

Reply ID: CM4v

11-7-18

Greetings Kyla,

How R. U.?

Thankx 4 ur response.

Glad that U found the advice 2 B helpful. The fact that U found it 2 B "the best advice" reminds me 2 thank.

Glad 4 answered prayer. (Honesty I pray what 2 say in my letters - especially 2 those I've just met) Plus, I'm excited by the results, each-n-every time I put the wisdom He's entrusted me with 2 use. I sawah 50 verse 4 comes 2 mind.

By answerin ur questions I'll comment on ur answers...

- 1) I'm still amazed that NB 1 reads my post. Thanks 4 ur viewership. 4 the past few months.
- 2) Find it more interestin that my blog would B under penpals or whatever. Mind U I'm not even vaguely familiar with how the internet, google-n-what not all work. Do know there's millions of blogs/penpal sites. So I'm always amazed when mine stands out. Has 2 B a cool thing. Hopefully I can continue 2 inspire U - n- others (myself included)

3) school-n-work. Been there. still there
Don't do much hangout, but glad U
have a trusted group of friends 2
hang out with.

4) well ur friends sound inspirin. "Iron
sharpens iron."

Have NE of ur friends told U "U
give great advice?"

As a counselor I suppose U should B
a trust worthy person. Just knew that
in correctives everything is policed. There
R rules where ~~the~~ part of ur job is
2 violate peoples trust. 4 example
if a person tells U he's/ she's plannin
on harmin themselves or others. Or if
they confess 2 ~~ur~~ ~~unsolved~~
mysteris: etc.

5) I agree we need better rehabilitation
4 me: it's get'n 2 the heart of the
matter - which is rarely - if ever done.
Most of the time ur given moral
drainin that tells U "ur nothin. Ur
nobody. U just another inmate. U'll
B back. Like all the rest.

Then theres the subtle nuances of the
environment. Dim lights. gloomy gray paint
-n- clothing. Processed food-n-junk food, both
which rob U of energy. Meanwhile the

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ps 2

Library seemingly got rid of mags like Entrepreneur, Black Enterprise, Small Business Opportunities, -- but kept Muscle-n-Fitness, Runners World, Slam, ESPN, Sports Illustrated, CQ Men's Health, People, People in Spanish, TV Guide, Entertainment Weekly, etc.

They even got rid of the Re-entry Resource Library. 'Magone that.

Goal is my rehabilitation.

Yes. I agree "everyone needs someone 2 talk 2 especially in prison" I talk every now n then but better suited 2 let my pen do the talkin. Other than that gotta few pen pals, talk 2 God, -n- 2 myself. Then call my guy Charloe like once a week.

Kyla, always keep in mind that just strivin -n- determination 2 B a better U is an accomplishment in -n- of itself. So, U Kyla Johnson have already accomplished something in this life

6) Caring is a good quality 2 have. don't let others steal it from U or rob U of it. OK? It's important 2 B TRUE 2 URSELF. without U - U got nothin. Does that make sense?

See it's 4 U 2

* KEEP UR U important 2 U*

keep learnin how 2 B even more carin.
seek 2 B termed "CARIN KYLA"

far as the apprehensions U have regardin
~~the good~~ how carin 2 actually B, because
carin 2 much seems 2 reward U with
only the disappoint ment of been treated
like U nothin, there's a cure 4 that.

In short. Learn 2 "set boundaries"

carin doesn't mean let'n people walk all over U
Nor does been a carin person mean that U
have 2 B foolish in ur care-givn. USE

WISDOM Jesus was a good example of ~~that~~
this. John chapter 6. He careed enuff 2 feed
the 5,000 hungry people (verses 10-11) but
He also careed enuff 2 not let those
same people treat Him as nothin or use Him
4 food. (verses 22-27)

It's ok 2 care but just because U care
doesn't mean or obligate U 2 make an
emotional investment - n- risk been hurt again.
Refuse 2 stand 4 been treated like U nothin.

