

Hello

My name is Christopher Bishop
my SID # is 16284080 I am currently
incarcerated for Measure II Assault 2.

I do struggle with substance abuse in my
past. Do to my substance abuse I committed
my crimes. Victimized people with my actions.

I do understand how selfish I was. I hurt
my victims and also my 3 kids and family.

I am extremely sorry for my actions. My kids
are suffering through this with me. I have
been able to rebuild my relationship and
restore hope that was lost. I do understand

and have come to terms that I need to change
I am going to make the best of this time. I
work hard every day to ensure my success.

My kids are the drive I like for that I
lost in my substance abuse. I've been
locked up since 2-16-2016 that is the day I

changed, and started programming. I got a
job in the physical plant and got into school.

I needed guidance, a journey to define my
purpose in my new life and what I want to
make of it. Since then, I have completed

my G.E.D and after 3 years, a Journey men
Apprenticeship for Welding. I also have

completed a number of self help programs
for my self. These programs are not mandatory.

I've choose to do them because I'm extremely
confident that working daily and taking active steps
will help me become the person I'd like to be.

I have completed Pathfinders/Parenting Course

I also completed "GOGI" and I've attended "Coda" Class's. GOGI is a positive Decision making tool class, "Coda" is a 7th Step Codependent Class. I also attended "NVC" no-violent Communication Class. With a weekly Alcoholics Anonymous and narcotics Anonymous meetings. All of these class's and meeting and courses are extremely beneficial for personal growth and change. I've got so much out of each one, things I've never knew about my Self and different tools to help navigate life. I Choose to be good, I Choose to better my self, I want to be positive. I've changed the way I think, the thoughts I have. I've turned my positive thoughts into positive actions, I do not get any good time for these thing, I have not had any Cell-ins, daily falls for performance, or any misconduct reports. I do not get any good time for 100% Clear conduct. I feel AIC's that are Changing their lives through programming Should earn good time. I believe this will benefit both AIC's and the Community. It is not a secret that some measure 11 AIC's do nothing to change because they have nothing to gain from it and nothing to lose from getting into more trouble. That's because they think they have nothing to earn. In alot of cases that means that they stay stuck in their old ways or worse. When they are released there more likely to reoffend. my actions and the actions of the AIC's that chose to program say the opposite. I guarantee that you will see a change in how many AIC's return to their Criminality if you reward them for working hard to Change. Thank You Cincerely Christopher B. Suf