

LET'S CONNECT VOL 4:
PUBLICATION OF GOOD NEWS!

Personal Development

January '26 - July'26

GOODNEWS!

Let's Connect!

Sharing writings such as stories, poems, songs,
art and other creative works.

created by students and partners of
Contra Costa Adult School Community





A Collection of Poems by Various Students

What is DEUCE?

My past life exists no more. I am writing this down for someone else to hear and feel what I'm saying. My future is not drugs for me. Me and drugs don't go together like beans and rice. Who made that up, man? As I stand here today, change is for the better, to make you a better man in the future. Use your support that you have for the days to come.

--Chaunte F.



What is DEUCE?

What is Recovery? It is a purpose that one has and an option that is a good thing to have. I've taken DEUCE to help me and my right to take the proper path. For DEUCE is a commitment that I choose to grasp. I thank every day that I currently have. For forgiveness and power is what I have tested at last. Thanks for DEUCE class, I got a lot more help than one thought, with people to listen. To DEUCE, this is my last (time).

--Brian M.

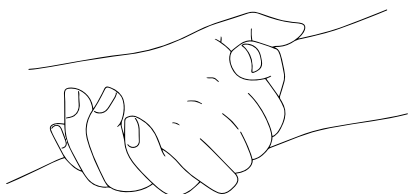
A Collection of Poems by Various Students

What is DEUCE?

DEUCE is like an assembly line, except for parts going down the line, it is words of knowledge going down the line, in and out of our brains.

And just like an assembly line has a problem, so do we. But we must keep moving on or there will be no production and once there is no production, there is no work, there is no life. Welcome to DEUCE. Love your Life.

-John B.



What is DEUCE?

DEUCE is my agreement with the devil to call a truce. No more toxins or poisons. Just Jesus and sobriety noises. Gave it all up and left it in my cell in the module. I walked out of county jail clean and drug free. No turning back, let alone looking back. How could I let it take me? Let me live. So long to that life.

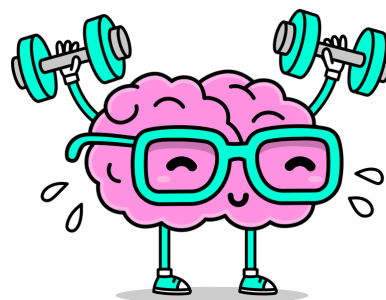
--Johnny R.

A Collection of Poems by Anonymous

What is DEUCE?

I won't start by saying my life has not been perfect. I used to be drinking and when I tell you that alcohol used to be my thing once, but it came to an end, because I ended up in the hospital and almost died. I said I can't do it no more. So I can tell people to choose a different route. Life is way more important. You have to take one day at a time and get help.

--Anonymous



What is DEUCE?

My version of DEUCE is a class that provides life-changing education and personal development. This class is teaching me to take responsibility and to be mature in all situations. I'm learning how to take it step by step; it doesn't happen overnight. It takes time and trust the process. It takes dedication and motivation. See the purpose for myself. Make the plan; I see the vision and dedicate for myself to do it and make it a habit of doing it daily. I want to keep my mind busy and be active.

--Anonymous

A Collection of Poems by Various Students

I Am Poem

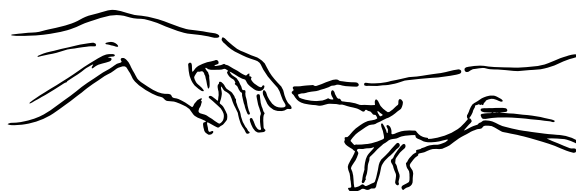
I am a great father, husband, son,
and brother
I wonder if I work hard at what I do
I will succeed
I hear my thoughts, then bring them
to life
I see no evil, hear no evil
I want to accomplish my goals
instead of failing at them
I am a king; I am grateful.
I pretend I'm not there at certain
situations
I tough those who are in need
I worry about my family, myself, and
others
I am a spiritual being.
I understand life and what it brings
I say, don't give up, stay focused
I dream of great things
I try to be the best I can be
I am for a great future and a great
life
I am God's child.

--Anonymous

I Am Poem

I am free.
I wonder if my family really loves me
I hear if you turn your life over you
will be good
I see I can do it if I put my trust in
God
I am a child of God.
I pretend to know everything in life
I feel happy when I pray
I touch my car every morning I wake
up
I worry about my kids and family
members
I am happy when I am with my kids.
I understand to put God first
I say I'm good when I'm not
I dream about freedom
I try to be nice but it is hard
I hope that my family is good
I am happy when I am free.

--C.Y.

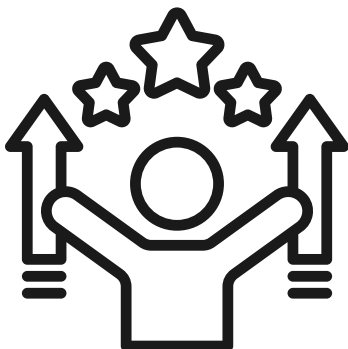


A Collection of Poems by Various Students

Daily Reflection

Before you can go out and heal others, you must self-reflect and heal from the pain you have experienced. I learned in life that forgiveness is for you and not the other person. Doing so has relieved a lot of pain and anger in my life and helped me to help others.

--Hunter P.



What is DEUCE?

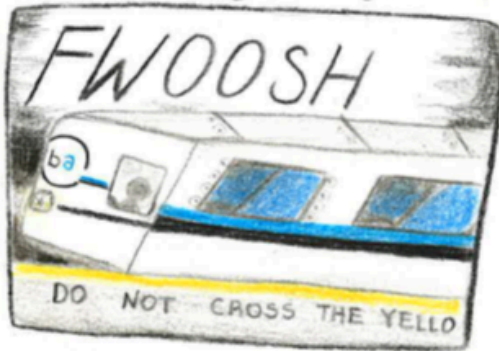
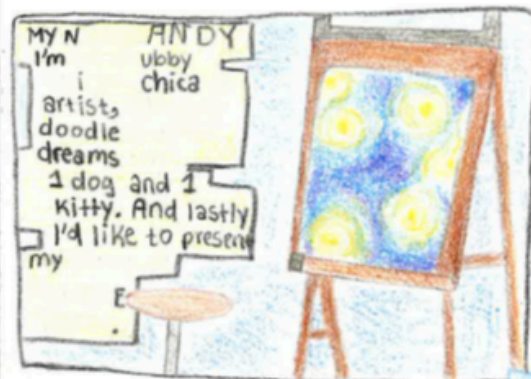
To me DEUCE is an opportunity to better myself and reflect on my past as well as my attitude and my actions. DEUCE is giving me the tools to live not only a different life but a better one so that I can be a better person and role model for my family and friends. When I think of DEUCE I see a better future.

--C.P.

A Relapse Story by Andy L 2/12/2026

Page 1 of 2

A RELAPSE STORY - by Andy L.



A Relapse Story by Andy L 2/12/2026

Page 2 of 2



A poem by Andrea R. 3/4/2026

Back in Jail

Back in Jail stressed out
My kids, my house, my bills.

Not again, I cry out.

Please Lord. Help me!

I get out this time thinking of ways not to
get caught.

Back in jail. My plans didn't go so well.
My outfit is green. The deputies are mean.
Girls all around.

I scream, Lord, help please!
This time he doesn't hear me, but I need
help.

Over all the years I see the same patterns
And it's only getting worse.

I want out! But in my cell, it's locked.
I start to realize to be free is to work on me.



What needs to change?
When I stop living in the problem,
And start living in the answer,
The problem goes away.

Yet still in jail far away from hell,
Every day I work on getting myself well.
Something starts to shift.

I can see clearly now.
Nothing happens in God's world by mistake.
If only I knew helping myself was all it would
take.

I get out. All the bills. I don't know how to
feel.

I'm stressed without a doubt
Headed down the same route.
I'm here. Everything looks familiar.

If only if I can grab it.
But f&%@, I'm trying to shake this habit.

This life I had adapted to.
I no longer want to pursue.
Lord, help me find my purpose.
I must say I deserve this,
Because I am trying to clear the surface.

To be continued (TBC)

A Short Story by Luis O. 3/21/2026

Released From Mental Slavery

I've been out there struggling on drugs and alcohol to the point that I went from sleeping at one friend's house to another. Some of my friends have tents under a freeway or on the side of the freeway, and I slept there as well. I've been out there at all kinds of times of day and night.

