

My Autobiography

Your autobiography begins by establishing the goodness of you, the story teller. First exploring the reality of you as a victim of life circumstances, who gets involved with crime and drugs to achieve some sort of power over otherwise bleak circumstances. This pattern eventually becomes its own trap, however, as you become caught in the vicious cycle of crime and imprisonment. With the help of this personal work, you will make it possible to accomplish what you were "always meant to do". "You need a logical, believable and sincere story about who you were and who you are now. If this story truly represents who you are you would not be able to engage in addiction or criminal conduct without feeling a lot of guilt and shame. This behavior would no longer be consistent with who you are."

The themes that need to be present in your story are:

1. An establishment of the core beliefs that characterize your "true self".
2. A sense that you do have control over how your life unfolds.
3. The desire to be productive and give something back to society.

My Autobiography by Chapter

Chapter 1: "Telling the story: Write your early history with a focus on what laid the foundation for your life of crime and hid your core self.

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Chapter 2: Your life of crime and how that was for you, how it may have seemed like who you were but really wasn't.

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Chapter 3: Who you really are – your core self as you understand it today

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Chapter 4: How I will be productive and give something back to society, particularly the next generation.