U R SOMEBODY

7) Hope U didn't take (6) as constructive
criticism. I wrote it as advice - n- encouragement
I wrote it from a place of understanding. See
I were my ♡ on my sleeve till it was battered
- n- bruised. Treated like nothin I became bitter
- n- put my ♡ away. Soon I was a person who
hardened his ♡. It was down hill from there. But
now my ♡ back on my sleeve - havin been

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PS3

REHAB'D. Now I just use wisdom - n -
discernment. Quick example. Sometimes when
I give people stuff they say "I'm gone pay U
back: I promise" some even say this when they
borrow "I'm gone pay U back. I swear." Been a
given person I'll "look out" but I protect my?
I tell the person. "U good. I dont want it
back. Don't worry bout it." If a guy tries
I hustle me I sit down with him - n - express
my feelings (yup I got them) - n - tell him I'm
not gon 2 give 2 him that which he sought
etc -

* I ask'd question 2 cause please understand
that in correctness U can lose ur job 4
been 2 courts

8) I'm confused. Thought U were in college!?
please clarify
Because U was in 2 graduate high school
that leads 2 assumptions about Ur age.

* If Ur not 18+ it is of the utmost importance
that Ur parents know that U contacted me
4 advice. Does that make sense? Don't need
No fake news or misunderstandings. I've
mentioned B4 but always at the behest of
a parent / loved one.

9) Good that U have a helping?
Have U read NR books in furtherance of
Ur being a counselor?
Do U counsel co-workers? Bosses?

Have U considered other counselin jobs beyond corrections?

10) Is the book - Milk-n-honey NB good? who wrote it? Sounds like poems about life, prosperity, the promised land.

B4 I answer Ur questions - if I offended U by the age thing - ~~I~~ sorry, but try 2 understand my position. As well as my 9 2 help, as well as integrity. If U over 18 more power 2 U. Seems I'm talkin in circles so I'll more on.

Ur questions answered

1) I've been in since I was 18yrs - n - 60 days down the north. I been in prison 4 the last 21yrs 1 month, - n - 27 days

2) What's it like?

Prison:

Naw, seriously - it's like the ghetto I grew up in, but with no girl or cars. It's angry loud, violent (physically, emotionally, spiritually, financially, mentally, educationally, ^{verbally} psychologically) aggressive, boring, mundane, lethargic, anxious, overbearing, loveless, selfish, - no positive words come 2 mind - nonsensical, beastly, crazy, dysfunctional

I spend everyday down the same thing
4am wake up 430am go 2 work in the bakery.

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ps 4

7:30-8am get off work. Shower go 2 my single cell. Nap or do my homework. Sometimes read pray, walk laps. Some Mon mornings I go 2 a group (great support) - n- next week I'll B down 2 workshops - written a Resume - n- public speaking.

Then I have ~~my~~ Bible study, AA, church - n- start next week A Dual program.

I also try 2 keep my scheduled "laugh time" 3:30-6pm only cause shows that I find funny come on during those times.

Every now-n-then I go 2 the gym 2 play basketball or exercise. I also enjoy designin clothes, but ~~love~~ love designin athletic shoes. Plus recent Xmas time I crocheted gifts 4 friends, family, -n- the fatherless.

Still mainly I'm always written something or other.

3) I don't have a counselor per se. Do get a social worker who I may or may not ever see/meet. specially ~~see~~ since I got a new 1. Only person I feel comfortable talkin 2 is the Chaplain. But even then I don't put all of me out there. Rules. Plus he 4 right now. Rules say I can't have dealings w/him once released unless I'm off "papers"

Used 2 talk 2 a psyche, but it was all used against me :-

I consider Jesus my "wonderful counselor" Isaiah 9:6
Hopefully ur state/city will allow U 2 B the
type of counsellor U desire 2 B. Maybe U
better off w/a private practice :) or advice
column :) ~~Dear Kyla~~

Dear Cam Kyla --

4) My fave shows - on the channels we get R -

Shark Tank

The Seftensons

What's Happenin

Cowboys football

warriors/spurs basketball

Independent Lens (comedians)

In Touch

5) Like gospel music so I listen 2 that on KLove

- in the family

Listen 2 some rap - ~~like~~ when I can hear stuff

from late 80's - '99. Heard the new stuff but

don't get it, like music w/a message

well you get this in the mail. Quite busy
plus 2 hrs on this chair takes a toll --

Benny delay

u