Sometimes I would get high just to not feel that midnight coldness or just to not feel hungry. I would smoke meth during the day, drink alcohol and hear all my favorite songs. I would run to substances to not remember how I failed my family, and most importantly, my two daughters.

I would not reach out, because I was too embarrassed. I would not get into a relationship with the females that came across my path because I did not want to bring them down with me and my problems all the time. I became the city tweak and I refused to die in any of those circumstances.

I'm ready to turn this around for a better, more positive outcome. I will protect and provide for my family. I'm in this cell getting better physically, mentally and spiritually. I'm getting a better relationship with my higher power. I'm attending bible studies as well as attending the DEUCE program while I'm incarcerated to further my education in sobriety and keep this mindset.

When I'm out again, I'll go straight to a meeting. I'll raise my hand, explain my situation and say that I'm a newcomer to the group. I also started staying up from 5-7am. It is my meditation time to pray and talk with God, journal and read my bible.



A Collection of Poems by Queen J. 2/3 -2/12/2026

Free Me

Addicted to a past me
Never really free to be
Who I am meant to be.

Same old me
Addicted to being
The same old traumatized being.

Degrading thoughts, paired with
The fear of changing.

Coping mechanisms in which
My mind is still evading.

Mentally ready to make a change
But I cannot find the change.

Prepared to make a difference
But the difference
has already been made.

A vision which I see now
4 I cannot go back to the old me.

Mentally and emotionally
I must be free!

Mirror

Ricocheting reflection
Memories of when I once was free.
Lost in this tragedy.

Competing with the other me!
Determined to be a sinner
Motivated by pain and anger.
Blinded by rage.

Looking back at my reflection
Sympathy is what
keeps me enraged.

Misery is sorrow
and sorrow is pain.
Things I once loved
Bound by trauma of yesterday.

Ricocheting reflection
What once was a joyous me
Standing in the mirror
looking back at me.

I see now a broken hearted
human being.

Delusional enough
to let these demons
Take everything away.

Queen J. continued 2/3-2/12/2026

A Fight 4 a Change

Anger filled pain
Blinded by rage
Turning to things that may
Block my change.

Persistent emotions
I've locked away!
Triggering memories unleashed
In every way.

Kamikazed my heart
Destroyed my mind
Mentally impaired while
Emotionally I'm blind.

Every day is a challenge
Fighting for change
Every day is a reason
We mustn't stay the same.

Blinded Love

The love I have has left my body.
Blinded by pain, mind kamikazed.
Stuck inside drowning by fear.
Reluctantly waiting,
Waiting for you to hear.
The sorrow and pain is all I bleed!
The love I had is the Love I need.
The hate they gave - it feeds on me.
So strong.
Too strong.
I can barely breathe!



Queen J. continued 2/3-2/12/2026

Queen

A queen us a queen no matter what
she has been through.
She speaks her mind
She tells the truth.

Some people may hate her
But that's only because
Nobody can tell her
What to do.

She has love for her people
She treats all with respect.
She guides them to victory
And never allows them to surrender
4 that's not what her kingdom does best.

She makes sure her people are fed.
She makes sure they are healthy.
She makes sure her trauma
Doesn't prevent her
From being a Queen
Her kingdom can depend on.

Because a queen is a queen
No matter what she has been through.

Little Black Princess

Little black princess prone 2 trauma.
Tears of blood I cannot control.
Staining anything I touch.

Empty and sad
Broken and blinded.
Heart full of misery and
eyes full of pain.

Longing 4 something
Good to come out of this rain.
Tragic reflection,
Once lost, but now destined.

Heart passed around
Too many times to count
I've expected things to change.
I've expected them to hear me.
So many times I've asked
God to spare me.

Little Black Princess
Only God can judge me.

Education
is a Key to
Success.
Be

Resilient
endeavor
Share

Body + Soul

SELF, EEL Appren-
ticeship
Good Planning
We come to your
transition. Happy
Tuesday November 8, 2023

We believe you
are smart
and be
loved

matilda

Are you
Release
Ready?

Petronilo

His
Matilda are Rich
and eminent
well-known at the
Bay area

HELP 11
around
2-11

The Word of the
day is Faith.

I don't want my
feather be
painted
green
by human
any more
again....

Thank You!

Petronilo &
Matilda
visited West
County detention
facility.

#2304904

pg 4 Author:
Foot Marlom J
Garcia

Wing + body

Fiction
with
Irony
base on Real Life

A poem by Josielyn S. 10/1/2024

Sacrifice

Drugs replaced by thugs -
The essence of broken promises
Now translates to commitment.

Emotions of positivity - longevity -
Something everlasting - once a hope -
That was not on dope

For this to work a sacrifice that rang clear to me
Over the phone today.

Knowing now we can be happy in the bay today -
What can I say today -
But thank you for every chance we can live today - SOBER.

It must be this lucky clover,
That I have you in my life -
Cause now we know no strife
In our lives.

I love you!



MB 10/3/2024

My New True Story

Yes, I just got my diploma at 27, but I've always had the knowledge and courage to keep going. Sometimes good things are never easy to get and you have to work hard for them. I'm just grateful that I always had the energy and motivation to keep going and never give up. I know I don't have a lot of skills, but I've gained some by being able to get some fun and amazing jobs without a diploma. God has put me in jail to teach me a lesson, show me my strengths and show me I have a lot to be proud of more than ashamed of. Even if you fail or if your plans don't work, never give up. Follow your heart, stay positive, and true to yourself. 😊

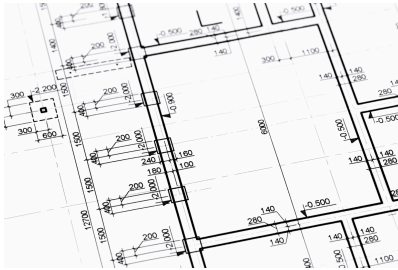
Alfred N. 1/31/2026

DEUCE Is

For way too many years I've gone through life never truly living it - only existing. I've ran from my pain, sadness and loneliness through the use of anything that temporarily numbed me but that only cause more pain for not only me, but for the people who love or care about me. I want more than anything to live, to enjoy whatever time I have left on this earth without numbing or running. I want to face life head on. For me, DEUCE is a chance to learn what I need to do just that. A chance to be a better father, husband, brother, and better person in general. A chance at a better, more productive life. I look forward to change.

A Poem by Charles D.C. 2/10/2026

My Loving Architect



You turned walls into windows
Making dead ends into doors,
Changing ceilings into skylines,
Made soft meadows from hard floors.

Some draw with pen and paper
And some with paint and brush,
But you eschew those media
And leave them all untouched.

I love you, sweet designer
In ways that none can know.
Your art is shade and color,
That sets my gray heart aglow.

My imperfections turned to virtues
By your skillful hand
You showed the light within me
That I couldn't understand.

You are my loving architect
Designing joy for me.
Drafting plans and blueprints
Of the masterpiece we'll be.



Coloring by M 3/20/2024



A poem by Jeanette O. 3/17/2026

DEUCE Is...

DEUCE is another shot at something that is correct.

Not a shot to misdirect.

Every day that I get to take in again
Makes me realize just how much I have yet to begin...

My life is not over.

I'm realizing now the fun is under the sun
And not in my arm...

The high I would chase
Is now a nightmare to erase.
I choose to be healthy, sober and free
With all of me!

Today, tomorrow and in my future,
DEUCE is the answer for internal recovery.

The Mirror

There's a mirror on a wall that's very unique.
It's got eyes of its own, so all of us can see.
It's watching over you and watching over me.
Look into it - face to face.

So, all of you see my mind be vibrating
As I look into the mirror.
It's this truth that I see clear functioning within.
Voices and conversations to change who I am
Is what I often fear.
The mental processes and daily conversation of
repentance;
Boomerang from the mirror.
The struggles and reflections I can see them
disappear.
Tools to be productive as I smear the page with lead.
As ghosts return like zombies that blossom from the
dead.

How beautiful this mirror would like to know.
Many pace and face this mirror with memories so
strong.
Don't let that hold you down
Cuz that's a failure on its own.
One day this shadow comes rising past the mirror.
Steering away from the counterproductive behaviors
To a new beginning - seeing clear.

