

We sometimes generally Think:

That giving a Person a Time-out, or Punishing them For their wrong doing.
we going to do a better doing, Not knowing that's the opposite.

if I may explain myself.

the Person learns From learning and getting Taught... in other words.
the human mentality can adapt to Anything but it takes Time!
not in a split of a second.

the Psyche of the mind its so divine.

That even those in Power or Political people of Anything about strategy,
hard and need to go to school and learn the Basic of Education.

The Reason I'm telling you this is because

if we had alot of Programs, to help us out & stay Focused in all Facilities
better to say Seg...

The Percentage of getting in trouble or losing our minds.
would be much Lower!

I have a bit of a Problem.

Why the system could help us do better, but choses to make us bitter.

I know we are Not Perfect... because we are Far From it,
but not even you or them are Perfect... only God is.

I just wish society & the system to know that, we're human-beings
as well, same as them, and we are just misguided.

Trying to Find the right way to be guided.

They expect us to change.

but how can we change, if the system is not allowing us to change

we filled everything Per Policy but like always Denied...

Neglecting & protecting the real issues that's going around here
and covering up each others mistakes, to make it seem like nothing
is going on in the system.

I'm scare in occasion not knowing when something capricious
is going to happen behind this walls.

That our community is not even aware or our Families!
and when something does happens they say it was us.

That started the fight with them or blame it on the Gangs or say
that it was over contraband to Put us in Seg...

People around the world pay taxes For jails can be a rehabilitation
or better to say to correct our Poor choices, actions and behaviors.
not For staff to treat us with cruelty and make us a worst Person
For our society, when we get the chance to get back Home.

but like I been saying

the system or better to say - Seg -

has become a measure of control strategy.

but in my eyes, if it was For the system.

we wouldn't get no Food, cloths or Education.

because they dont care of our well-being or better to say Life.

because all they care is about the money,

and to feel in control among us!

I Feel like.

The system.

Finds reasons or justification to Penalize us.

to Put us in seg and give us excessive time, not knowing the out-come. that is going to do to us or what kind of affects is going to do to the human-brain.

★ we might look okay From the out-side, but deep inside our minds..... we're not okay.

Every time we go to seg...

The system is damaging our Neurosystem.

That over time, is going to cause a disorder to our minds.

involving to have multiple Problems as Anxiety, Phobia, obsessive rumination, having Delusion or hearing voices, talking to ourselves, trouble sleeping and Emotional distress...

★ The system, make us take Pills, so we can control our Problems but in reality... they're the ones that are making us become the Problem

Also I Feel like the system is making us pay twice For our own mistakes that we're trying to learn From and move on to be a better Person, but what Am starting to believe, that the D. O. I dosent stand For Department of correction if not, Department of cruelty.

and someday, I wonder if I am going to be the same Person when I get to the street..... because what Am seeing that the D.O.I of seg is turning us of me, into something we dont wish to be...