

Date: 12 Jan 26

Subject: * THE INSTI...

* THE INSTITUTIONALIZATION TEST *

Now I realize that institutionalization is a subject I've already made mention of in some of my previous chapters. However, I thought it might interest you in how it can affect prisoners EVEN AFTER they've been released. I'm sure you would agree that after decades of living a prison lifestyle that includes certain habits and behaviors that have literally become part of a prisoners character, it would be quite difficult for him to just abandon those tendencies as soon as he stepped out of the gates. Be that as it may, there are certain tendencies that, no matter how difficult they may be to let go of, just need to be left behind the gates -- never to be practiced by a now-free individual.

To show you the seriousness of my standpoint, I'll share with you a few of these more severe examples that -- if carried out in the free world -- would be a positive indication in the following survey:

You might still be institutionalized IF:

- 1.) You wake up in the morning and stare at your bedroom door, waiting for it to spring open.
- 2.) You keep including your DC number anytime you address an envelope or sign a form.
- 3.) You check your incoming mail for any stamps that are reusable.
- 4.) You put your outgoing mail in the mailbox without sealing the envelope.
- 5.) You tie some toilet paper around the bathroom door knob as a signal that the bathroom is being used.
- 6.) You find it necessary to flush your toilet at least 5 times in one sitting.
- 7.) You brush your teeth over your toilet rather than your sink.
- 8.) You hand wash your clothes in your toilet.
- 9.) You wear a pair of flip-flops while using your shower.
- 10.) You take a blue mesh bag with you to the grocery store.
- 11.) You subconsciously wolf down your meals in less than 5 minutes.
- 12.) You have to stop yourself from telling the waiter that you ain't gonna eat that food, because he touched your plate.

13.) You notice an untouched item on the plate of the individual next to you and ask, "You gonna eat that?"

14.) Upon leaving a restaurant, you put the salt shaker in your pocket.

15.) You see a couple of cops drive up to the diner, where you're enjoying a cup of coffee, and you yell to everyone, "ONE TIME! ONE TIME!"