For all those that reflect

A Poem by M. Clarke 6/9/2026

Dear DEUCE#

Dear DEUCE, I call a truce. Addiction killed my dreams.
And hurt my soul,
but now I got you to heal my mind and set me free
From these demons that keep chasing me.

Please, God, help me! Save me!
As I pray for forgiveness, I know DEUCE is here to help me
recover from my addiction and finally set me free!
Thank you and God bless.

Even though we are addicts, we're still human beings who
deserve to be happy and live free!

#Thank you, DEUCE#

A Short Story by William Z. 3/26/2026



Home for Christmas

DEUCE is for people that really need help.
When they start to feel feelings they never felt.
You know that feeling of helplessness?
Yes, I do.



Got me questioning myself about the things that I do.
I've robbed houses, sold dope, hurt people and seen people die too.
And I ask myself, "Is any of that worth it?"
No!

So, DEUCE is helping me work on myself and start anew.
But this is only my first packet, so I haven't learned much.
But my plan is to pay attention, give it my all with an open mind, and learn a bunch.
My first goal is my recovery, because without that I'll have nothing.

I know I'm ready this time.
I can feel it in my heart.
I'm not bluffing.
It's time to be home for Christmas and Thanksgiving stuffing.

And with my recovery goal things will fall in line.
And my life can only get better and better with time.

The end.



A Poem by the Logic Icon 4/4/2026

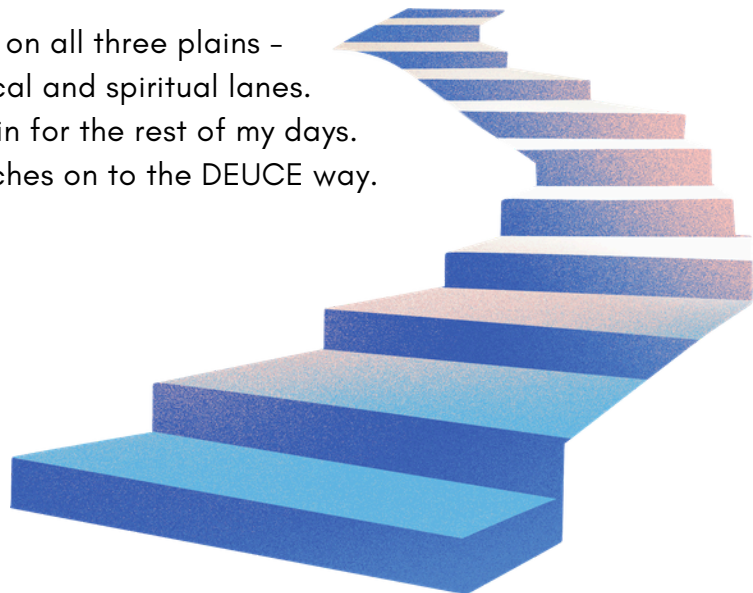
Let Our Game Inspire Change

DEUCE made me become self-aware
Showing me all of the things I can bear.
Instead of learning from those who care,
My mistakes became my mental lair.

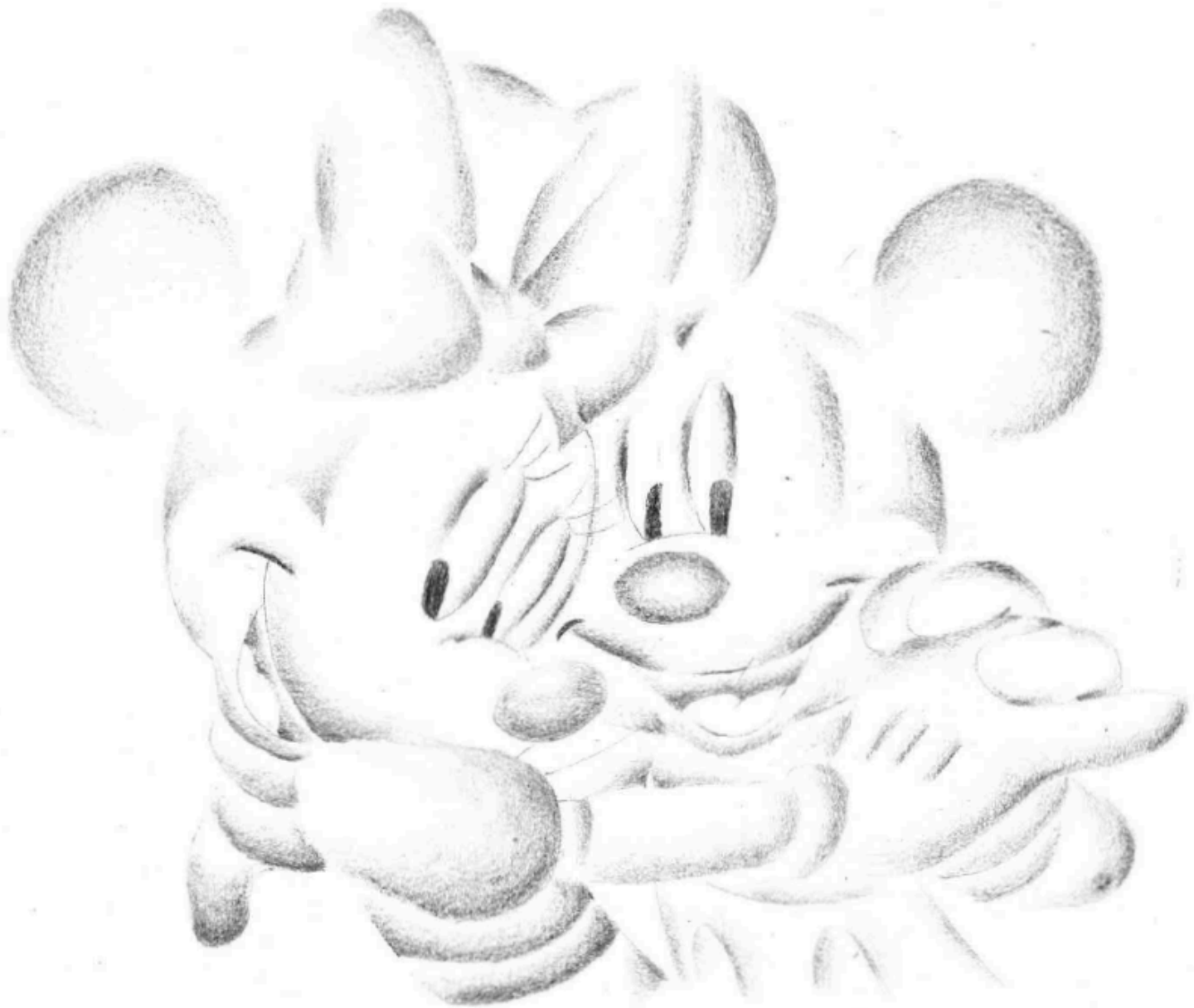
It taught me you need more than a team.
It takes a village to live by sober means.
12 steps will be the new norm.
At 39, it feels like I'm reborn.

Smart Goals are for those who want to succeed.
But it starts with baby steps to take the lead.
In order to help others, I have to help myself.
So, my community could live in more than just wealth.

We need health on all three plains -
The mental, physical and spiritual lanes.
That's where I'll remain for the rest of my days.
Hoping everybody latches on to the DEUCE way.



Drawing by EE 2/27/2026



A Poem by J. C. 6/12/2026

Recovery Breakthrough

DEUCE is for people who want to make it.
The life that I had I could no longer take it.
The past life that I had no longer exists.
Time spent up in jail, I'll never take risk.

To help others is the mission. It's part of my plan.
Confused from addiction, I now understand.
Drop down to my knees to thank God for the blessing.
I now can move forward and no longer keep stressing.

I'll deal with my worries by practicing DEUCE.
To live healthier days and show you the proof.
By not letting drugs and alcohol smother me,
As I stay on a straight path
with my road to recovery.

