.

Now, let me explain alittle about this inmate. He's in his 50's, having been down 23 $\frac{1}{2}$ years already. He is always going out in the hallway to practice his pimp game, as he calls it, on the ladies. Ok, thats cool with me because it doesn't affect me. But when he started talking about how these ladies, who are here to help us, or at least help the ones who want it, deserved all this disrespect, I blew up on him. I told him that he was a coward because he'll say it behind these doors when the ladies aren't around, but then go right outside into the hallway and talk sweet and try to run game on them. And it just kept getting worse, until I told him if I ever catch up to him, it was going down, and only one was walking away.

Now, my Spider Whisperer caught onto that fools game, and wasn't calling him down to her office as she once was. Yet, here I am, a new guy in the program, and she calls me out when I request to see her. The reason is, as she put it, is because she enjoys when I come into her office because I always bring real things to work on, such as meditation, my anger, memory problems, boundries and other things we were working on. That is what she told me personnally.

So guess what this trash ass inmate does...He drops some I-60's to rank, saying that I, Bayer, and other inmates, are only going into her office to flirt and bs. And this is coming from an inmate who was always talking about he had he in check and could get out there any time he wanted, and many other things, too. Now, what is funny to me is that was the only reason he went down to her office, when she would pull him out. And she wouldn't let him stay that long. As it was, he was already done with her group, so he wouldn't be seeing her anyways. So he went and dropped a snitch sheet with nothing but lies on it because I called him out. What a coward!

It was also because those that messed with him here, stopped associating with him like they were because of his attitude and conniving ways. He kept trying to con us as he did the laws, and we are hip to it and wasn't trying to hear it. So he was feeling vengful against us, and took it out on me.

Anyways, I was accused of 'tryingto establish a relationship' with the counselor, because of these I-60's. Me being me, I got mad and started trying to figure out what the hell was going on...and all I did was escalate the situation worse then it was. I couldn't leave well enough alone, and the security here is very serious about their job in that respect. So, because after I cut myself, that same fool dropped another I-60 saying I cut myself because I couldn't go down to her office. (Now, remember friends, I just found this all out on Feb. 23rd, because I jammed up a ranking officer I know and asked him what the hell was going on...And he told me.)

Now, since January 23rd, when I got the bad news from dad, I have been skipping every other days meds, and holding them so I can get high off them. I have stayed high since then and constantly keep doing dumb stuff that I wouldn't do if I was sobber. Things like have another offender write a grievance that was false, on the officers and medical staff, including my Spider Whis-

Perer, and turning it in. I didn't pay attention to what he wrote, because I was high, and just typed a copy of it, and turned it in...And whats messed up friends, is I had no intention of turning it in, and don't remember turning it in. But there you have it, it got turned in.

So what do you think is happening now? I screwed up big time with her, I know this. I am now in the process of writing the grievance office, captain, warden and whoever else I can about how I turned in a grievance with false statements because it is wrong to allow innocent people that did no wrong, to be blamed for something that I refused, such as medical and Mental Health attention. I was the one who refused medical and Mental Health attention when I was cutting myself, so the yhad no responsibility to do anything else. In the grievance, I said they were responsible. Its a long process to explain what all a grievance intells, but to put it shortly, I blame them for my cutting, and now have an investigation started on their actions. I screwed up friends.

I betrayed the one person on this unit that was trying to help me. Even after what that other inmate did, she was stilling willing to help me. And because I couldn't be patient and wait things out, and started staying high on my medication, I turned against her in a moment I wasn't thinking straight. It is no excuse and I will accept responsibility for my actions. I must wait for the time to tell her I screwed up big time, and theres no excuse for it. I don't know if it will ever be the same between us, where she'll help me with my problems or not. I know if it was me, I'd write me off. I know I disappointed her. And you know what the cruel part is for me, the dude who wrote the grievance just laughs at what is going on now, and says oh well. Yep, I keep forgetting what type of people I am living around.

So now all I can really say, is I must take it one day at a time. I am not going to allow these screw-ups to put me back into my shell. I started working out yesterday, because I need to do something with my time and to help me work on my patience. It is something I must do if I am to succeed. I might have harmed the relationship of counselor and patient that was starting, but that doesn't mean that its the end of my life. I don't know what God can do to fix it, if I just ask Him too. Time is what will tell.

Anyways my friends, this is just another chapter in my sorry life that I must close out. If you have any advice you would like to impart, then I look forward to hearing it. Tomorrow will start another one. Every day is a new beginning, even if you lose something you wish you hadn't lost. You have to cry for a second, then pick yourself back up, dust yourself off, and try again. ~~I just have to learn from my mistakes I made this time.~~ Which, the main one is, keeping my mouth shut!!! Period!!!

Well, it was a pleasure to spend this time with ya'll for awhile. I hope you enjoyed this time we shared, and that you'll come back again. I look forward to hearing from ya'lls experiences as well. If not, then, take care, enjoy your life and come back when ever you feel like it... You'll always be welcomed in the Bears' Cage!

~~Until next time, keep your heads up, and know no one is better then you are, unless you let them be!~~

The Grizzly Bear
February 23th, 2017

