

BLOG POST TO MRS. WEATHERBY  
FOR THERAPY PURPOSES

MOOD: MELLOW AND GLAD

THOUGHT: THANKFUL FOR PEOPLE WHO REALLY WANT TO HELP

SONG: YOU ARE NOT ALONE

SINGER: MICHAEL JACKSON

MAY 4TH, 2017

Dear Mrs. Weatherby,

I pray you're having a great day when you read this. I am going to say its still a struggle every day, but I'm still here, so I'm beating it.

I wanted to thank you Mrs. Weatherby, for our last session. You are the second person to really listen to what I had to say and what I am going through, and not judge me for it. I have always been afraid to tell people, even those I was intimate with, because of rejection. I was waiting for that look to pass across your face. The only time it did was when I mentioned the "Christian men." I never expected to find one (Ms. Wenzel), let alone two (you) people, especially in the same place, who truly listen and really want to help. So I just wanted to give you a heart-felt thanks Mrs. Weatherby!

I also wanted to thank you for giving those blog posts to both Ms. Newman and Ms. Wenzel for me. I really appreciate it. Everyone has been telling me that writing things and out, is a great way to work through things, and a good therapeutic tool, and thats what i'm using my blog page for, as well as for personal things, too. There are some things I won't put on the page because they are too personal, but most others are good. Now my only worry is the mailroom stopping them from going out for some reason.

The nightmares are still there, but they lost some of their power Mrs. Weatherby. They aren't as strong as they were, but they are still pretty much all I dream. The good news is is that it is the end of the memory, unlike I told you I thought it was just an intermission. I have been forcing myself to push forward so I can get it over with...And the movie is over after I turn 18.

My main problem right now Mrs. Weatherby, is guilt. I have guilt over what I did, both involving Ms. Wenzel and for cutting. I tell myself every day that I did it, its over with and nothing can be done, so move on, several times a day. It helps for a short time, and then I get depressed again. I betrayed both Ms. Wenzel and myself Mrs. Weatherby, and for someone whose used to being betrayed, I know how it feels and dislike myself for doing it.

You have to remember one thing Mrs. Weatherby, its real easy to say 'accept you did it and move on,' but ordinary people, even those in general population, have things to do that constantly keep it off their minds. In ad-seg, its really hard to refocus your attention on other things because we're stuck in a cell all day. We barely get to move around or find things that distract us. So for me its harder to clear it out of my head and move on. But the good news Mrs. Weatherby is I had a special guest come to my cell today.

Yep, the one and only Ms. wenzel came and talked to a few people, and I was one. I was so ecstatic that for a second I couldn't speak. I was able to tell her the truth of what happend Mrs. Weatherby, which I need to apologize to you for, because I didn't tell you the whole truth. Although Ms. Wenzel did upset me with something she wrote in my file, I really wanted her page because I was nosey and curious about her. Thatsthe truth. As for the cutting, it was an accident that I cut so deep. It was only suppose to be shallow cuts and nicks so I could go to Skyview and run from the case. Thats not me, and in the process, it almost cost me everything. After I seen how deep I cut, I figured I should just as well finish it. So I was going to.

Anyways, she came to my door, and was the same as always. I really couldn't believe it Mrs. Weatherby. She was moving all over the place, as usual. Maybe like you said before, that I look too deep into things that really aren't that serious. I know that while she was at my door, at first, I was ashamed of myself because I actually had to face her, and explain why I was stupid. And I just hate having to do that. But I faced her and refused to hide away...and survived;-)

She even gave me a compliment Mrs. Weatherby. She told me that I accept responsibility for what I did, that if I didn't accept the responsibility for my actions, then she'd start to worry, because its not like me to not accept responsibility for my actions. Trying to run like I did, wasn't me,



and now I've got a scar to remind me what happens if I run from my responsibilities of my actions. I hold tightly to that belief Mrs. Weatherby, but I listened to others and I panicked. So I paid for that too. You live and you learn, I guess.

Anyways Mrs. Weatherby, Ms. Wenzel counseled me some, and it really helped alot. Just her willing to talk to me made me feel alot better, because I do truly believe if she held it against me, she wouldn't talk to me. So her just talking to me lets me know we're alright. Oh, I'm sure I've got some work to do to completely earn her trust again, but its work I'm willing to do!

And then she left...and the sunshine with her;-) Yet after she left, I was and am still doing better mentally because I thought I lost it all. I guess I'm a pessimist when it comes to consequences, and see the glass as halfempty instead of half full. Thats something I need to work on, as well as patience, cause I don't have much of that at all.

Well, I guess I'll close for now so you can get back to more important things. I really appreciate your time and help with my problems, and being there to listen to my problems Mrs. Weatherby. You're priceless too!!! Without you, life would be alot harder then it already is. Thanks a million!  
Respectfully Yours,

Bobby Bayer 1496320  
AKA Grizzly Bear  
May 4th, 2017