A Poem by Leah B. 6/18/2026

Never Too Late



I always wondered what true love would feel like.
All my life I've been hurt - not just by men.
I couldn't believe that a mother could make me hurt.
She's so full of sin.
I found myself struggling to trust - all because of her lust.
I realize that one day I will find love
allowing me to rise above.
That love I found was inside myself.
That is better than anything else.
I forgive you all
That tried to make me fall.
The lesson here was loving myself.
That way I will never be hurt by someone else.
It's never too late.
I've asked God to help me find my mate.
As my God has no mistakes.

Deuce Poem by Gabriel I.

Deuce is a way to say goodbye to the old you. The one who drank and smoked his problems away. Or though he did, because they never left. Instead, I became dependent upon something that only distracted me from the real problems until they got bigger. Deuce will help me get control of my life again. I will learn to change my way of thinking in order to change my behavior into one that will make me into a responsible and productive adult. I understand that under the influence, I am not thinking right. I need to be over the influence. I want to be the best version of me. I am ready to say, "DEUCE! AND HELLO TO THE NEW BETTER. ME."

Deuce Poem by Zachary B.

Deuce is for people who Search for recovery. Since I've been involved, I've made a discovery. The life that I had no longer exists and the things of my past I no longer miss. My future looks good; my outlook is bright. I've done all the wrong things, now I do what's right. If I can help someone else, also helps me too. It's taken me years., it seems like forever. But as it's been said, "Better late than never." My life is not over; it's only just begun. I'm no longer second; I'm now number one. I'll take it one day, one minute, one hour and pray constantly to my higher power. I'll do what I can tell my life is over. To life drug-free, happy, clean, and sober. And practice these principles in all my affairs. I'll use affirmations to help my progress. Self-talk and think positive are keys to success. Since I've been involved, we made a discovery. Deuce is for people who search for recovery.



Deuce is... Poem by K. McCartney 3/3/2026

Deuce is

Impossible to describe,
On the very first day.

Knowing nothing initially,
leaves nothing to say.

Grandiose goals, Ideas, Concepts,
Present a new way, to perceive and reflect.

To conclude any outcome,
Of which I may find.

On this start of a road,
leaving old paths behind.

Placing cart before horse,
Conclusion before start,

No discovery occurs
Though sincere be the heart.

GENESIS by Anonymous

Fashioned of clay, molded and made animate by the breath.
Brimming of opportunity, of blessings, all cast away. Iblis,
in his slithering form hath deceived the very creation of the
Lords work, His artistry became malformed, defunct.

Indeed just like the tale from Genesis, the man knew he had
transgressed. And similarly he was cast out of his home. His
name, a painful tribute of the man who originally sinned. Yet
contrary to the one for who he was named he never heard
the Lord, despite his desperate pleas.

He cries out in the dark for repentance, such as his
namesake , but still never finds he deep solance of faith.
Between the anguished cries, the grunts of men-like wolves
at night they sounded- he prayed until the chaos receded
and all that was left was the stillness of twilight. Amongst
the brief moment of calm, he waited for an answer, but only
the bitter silence of the void returned his favor. As the sound
of madness returns he face another day, empty of hope,
unsure for the purpose of which he lives. All he knows is he
must try.

Deuce is... Poem by A. Roberts

Deuce made me realize;
I had to lose everything
to realize I lost nothing.

I felt lost, but god showed me the way.

Now I can thank him for each & everyday.

When things get hard I thank god for the test.

Knowing I can overcome it and become my best.

No longer do I wallow in doubt
thanks to Deuce I'm ready to see what life is about.

SELF CONTROL POEM by R. W.

The snap of a finger
It's what brought me here
Fighting with my demons, causing me to smile
Who's truly in fear
I should have controlled myself better
OH, snap I'm mad I didn't
That's the reason I am sitting here.
Nobody is perfect
So, sometimes think before you move
The reason I am a mistake.
Is the reason I am a fool.
I made a promise to myself
So, pay attention to my ways of change
It won't be a next time
I have worked hard to prove it
So, I acknowledge my change
But only I can tell
What will happened with a snap of a finger.
I've become a better man
The way I manage my anger
But remember you can too!
Only with a snap of finger.

THE NEW ME by Anonymous

MAKING BETTER CHOICES

TO ME ALWAYS SEEM TO BE AN IDEA. THE FACT IM HANDLING MY
BUSINSS IS ACCOMPLISHMENT

TAKE A LOOK AROUND YOU BUT ALSO QUESTION
YOURSELF !!! WHO AR YOU?

EVERYBODY CAN SOMEBODY BET THEN AGAIN WHO
ARE YOU?

TODAY I WOKE UP NOT SURE TOMORROW I WILL BUT IM
NO SIDEKICK!

ALLI CAN DO IS PLAN FOR THE FUTURE TO BECOME A BETTER HUMAN
BEING

THE NEXT TIME IM ASKED WHO I' AM I WANT TO BE ABLE
TO ANSWER PROUDLY, WITH CONFIDENCE

DEEP DOWN INSIDE I KNOW WHAT THE ANSER IS BEFORE IT ROLLS OFF
MY TONGUE

THAT I' AM THE PERSON I' AM TODAY WHICH IS A
BRILLANT STUDENT WITH A BRIGHT FUTURE AHEAD

THAT IS WHO I BECAME BUT I STILL DON'T KNOW WHO YOU ARE?

SO TAKE TIME TO SELF-REFLECT BECAUSE IM ALWAYS
HAPPY TO MEET A NEW PERSON

eSPECIALY THE NEW ME INTRODUCING MYSELF TO YOU,
CAUSE AT THE END THE DAY I HAD A CHOICE

AND MINES WERE TO BE BETTER!!! NICE TO MEET YOU!!!!!!

I am Justin Blades by Justin B.

I am a man with no idea who or what he is anymore.
I wonder what I will be if and when I am released.
I hear Satan's voice- formerly my friend, mentor and savior; telling me I will fail until I die.
I see an unending stream of consequences flowing from a mixture of my sins and mistakes.
I want to rise above and redeem myself through reform.
I am a man with a vision of who he wishes to become.
I pretend that, even in heaven my mother continues to make excuses for me.
I feel that she undoubtedly longs to meet me at the pearly gates, I touch any grain of progress and feel her warmth.
I worry about failing my way to Hell.
I am determined to earn and work toward my redemption.
I understand that I can change for the better if I truly work at it long enough.
I say not today, Satan!
I dream of seeing my mother in Heaven.
I try to keep progressing toward reform.
I hope that I am strong and smart enough to stay at it long enough to stay on track.
I am going to make it to a healthy, sober rest of my life.



Deuce is... Poem by J. Brazill 3/6/2026

DEUCE is a discovery I made for my recovery

The life I inflicted can no longer be addictive

I want a life of happiness, and sober to be

But first I must set my mind free

from the ups and downs my life isn't over,

it's time to live drug free happy and sober

My life just began now,

Its time to have fun.

LuisCuevasM. By L.C. 3/5/2026

Taking DEUCE classes helps me learning to cope with emotions. The purpose of learning about emotions is to help control certain ones. Some emotions can lead to great outcomes and horrible outcomes.

Good outcomes of emotions can be, for example are kindness, happiness, etc. They lead to doing good for you and/or others. Many lists of good actions come out positive emotions. I have learned to use these emotions because of DEUCE classes. My wife has mentioned it to me recently while talking to me on the tablet. Last time my wife visits me she said the next day that she could see a change in me. I asked her what do you mean? How? My wife has been with me since high school, so she knows me very well. She had said, "I could see it just by looking into your eyes. Also, when we talk through the phone you actually listen and ask about my being or emotions." My wife says she is proud of me, besides the incarcerated part.

The classes have showed me more insight of the emotion of anger. Some people do not struggle with controlling this emotion. Anger does affect everyone sooner or later. In DEUCE we complete packets about recovery or dealing with certain emotions. One phrase really stood out to me was "Anger is one letter short from Danger."

It is not an easy class to attend. You have to be willing to accept things about yourself that are not good and try changing. Most of time I have seen people attend class for a few days but then stop coming because they don't like how the teacher corrects them and points out our toxic/bad thinking. It takes a lot for a person to accept these things. From the time I have attended DEUCE I have noticed people who really want to change keep attending the class.

