



**Confidential Defense Map for
Abilgail Wilkins Jenkins (Abi)**
from DefenseMap.com

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Total time: 8:56

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Questions should be submitted to Info@DefenseMap.com.

Adult case

- a. **Case Description:** Trying to shorten incarceration (by sentence reduction, parole, pardon, clemency, compassionate release, etc.).
- b. **Conviction(s) in this case:** I was charged and convicted of aiding and abetting dealing methamphetamines. I have 2 concurrent sentences of 36 years each. I'm not eligible for parole for another 12 years.
Client's position on the conviction(s): I admit I am guilty of the crime(s) I was convicted of. (Client's full explanation is at Section 3.b below.)
- c. **Current representation?:** No.
- d. **Funds to hire an attorney?:** No.
- e. **Sentence:** I have 2 concurrent 36-year sentences.
- f. **Time served so far:** 6 years, 3 months.
- g. **Projected/expected release date on this case:** December 22, 2034.
- h. **Completed appeal in this case?:** Yes. My attorney appealed the court's refusal to give his duress instruction and the length of the sentences. On August 1, 2017 we lost the appeal.
- i. **Other proceedings challenging the conviction or sentence?:** No.
- j. **Important dates:**
 - i. **Arrest:** December 22, 2015.
 - ii. **Trial:** None.

Flags

Important notes to client on use of this Defense Map and these 7 Flags.

- ✓ The following 7 Flags may help you and your attorney in deciding on the best steps to take. But, the entire report is important, so read it all carefully. Take notes for your next discussion with your attorney.
- ✓ You can log back on as often as you want to add more information.
- ✓ Clients can often help their cases by considering any personal changes they'd like to make in their lives. Even one positive change can help many cases.

1. **Client's sense of personal safety** ([Section 2, p. 6](#)): The client reports feeling "Slightly unsafe."

2. **Case descriptors from client**

1. **Guilt or innocence in fact** ([Section 3, p. 6](#)): Completely guilty.
2. **Current representation** (Face sheet c): No attorney currently.
3. **Funds for counsel** (Face sheet d): Has no funds for counsel.
4. **Projected/expected release date** (Face sheet j): December 22, 2034.
5. **Time served already** (Face sheet h): 6 years, 3 months.
6. **Trial?** ([Section 3, p. 6](#)): Had no trial.
7. **Client testified?** ([Section 3, p. 6](#)): Yes.

3. **Past/other cases:**

- **Other important legal cases** ([Section 5, p. 7](#)): Other important legal cases disclosed.

4. **Physical health** ([Section 7, p. 7](#)): Significant health issue disclosed.

5. **Outlook and functioning:**

1. **PTSD/Repeating bad memories or nightmares** ([Section 12, p. 9](#)): Potential PTSD issue disclosed.
2. **Childhood years** ([Section 13, p. 10](#)): 4 childhood assets reported as either partly or completely missing, and 21 childhood challenges disclosed.
3. **One or more controlling or hurtful partners** ([Section 14, p. 12](#)): Potential issue.
4. **Adult years** ([Section 15, p. 16](#)): 7 of 14 important life assets either missing or partially missing.
5. **Addictive patterns** 1 possible issue(s) disclosed.
 - a. **Use of alcohol** ([Section 16, p. 16](#)): 18 significant responses, a serious indication (2 out of 2) of a possible alcohol issue.
6. **Mood and functioning issues** ([Section 19, p. 17](#)): 2 possible issues disclosed.
 - a. **Depression**: 8 significant responses.
 - b. **Dependence/Codependence**: 9 significant responses.
7. **Counseling history** ([Section 20, p. 18](#)): Counseling history disclosed.

6. **The client reports a wish to make changes in these 7 areas of life** ([Section 22, p. 21](#)):

1. **Relationships** (details on p. 21).
2. **Education** (details on p. 21).
3. **Work/work skills** (details on p. 21).
4. **Counseling** (details on p. 21).
5. **Finances, spending, and money matters** (details on p. 21).
6. **Living arrangements** (details on p. 21).
7. **Ways of handling problems** (details on p. 21).

7. **Character and mitigation evidence** ([Section 23, p. 21](#)).

Summary of Sections

Part A: Legal

1. What's most on client's mind ([p. 6](#)).
2. Client's safety/Emergency needs ([p. 6](#)).
3. Case details ([p. 6](#)).
4. Other criminal cases/arrests ([p. 7](#)).
5. Other important legal cases ([p. 7](#)).

Part B: Basic Profile

6. Military service ([p. 7](#)).
7. Physical health ([p. 7](#)).
8. Family and other important relationships ([p. 8](#)).
9. Education ([p. 8](#)).
10. Employment ([p. 8](#)).
11. Use of free time ([p. 9](#)).

