

Hi, I am Resurrected Richard.

The Opening Doors 3 day program has helped me by not jumping to conclusion a situation arouse as I clean the unit where the inmates call me a police, snitch, and being in their way. Some has approached me complaining about me doing too much work in the unit. What I see should be done I do and don't wait on anyone else to do it. So when I was approached I handled it by not losing my cool nor getting angry. The more I hear, the less I listen. I feel I'm doing the right thing. Why others feel what they feel about and toward me. But that will not stop me from cleaning and passing my time.

Every prison environment is full with many types of mindsets. One has to be very strong mentally to socialize with so many different personalities and characteristics. The program helped me to use my kindness, speak soft and respectful, and not to put fire on the wood, but to use water by putting it out. By not thinking about myself only, but others who bring the problem or situation.

As I continue practicing the lessons from the program the more I've become in control with my life of how I respond to someone. I am resurrected Richard and I encourage those who haven't tried the 3 day program to be a part of it by all means.

Shalom within yourself.