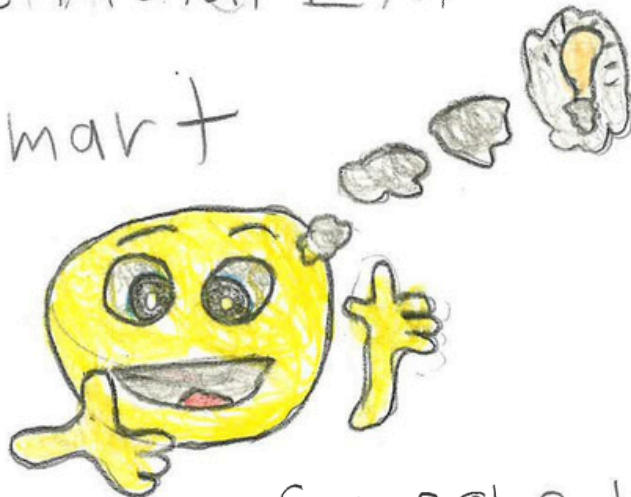
Lots of insight about good and bad relationships. Before taking this class I really didn't notice some toxic traits I was doing in my marriage.

It focuses on lots of different ways someone can be toxic or bad habits. It has helped us focus on overcoming them. We can choose to put the good traits into practice or not, it's just up to that person.

Introduction about
me Matthew Cringle

This is who I am?
In three facial Expressions!

1) Smart



2)



Someone who
is always delight-
ed.

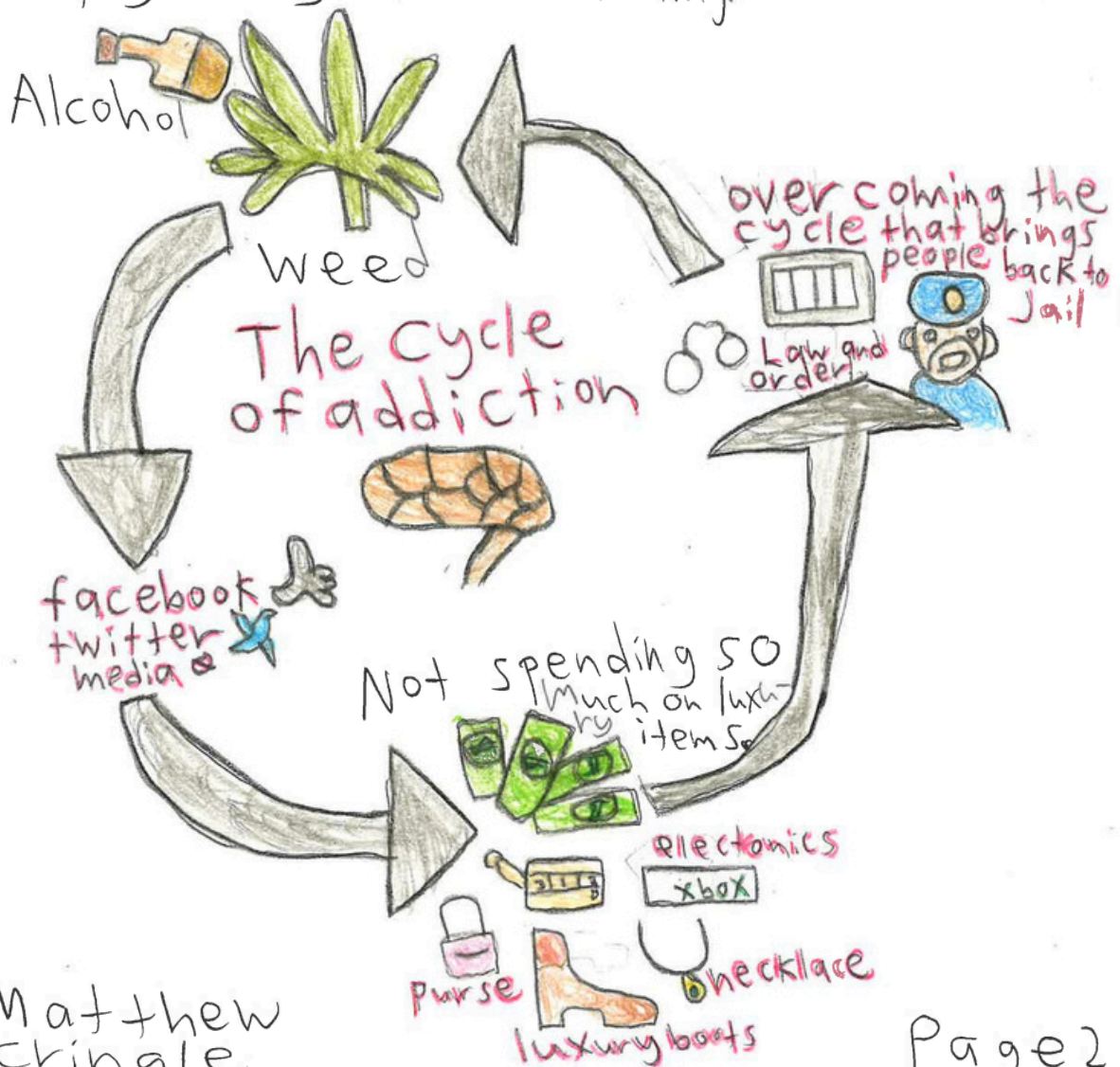
3)



Excited to meet
new people to
get out of jail
and make a real
difference in this
world.

Breaking the cycle of addiction! What is addiction.

Definition of addiction: The state of being enslaved to a habit or practice or to something that is psychologically or physically habit-forming.



Matthew
cringle

Page 2

Process of Recovery:

Several ways of Recovery best strategy Acceptance and denial!

This relates to denial and addiction the frog acknowledges an addiction when the water is hot.



If a chef places a frog in a pot of hot water, it will jump out. However if the chef places a frog in a pot of cool water and turns the pot hot noticing the boiling temperature change cooking itself to death.

Denial: says I don't have an addiction and whatever my addiction is I need to keep doing it because it helps keep me stable and can't live without it.

Acceptance and personal responsibility: Acknowledges I have an addiction and need to do whatever to stop the addiction broken into 5 phases, or spheres

1. Pre-treatment Period

2. Stabilization period

3. Early recovery 1-6 months

4. Middle Recovery 6-12 months

5. Late Recovery Period 3-5 years

6. Maintenance period ongoing to stability in life

Matthew Cringle



Page 3

What is Stress and how to cope with stress?

Stress-A state of being where a person experiences a painful or uncomfortable emotional or physical arousal headache increased blood pressure, muscle tension.



Stress Management

Tools/Techniques as recommended by medical professionals.
• Work off stress by physical exercise.

• Talk about worries with people who care.
• Learn to Accept what you cannot change.

• Eat right and be balanced to be mentally, physically and spiritually.

What works for me!
to Manage stress!

For me doing fun or happy makes me reduce stress such as playing X-box or going to the beach that will make me feel much happier.
Matthew cringle

Page 4

What is Anger and Violence!

Anger is a natural emotion that can warn us to problems and energize us to act, such as when we feel that someone close to us is being threatened.

Two types of Violence!

1. Reactive Violence is impulsive and angry violent reaction to frustration or an insult.

2. Instrumental Violence involves purposely harming another person for personal gain.

It is often planned and has a purpose.

Quotes: Reactive
"I get into more fights than an average person!"

"Some of my violent behavior was done to gain control!"



Matthew Cringle

Page 5

Difference between Anger and Violence!

People often confuse anger, hostility and aggression as the same thing; however they are separate and related experiences. The way we perceive situations can increase/decrease violence.



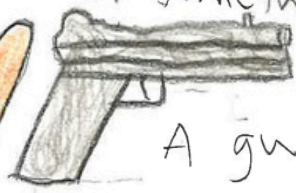
Hostility is a negative way of thinking about the world can result in violent or aggressive behavior.

Anger-A strong feeling of annoyance, displeasure or hostility, which can become violence.

Violence-Behavior involving physical or verbal force intended to hurt/damage/Kill someone or something.



Anger/Violence have in common?



A gun

Violence is one expression of anger. A lot of anger can turn into violent outbursts. Holding back anger can lead to pressure cooker effect.



Example of verbal force
"I'll beat you over with a stick if you don't do your homework."

Angry man blows up

"My Personal Anger Management Plan!" ^{By Matt New cringle}

There is no one best way to manage anger but a number of ways to manage Anger. This is the best way to manage Anger for me. In 3 steps is my anger management plan.

