

Reply Id # Up4h

Alyssa,

Hope you are well Just wanted to Say hi "Hi" and ask you what grade did you get on your paper concerning prison? I forgot to add that as a prisoner I have two emotions or thoughts that keep ~~me~~ allow me to survive. one is hope that this prison sentence will be over before it destroys me, the second thought is the most powerful its the realization that I have the power to end my life. Suicide saves people from their pain, but it passes that pain to their loved ones if they have loved ones. Ive had thoughts of suicide since I was 8 or 9 years old. I remember sneaking into the bathroom cabinet and reading the instructions on the bottles of cough syrup and the like because it said to take a certain amount when sick. I was sick in my soul and would take 3 or 4 pulls on the bottle and sink back into my bed, happy and afraid that I might have taken to much. Even now sober and having gone to alot soul searching Im not as sick as I used to be but suicide will always be on my mind because it gives me some sense of control and power

Thanks for your kind words

Roland 5/21/17