
How Lifers Need To Program in Prison to Win Parole.

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What matters most in winning a grant of parole?

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1. Life crime - loses its “predictive value” over time, unless it’s against law enforcement.
2. In-custody history





TWO ASSUMPTIONS ABOUT PRISONERS THROUGH THE EYES OF A PAROLE COMMISSIONER:

1. Prisoners are rich in the most precious commodity in our present day: Time.
2. And prisoners have very few responsibilities - no bills to pay, no errands to run on the other side of town.



SO WHY DON'T THEY GET SO LITTLE DONE?

- Books, Languages, Vocations, Degrees, Self-awareness, Deep remorse, Service opportunities, Paying off restitution, An area of expertise - pick one (Ottoman Empire, or Carl Jung)
- Braille translators, drug counselors, dog handlers, X-ray techs, electricians, master's degree, artists.
- Repaired relationships
- Renewed parental bonds up and down the family tree.
- Outward acknowledgment of sexual/physical abuse with some healing undertaken.
- Resolution of anger and anger management.



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**The lifer is the biggest
decision makers of all in the
process, more than any
parole commissioner and
attorney.**

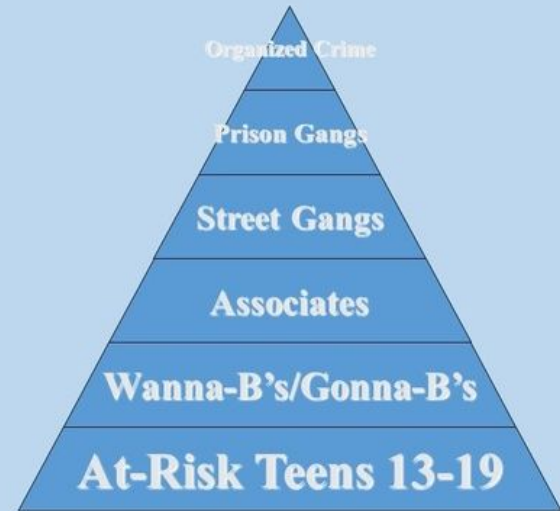
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Gangs:

An active associate or member has never been released on parole, ever.



Debriefing is better than being inactive.

Gang Hierarchy





Gangs:

- No "Hi and Bye" to old or new homies or bruttas.
- Don't drink tea with Nazis.
- We are the sum of our 5 closest associates/friends.
- Hi and Bye will generate confidential information.
- No need to be "in the know."
- Why are gang crimes deserving of a 25 to life enhancement.



Don't do impression
management:

Instead, inventory the
gory, ugly, barbaric, and
evil acts.

Gangs:

The only 15 year
denial I ever got:

“Lying” about the date
of departure.

“Rats” are heroes who report crime in the eyes of a civil society.



**The cure is worse
than the disease.**

**We treat trauma
with trauma.**



SERIOUS RULES VIOLATIONS.

- The 5 year rule is partially true.





Cell Phones:

No amount of talking will ever save you (calling grandma doesn't matter).

Constructive possession and renting is the same as owning.

It's not "impulsive;" it's deliberate, repeat criminal thinking.

Cell phones evidence failure to accept responsibility for their life crime and demonstrate remorse.

How did you plead in the 115 hearing?

Legal eagle pointless battles based solely on procedure (not substance) are not helpful.

Rules Violations:

- Don't take liberties with free staff.
 - Keep your visiting room decorum.
 - No social media presence.
 - Forty year old men don't fight.
 - If psychological evaluations are done every 3 years, there is a presumption that's how long it takes to right a ship - minimum.
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- **NO AMOUNT** of talking/explaining will work.
(Stipulation or Waiver may be the medicine).



Tip

Don't become a co-defendant because then the lifer's "support system also has bad judgment and or is criminal."



SELF HeLP

- Quality over quantity.
- New behaviors, over memorized ideas.
- New "turn-key" habits
- What principles do you live?
- What have you internalized?
- Be a mentor or a facilitator ONLY after you have EARNED it.
- Nexus - i.e. domestic abuser must know the cycle of violence.
- Drill down one deep well to china, not gopher holes.



WORK:

- Detailed laudable work evaluations from a long-term supervisor matter most.
- They appreciate the lead-man.
- Your job is more than a porter.



Tip

Work is your vocation ideally.



EDUCATION

If you don't obtain your GED, we assume you don't want it, and lacking ambition is unattractive and errant by statistic.

Rolling Stone degrees are insulting.

Education and Family Unification are key drivers reducing recidivism.

Education is self-esteem and learning the mechanics of learning.



SOBRIETY:

Permanent sobriety is embraced, while relapse especially poly-substance is feared.

Serious addicts need to be serious sober PhD's.

Each drug denotes qualities about the user.

Don't memorize steps, work them.

Number One Cause of Recidivism is Drugs.

Odds and Ends:

**Short term goals
are better:**

**What do you
want to do in next
3 weeks, 3
months.**

**Religion should
be lived. You will
be tested.**

Paying Restitution.

Living Amends.

Victim Awareness.

Abandon "sunken costs."

Vulnerability is Strength.

We is the first word of the first step.

I am open to fear.

I want to feel my mourning.

Everything will happen if that overwhelming sadness comes out.

Let's go over the edge.

We already know you can bite it down. Can you let it out?

How has the stuffing played out in your life?

I forgot how happy I used to be.

Stand up and hurt.

What's it cost you.

Source: The Work by Gethin Aldous



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