Step 1. Identifying triggers that could make me angry.

External Triggers	Internal triggers
Annoyances	Thoughts
Abuse	Beliefs
Injustices	Feeling
Physical Environment	Behaviors

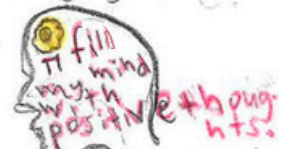
Step 2: Creating An anger log

Question Trigger	Response
When I watched the sports news what did I see that made angry?	I saw my favorite sports team the 49ers loose that we disappointed and angry.

Step 3: How I relieve my stress/anger.
By doing something fun/enjoyable.



going to beach



sports such as basket ball

Page 7.

Trying to calm myself

thinking positive ideas.

"Three Major Life or SMART Goals!"

I will state 3 realistic major life goals I will want to accomplish in one year from now these goals are Specific, Measurable, Attainable, Relevant, Timebased meaning realistic and possible. Goals:

1. Get out of Jail - First get out of Jail and be Free!



2. Get an apprenticeship job upon my release!



3. Get into a stable career 1 year after my release.



The ultimate goal is achieve serenity and a stable life not getting into illegal activities or bad addictions, that could bring me back to jail.



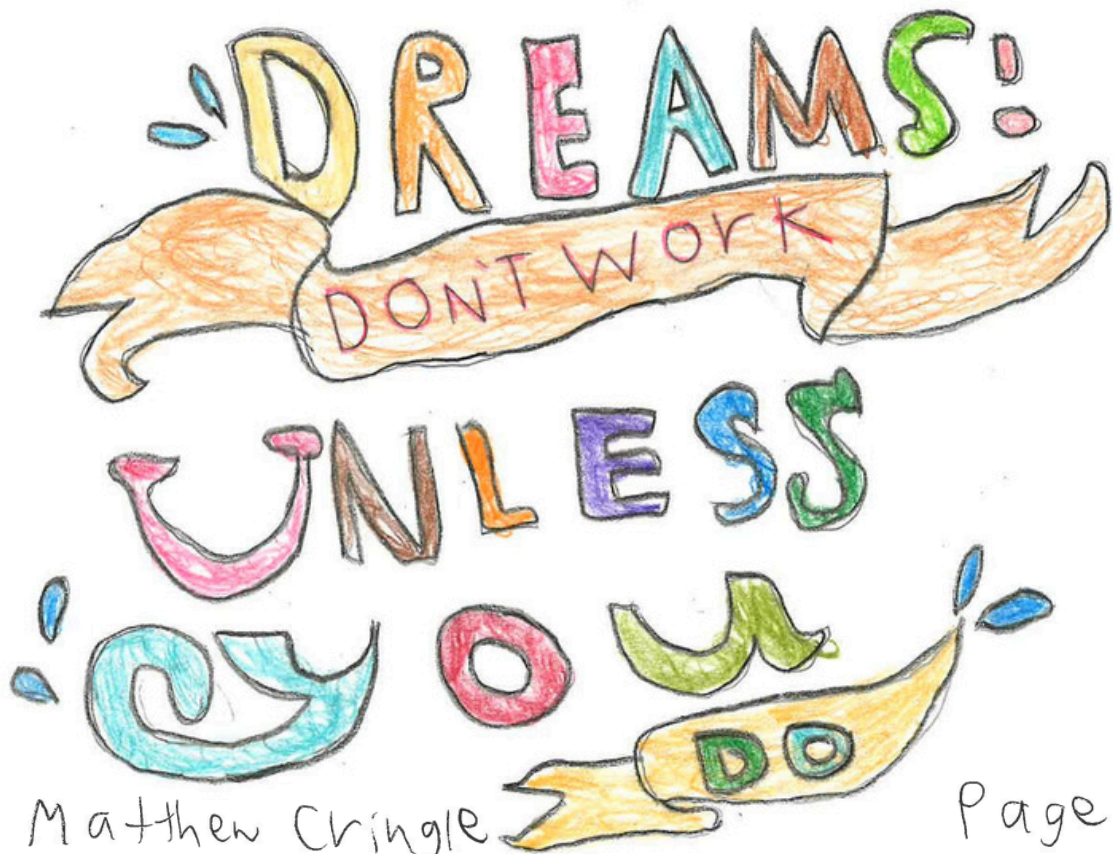
zen rocks

for serenity! Pages

Matthew Cringle

Conclusion: Dreams
and Aspirations for the
Future!

Even though I am an
inmate I have many dreams/
aspirations for a future I dream
to have of not being jail
and living a life on the
outside I have yet to discover.



Matthew Cringle

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The Ten Confident Hacks, By Lacy B. 4/29/2026

Define and choose a life goal for yourself, something you really want to accomplish, rather it be wealth, a position, or job you really want.

Make sure your desired goal is positive, and achievable. Will your desires and dreams bring you happiness, can they bring you financial stability? Is your desire or dreams realistic? Take peer audit, see if your goals and desires line up with your personality. Use the feedback you have received, revise your plans as often as you need to accomplish your goals. Give yourself a timeline to accomplish your goals. Think big, think of your future, think of what you want in life. What you're willing to devote time too, work hard for, to sacrifice for. Then take the time to write your plan on paper. Make it part of your daily routine.

Sharing with you the technics of "The ten confident hacks," my aim is to show you what is working for me and will give you the confidence and courage to take control of your life and be in control of your own destiny. The simple autosuggestions outlined may help you to build your self-confidence, give you advice for healthier living and productive lifestyle. Applying these principles in your daily life, you will see the transformation in your mind and as well as in your physical abilities to accomplish the things you truly desire in life. May God you in your unique journey.

The Ten Confident Hacks...

1... Mindset- Each Morning you wake up, begin your day by giving yourself positive affirmations like, "I get too" rather than "I have too". As well as "things happen for me", rather "than to me". The way we speak to ourselves, the things we believe in the back of our minds," still small voice that constantly talk to us," has big influence on our confidence to overcome the challenges and obstacles that we face.

The Ten Confident Hacks continued....

Replacing negative self-talk with positive affirmations is very important, doing this will give you a strength you may never know you possess. This technic will give you the confidence to continue when faced with adversity and help you overcome your doubts and fears. We are our own worst critics, learn to build yourself up. Don't fall for what others say or how they feel, you are worth it, and remember a winner never quits, and a quitter never wins.

2.... The installation Technic- Think of the most confident person you have ever known. Think of how they talk, the way they carry themselves, the things they do. The way they react towards the struggles in their life. Then think of yourself as that person. You are just as confident and accomplished and see yourself living the life you are working hard for. Basically, vision yourself as a new, transformed version of yourself and believe you are your own "Leader", and you have control of your destiny. Changing your bad habits, change your negative influences, and stop feeling sorry for yourself will give yourself a fair chance at a first-class life. Without having influential people around, you, that you trust, that will encourage you to better yourself, hold you accountable, you could lose sight of your goals, ignoring your vision and dreams.

3... Remember the 18,40,60 Rules. - While we are growing up we all want to fit in somewhere, with a certain crowd or be with that certain gut or girl and have popularity. Too dress a certain way, to act a certain way, it's just human nature'. And you were willing to give up our own ambitions to fit in." we cared what others thought about us" to the point of doing the things we know are not right, or getting us ahead, SO This principle is very simple, think of when you were 18 years old, you cared so much of what people thought of you, when you turned 40 years old, you don't care what others think about you, and when you turned 60 years old, you realize no one cared in the first place. When making your way in life, this principle will be key in not allowing outside influence determine your goals, actions and your future.

The Ten Confident Hacks continued....

4.... Look good and Feel good- I don't mean wearing the coolest cloths of the newest shoes, although these things feel good for a moment but the joys are short lived especially when your judging your progress in the goals and dreams you set for yourself, they mean nothing. What I am speaking of is to carry yourself as a professional at all times. Have integrity with all things, Hold your head high. Learn to speak properly, have concern for the way you are perceived by others.

