

March 7th, 2017

STARTING OVER WITH WHAT YOU HAVE TODAY!

Hello again my friends. I hope all is well in your life. I am doing pretty good right now. I thought I would write today because they have us on lockdown and there's nothing better to do right now.

Well, I just finished my workout and came back from the shower. Boy did that feel great!!! I just started working out last week, and am starting to get addicted to it already. I must admit though, that this time around, I have a powerful motivator...As long as I keep that motivator in my thoughts as I do my workout, I don't even realize what I'm doing until I'm done and am sore;-) But it's worth it. Oh, by the way, if any of ya'll have any tips on things I can do to better my workout, I'm all ears. Just remember, I'm limited on what I can use/do until I reach population.

Well, for the last couple of months, there's been nothing but drama with me. Things that I can honestly say I could have avoided if I had been paying attention. The fact of the matter is, I wasn't and I fucked up! That's the truth. Yes, it's my fault, because I allowed being in Administrative Segregation to make me complacent when I began to reclude myself from being around or associating with other people everyday, as I would have to do in population or in the free world. So I lost the skills of reading people and paying attention to their facial expressions and body movements. I stopped even thinking about things like that because I wasn't planning on going back to population.

Now that is why I screwed up and allowed something that could have blown over pretty easily and in no time, if I would have paid attention to the signs and signals people were putting off. As I look back at the whole situation, I can see them and realize that it was all there for anyone to see. Yet I didn't because I had lost touch with that part of life and skill. I haven't interacted with people in so long, that I took certain looks and faces to mean something totally different to me, and I was wrong. I don't know about ya'll, but I get tired of being wrong a lot. I don't like being wrong at all, but reality is, we will be. It's how we deal with being wrong that matters.

Anyways, because I became complacent and lazy, I caused a lot of problems that should have never happened. It involved a lot of people that shouldn't have been involved. I also continued to be self-destructive by not letting well enough alone, but kept trying to fix it...While high on my medication...and when I came down, made things worse, or did something that could have made it worse. I should know that lesson from the drugs I did in the world. But then again, I screwed up!

Look people, I take responsibility for all of my actions. If I do something, then I will accept the blame and consequences. And in this, I caused the problem because I couldn't keep my mouth shut when I was already on the edge of blowing all the way out. When the dude started talking shit about the ladies that work here, as well as my Spider Whisperer, I lost all sanity and went off on him. Of course what he said was unacceptable, but I allowed him to goad me into reacting. At the time, I looked at it as though my honor and loyalty demanded that I respond, especially when the guy said that all these females that work here deserve to be spit on, slapped, raped, beat up and dumped on the side of the road like the bag of trash they are. It really got to me.

As I tell all these officers and Mental Health workers, I don't hold it against them that they work here, unless they disrespect me. I understand that they have a job to support themselves and their loved ones. Shit, if things had turned out differently for me, I could see myself working for TDCJ too. They make good money with great benefits, so why not? Anyways, I don't go out of my way to mess with these officers and actually try to keep them in a good mood. I like to laugh, so I'm sure they do too.

Anyways, I let him bait me, and I fell for it. Like I said, I was in self-destruct mode because of the letter I got from pops. It's really no excuse. I must learn to control my actions as I used to. I let these walls stop me from being who I am. It's time for me to work on myself and better myself. I have to put in the work, that is one reason why I started my workout program. Even though I'm just getting started on that, (and really I'm allergic to working out. When I work-out, I swell up, get red all over and start to hurt;-),) I can already feel the difference in the way I think and feel. I might not see a difference physically yet, but I have to keep in

mind, that it takes time to get myself back to what I used to be. I have to start somewhere, right? I can tell you though, that I am thinking clearer and am more motivated than I have ever been. Yeah, I'm doing it for me, because if the goal doesn't work out like I am praying it could, then I am still doing it for myself, and not for someone else.

Anyways, I am on the road to recovery from the screwed up situation. I no longer hate myself, although I am still disappointed in myself for it, I can't hold onto those things. I can't let them still my joy. Those are in the past and they can't be changed. If I screwed up too big, I can only blame myself. Thats reality....As they say, you never know what you had til you lose it. I must look to the present and focus on the here and now, and to the future. That is where everything is at.

Well, thats all folks. I just wanted to let ya'll know that the storm is over and its time to get back on the road to today. Hopefully for now, I will start writing about good things going on, as well as my thoughts about certain things. Write to me if ya'll want, I will respond! And keep reading my posts, so you can get to know the real me. I will tell you what has been happening isn't the real me. Alright my friends, I'm gonna close this one down, until I hear from you, take care and I look forward to ya'lls visit again. Until next time...

The Grizzly Bear