

## Never Be Ashamed To ASK For Help !!

12.27.22

Most of us in prison are here because we did not ask for help. A lot of us come from broken homes and environments where drugs, violence, abuse, and criminality were normalized. Growing up in these type of environments, we are often abused and experience many traumatic events. But due to a false perception that people who ask for help are weak, many people are reluctant to ask for help out of a fear of being perceived as weak. Consequently, we learn to deal with our traumatic experiences by developing destructive coping tools such as: Anger, yelling, violence, substance abuse, looking for acceptance in the wrong places, and committing crimes, just to name a few. These destructive coping tools leads us to an early brutal death, or a prison cell! ALL BECAUSE WE DID NOT ASK FOR HELP!! We must accept we are all humans who are dealing with struggles, trauma, feelings, and issues we are trying to figure out on a daily basis. In order to figure out and resolve our issues, we must reach out to our many supporters in this world who are eager to help us. No matter what you are struggling with, whether it's drugs, suicidal thoughts, any form of abuse, or you just want to talk to someone, there are plenty of great people and organizations who are waiting and eager to help you!

So never be ashamed to ask for help, because people who ask for help are certainly not weak, THEY ARE BRAVE, SMART, STRONG, HAPPY, SUCCESSFUL, and on their way to PROSPERITY!!

Respects,

PERRIE THOMPSON JR.