Be a leader and someone others like to be around. Now that you are taking control of your destiny in life, you will find that practicing these skills, which can be called soft skills, you will then attract and induce the confidence to reach your goals much easier and quicker. Dress respectable, not just to impress others but to give yourself the confidence to push forward in the respective field or position you are seeking. The conclusion of this part of the hack is to "look good", the second part of the Hack is " feel good". You may need to change bad habits you have like too much caffeine or drinking sodas, try drinking water. Or start to exercise on a regular basis. Running and cardio are very good exercises that can build your confidence as well as give you energy. Over time you will see the benefits of having a regular exercise routine. Find what fits your body and schedule and stick to it.

The conclusion of this Hack is look good and feel good foe a better life. When you look and feel good you get good jobs, get high pay, live a good life.

5... The five second rule- when faced with a situation that seems to be too much for you to handle. Let's say you are about to walk into an interview and you all the sudden get nervous, you get this feeling deep in your gut and you all the sudden you are fearful of what's to happen.

Count down 5 4 3 2 1 then burst through that door, or ask that uncomfortable question. It's like jumping into a pool for the first time or the bungee cord count down. Trust when I say it works, try it and you will have a burst of confidence at least to get you through that door.

The Ten Confident Hacks continued....

6... Mindfulness- Relize you are not that voice in your head. Knowing that voice is not you. Picture negative thought as clouds that will soon pass by. Don't remain loyalto the negative self-talk that you are used to, speak positive affirmations to yourself daily. We have to be with our thoughts all day so Make it a pleasant place to be.

7... Bio Feedback- When you see yourself in the mirror tell yourself you are in control. You are the maker of your own destiny. Tell yourself you are worth it and that you got this. Today you are in control and hold your head high, with your hands on your hips and build yourself up for the challenges of the day.

8... List the small accomplishments- by listing all of your accomplishments. Education, employment, and personal goals you get a fair chance to measure where you are at in you main objective. Basically list all your accomplishents along the way on paper. Look at them when you need to revise your goals and make new ones. Track your progress, make new goals that lead you in the right direction. Remember you are in control of your own destiny. No one will give you success, it is achieved by persistence and hard work.

9... Mind Sculpture- Close your eyes and visialize yourself physically at the position or no the job you want. The smells, the surroundings, the noises, the atmosphere. Visualize yourself doing what you desire. Place yourself there in your mind, by doing this you will get comfortable with yourself and the atmosphere. Thus you will begin to build the self confidence that you belong. The comfort will come naturally, and when you are actually there, you will already have begun to used to it and be that more focused.

The Ten Confident Hacks continued....

10... Mood and Food- Foods we eat affects our mood and that's just basic human biology. The foods we eat affect the way we feel, like when we eat fast food every day or drink lots of soda, it will make you feel sluggish and then you will not perform to your best ability. You may like to snack on junk food or foods with high salt content which can also affect your mood. Another unhealthy habit is to drink alcohol or use drugs or stimulants, and don't forget that nicotine has strong addictive properties.

It's a good thing to remember that if you don't recognize the ingredients, or you can't pronounce that main ingredients in any types of food or snack, then it's most likely an unhealthy food. So I suggest that you replace the junk foods you eat with healthy foods such as berries, vegetables, green, fruits, nuts, and foods that fuel the body like good carbohydrates. It's what we eat that gives us the energy to get through the day. It's also very important to stay hydrated, so an active person can drink a gallon of water a day to stay fully hydrated.

It's important for your kidneys because dehydration can cause long term damage to your kidneys.

Change doesn't happen immediately. Instant gratification is unrealistic. With all things in life you must be consistent, patient, and have faith. When you don't reach the mark, try and try again. If you have the desire to better yourself, you should try many different techniques to see what work. I pray that you find the best solution for yourself to have a confident, healthy, and prosperous life.

The Ten Confident Hacks continued....

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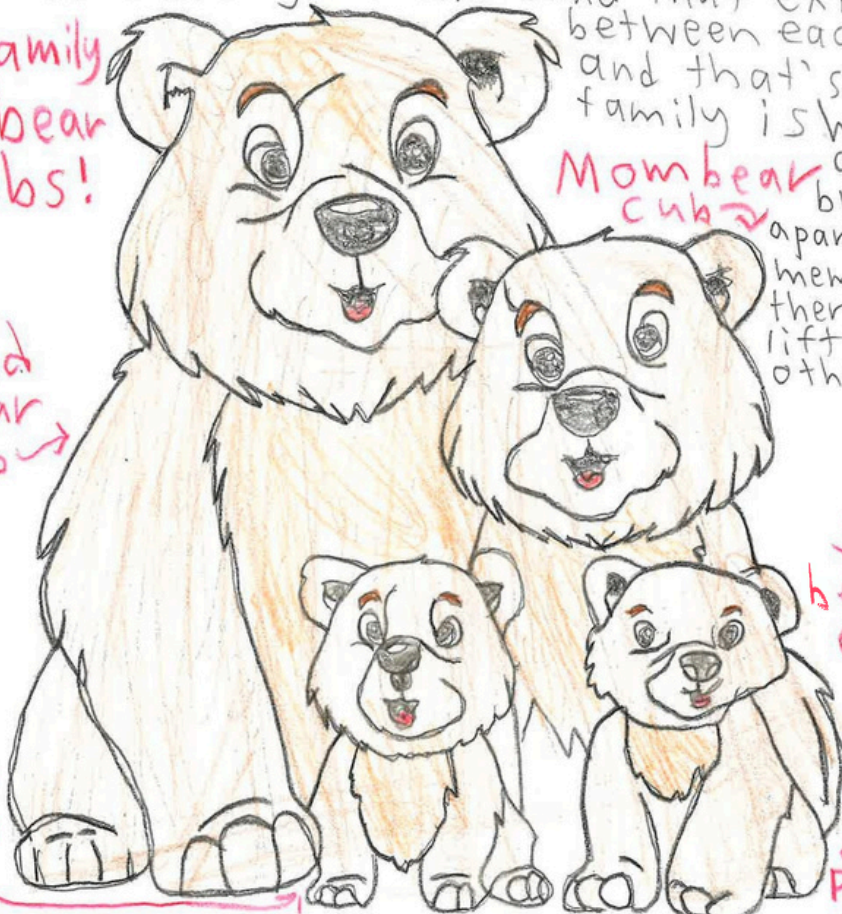
By Anonymous

Conclusion: What a family truly is, it's what one cares about or what matters to a person. Family can be found anywhere, Family doesn't mean Mom, brother, sister, day Family can be found anywhere such as this family cubs in Nature the bonds that exists between animals or the animals that exists between man and the best friend dog. or the bond that exists

A family of bear cubs!

Dad bear cub →

son bear cub



Mom bear cub →

Whenever a family breaks apart each member is there to lift each other up?

Sister bear cub!

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Attending DEUCE by Anonymous

Taking deuce passes helps people learn to cope with emotions. The purpose of learning about emotions can lead to good outcomes as well bad outcomes. With some emotions we need to be careful how we act out to those certain emotions.

Good emotions Can be kindness, sympathy, caring, loving ETC. These lead towards good outcomes Or good decisions that positively affects you and others. We could say the opposite towards negative emotions examples of these negative emotions can be jealousy, hate, stress, anger, etc these emotions will most likely lead Tor was negative outcomes. While attending deuce I have had more insight about emotions and how important it is to cope or control certain emotions. Most people's incarceration is caused because of what they were feeling during the crime, for example people carrying guns are afraid or paranoid. People charged with assault is because of anger are people charged with theft because they feel entitled. Recently while in my incarceration, I've talked to my wife two times a day for 30 minutes. She has mentioned to me that she has noticed a change in me. I asked her what do you mean? How? Me and my wife have been together since junior year in high school so we could say she knows me really well. She said, "when we visited you, I could see that you have improved just by staring deep into your eyes. And when we talk on the phone you actually listen to how I feel and ask me what I'm feeling. Why I'm feeling that way? You have learned to be patient with me expressing my feelings." I didn't even notice any of these changes as she mentioned it to me.

Deuce classes have showed me more insight of emotion of anger, how it could affect us all in an instant. Some people do not struggle with controlling this emotion. I personally don't struggle with controlling this emotion but others do. In this class we complete packets about recovery, emotion, anger, and relationships. They teach us various different ways to deal with them and show us signs of these emotions. It does great when teaching us how to determine what actions we are doing that defines what emotions we are feeling. One phrase that really stood out to me and felt like it got embedded in me was, "anger is one letter away from being danger."

Attending DEUCE Continued....

It is not an easy class to attend to. You have to be willing to accept things about yourself that aren't good and changing them. Many times we don't like being told that we are wrong and we like to blame others. But we have to be willing to be vulnerable, accept what we're doing wrong and try changing. In the past three months that have been incarcerated and attending dues I have witnessed people attend class for a few days but then stop attending because they don't like how the teacher points out or toxic traits, negative emotions, or are faults. It takes a lot for someone to hear that there are usually negative emotions or toxic traits, they usually don't like that someone is pointing them out and simply stop attending class. They are also those who stay committed and continue attending even though they are supposed to hearing the truth about toxic or bad habits. The teacher simply wants us to realize what we're doing wrong and accept it so we change.

There is lots of information about learning about good and bad relationships when attending this class. Before taking this class, I really didn't notice some toxic habits I was you think in my marriage. It focuses on lots of different ways and examples of how someone can be in a toxic relationship. It shows us examples of healthy ways to deal with situations that causes negative emotions. Learning to heal ourselves before jumping into a relationship and signs of unhealthy relationships because at times we don't even realize that we were in a toxic relationship. To seek for counseling or couple therapy to improve and fix a relationship.

It is up to every individual to choose whether they want to continue attending class and change or stay in the same toxic cycle. Let's be willing to change!

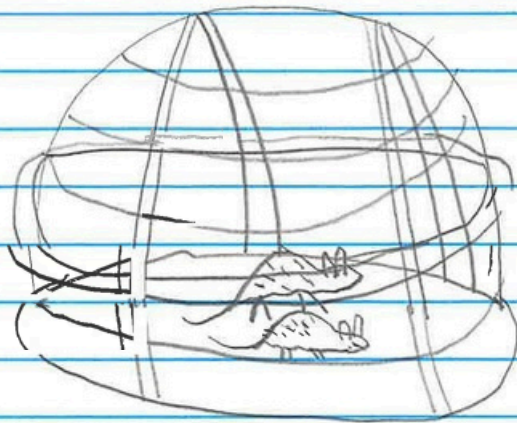
Good ^{Cain Valenzuela} Morning Deuce Scholars
Tuesday May 6, 2025

- ① I feel Good to day
and I Love School?



Willingness

my Willinanness is to stop doing
drugs and alcohol



El Futbol profesional vs drogas. Quié gana?

Professional football vs drugs. Who will win?

By J.H. 2/26/2026

Hoy vengo a contar una historia de un joven con grandes ilusiones de ser un gran futbolista, desde pequeño El Niño Parmenio soñaba jugar en el fútbol profesional. Este chico tenía una gran disciplina, todos los días se levantaba temprano para ir a la escuela, posteriormente llegaba a la casa hacer tareas, después de las 4 pm, alistaba su maleta y guayabos, agarraba su pequeña bicicleta durante 30 minutos el día era oscuro y lluvioso, o días de bastante sol. La disciplina de aquel joven era de admirar, por parte de sus profesores, amigos y familiares.

Today I come to tell you a story about a young man with big dreams of becoming a great footballer. Since he was little, the boy Parmenio dreams of playing professional football. This boy had great discipline; every day he will wake up early to go to school then come home to do his homework. After 4:00 PM, he would pack his bag and cleats, take his small bicycle, and ride for 30 minutes to the football school, for he was always the first to arrive and last to leave. It didn't matter if the day was dark or rainy, or very sunny. The discipline of that young man was admirable, respected by his teachers, friends, and family.

El joven fue creciendo y volviéndose un gran futbolista, hasta que llegó el gran día de la convocatoria para jugar en la liga profesional de fútbol, pero llegó una mala noticia, dicha convocatoria iba ser en otra ciudad, el joven se puso triste ya que la familia no contaba con recursos económicos para el traslado a la ciudad de la convocatoria. El sueño se fue apagando día tras día por que aun no podían reunir el dinero, pero el pueblo del joven se enteró de la noticia, la comunidad reunió suficiente dinero para aquel joven pudiera cumplir su sueño de ser un gran futbolista.

El Futbol profesional vs drogas. Quien Ganara?

Professional football vs drugs. Who will win?

Continued...

The young man kept growing and becoming a great footballer until the big day came for the call up to play in the professional Football League. But bad news arrived, the call was going to be in another city. The young man became sad because his family did not have the financial resources to travel to the city of the call up. His dream began to fade day by day because they still couldn't gather the money. However, the young man's town found out about the news, and the community raised enough money so the young man could fulfill his dream and become a great footballer.

Un dia antes de la convocatoria. El profesore de futbol y su senora madre, le comentaron aquel joven, vas cumplir tus sueños de ser un gran futbolista, se puso tan Feliz que lloro junto a su madre.

Al dia siguiente el joven con grandes ilusiones con una sonrisa de ponque, se monto en el Avion junto a su madre para cumplir sus sueños.

Llego el gran dia de la convocatoria, el joven se coloco sus guayos para relizer las pruebas de la convocatoria, habia grandes entrenadores de los equipos profesionales, observaron a todos estos Jovenes con grande ilusiones.

One day before the tryout. The soccer coach and his mother told the young man, "you're going to fulfill your dream of becoming a great soccer player." He was so happy that he cried along with his mother. The next day, the young man, full of hope and with a big smile, boarded the plane with his mother to fulfill his dreams.

The big day of the trial arrived. The young man put on his cleats to take part in the tryout. There were top coaches from professional teams, who watched all of these hopeful young players.

Al caer la noche, se acaba las prueba y todos los profeesores obseraron a todos estos Jovenes y seleccionaron los mejores. Cuando al joven Parmenio se le acerca al entrenador de futbol del equipo "Pumas" y le dice Bienvenido equipo, queremos que manana mismo comience a entrenar con nosotros.

El Futbol profesional vs drogas. Quien Ganara? Professional football vs drugs. Who will win? Continued...

Al día siguientes llega aquel joven con ilusiones a las instalaciones del equipo que lo escogió, la madre despidió a su hijo y con mucha alegría cogió vuelo hacia el pueblo para informarle de la gran noticia de su querido hijo.

As night fell, the trials ended and all the teachers watched all these young people and selected the best ones. Then the young man Parmenio was approached by the soccer coach of the "Pumas" team, who said to him, "welcome to the team, we want you to start training with us tomorrow." The next day, that young man arrived with high hopes at the facilities of the team that had chosen him. His mother said goodbye to her son, what great joy, flew to the town to the great news about her beloved son.

Desde ese día, aquel joven grandes ilusiones comenzó a cumplir sus sueños, pero algo cambió en la vida de él, comenzó a conocer el mundo de la diversión, amigos, amigas, alcohol y las drogas.

Este joven comenzó a caer en las drogas, iniciando con un pase de perico, luego conoció la cocaína, heroína, basuco, LSD y el boxeo. Poco a poco dejó ir a los entrenamientos de fútbol, hasta que el joven se sumergió al mundo de las drogas, alcohol y mujeres. El equipo de fútbol canceló su contrato y lo expulsó.

Since that day, that young man with big dreams began to fulfill his ambitions, but something changed in his life. He started to get to know the world a fun, friends, alcohol, and drugs. This young man began to fall into drugs, starting with a line of cocaine, then he got to know cocaine, heroin, basuco, LSD, and boxer. Little by little, he stopped going to soccer practices until the young man completely immersed himself in the world of drugs, alcohol, and women. The soccer team cancelled his contract and expelled him.

El Futbol profesional vs drogas. Quien Ganara? Professional football vs drugs. Who will win? Continued with artwork By J.H.

Aquel joven comenzo el mundo de la calle, perdio todo sueno, ahora la vida de aquel joven, era la droga y un pedazo de carton que era su cama, comenzo a robar y lastimar gente por la droga.

Hasta que llego el fatal dia, un Jueves en la noche, la policia report el asesinato de un habitante de calle, le apagaron la vida de esta joven con ilusiones por un pedazo de peganta llamado boxer.

That young man started in the world of the streets, lost all his dreams, now the life of that young man was drugs and a piece of cardboard that was as bed, he began to steal and hurt people for drugs. Until the fatal day came, a Thursday night, the police reported the murder of a homeless person, they took the life of this young man with his dreams for a piece of glue call boxer.





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