Part C: Personal Challenges

12. PTSD/Repeating bad memories or nightmares ([p. 9](#)).
13. Childhood years ([p. 10](#)).
14. One or more controlling or hurtful partners ([p. 12](#)).
15. Adult years ([p. 16](#)).

Part D: Addictive Patterns

16. Use of alcohol ([p. 16](#)).
17. Use of drugs (other than alcohol) ([p. 17](#)).
18. Other abuse or addiction issues ([p. 17](#)).

Part E: Personal Functioning

19. Mood and functioning issues ([p. 17](#)).
20. Counseling history ([p. 18](#)).

Part F: Life Patterns and Character and Mitigation Evidence

21. Client today ([p. 19](#)).
22. Client's thoughts on the future ([p. 21](#)).
23. Character and mitigation evidence ([p. 21](#)).

Sections

Part A: Legal

1. What's most on client's mind ([Up to Flags Page](#))

I have been away from my 2 children for 5 years. It's been devastating to them, in fact, harder on them than on me. They worry about me every day.

My family and I have tried to walk the fine line of keeping them in touch with me without having them consumed with sadness and worry.

Obviously, I would like to go home, and I have other concerns (like how much shorter others' sentences are, especially under the new law), but Stacy and Robert are most on my mind.

2. Client's safety/Emergency needs ([Up to Flags Page](#))

- a. **Client's sense of personal safety:** Slightly unsafe. I feel physically safe in this prison and with how I'm trying to make things better for myself. My sense of "unsafeness" comes from my fears for my children, how they miss me, and how they want me home, now as a safe and capable person. But I keep having to pull myself back from terrible thoughts about something happening in my children's lives while I'm away from them. Several women here have attempted suicide when their children's lives collapsed, and two of those suicide attempts ended in death. So, I'd put it this way: I feel unsafe because I feel my children are unsafe.

- b. **Emergency needs?:** No.

3. Case details ([Up to Flags Page](#))

- a. **The charge(s):** Dealing meth and aiding and abetting dealing meth. I have a total sentence of 2 concurrent terms of 36 years each. I'm not eligible for release for almost another 12 years.

- b. **Client's position on the conviction(s), underlying causes, and any co-defendants:** I admit I am guilty of the crime(s) I was convicted of. I was about a year into a violent relationship with my boyfriend (Robin Roberts). He started out so sweet, but within a couple of months, things went crazy.

I was consumed with fear for myself and my children (Stacy and Robert, who were 4 and 3 when we hooked up).

Robin quit his job at Royal Van Construction, and only later did I learn he planned to cook meth in the garage at the home we were renting. When I objected, we had the first disagreement that turned violent. He slammed me against the wall, yelled about how much my kids and I were costing him, and told me I'd be sorry if I didn't "go along with this 100%." I'll never forget those words or that moment.

He began using meth at the same time and grew crazier by the week. My thought was that he'd fail in his "cooking" (his term for manufacture), and we'd move on. He eventually said he would just deal the meth and not make it. Another promise/threat followed: if I went along with his selling other people's meth, he would give up his plan.

I drove Robin to 2 locations where I knew some drug activities were going on. I didn't know exactly. For all I knew, because of his addiction, he could've been getting meth for his use. It turned out he was meeting with an undercover police officer to deal meth. I was arrested and treated as if I had played an equal role in the manufacture and dealing.

- c. **Co-defendants?:** Yes. Robin Roberts. See what I wrote above. He scared me to death, but also I felt hope he would change, stop beating me, and keep his promise to get out of drugs. In loving back, my bad decisions to stay with him and trust him were 30% fear and 70% hope. He pled guilty and got a sentence just slightly more than mine: 40 years.
- d. **Contributing factors:** Here were the chief contributors, in my view.

I was afraid of Robin and of being alone. In retrospect (and with the help of a lot of counseling and survivor classes in prison), I can see how my history in another abusive relationship trained me for this.

I was using alcohol heavily to deal with the abuse.

I certainly was guilty of bad judgment. My relationship with Robin and the one with my prior abuser had driven me far from my family, which would have been a very good support group.

- e. **Other people involved?:** Yes. Robin Roberts. He received a slightly longer sentence than I did: 40 years.
 - f. **Gun or other weapon involved?:** No.
 - g. **Violence involved?:** Yes. The violence was all toward me and my children. I was repeatedly hit, pushed, slammed against walls, threatened, and put in fear my children would be hurt as well—or taken from me.
 - h. **Any victims:** No.
 - i. **Interaction/statements with law enforcement:** I was cooperative and gave a video statement at their request.
 - j. **Client discussions with others about the events?:** Yes. Many people. My family. Counselors and trustworthy fellow inmates here. I told all of the the truth and wouldn't take back a word of what I said.
 - k. **Pled guilty instead of going to trial?:** Yes. My attorney said no one wins drug cases, and this was the best we could do.
 - o. **An illegal sentence or illegal sentencing procedure?:** No.
 - p. **Records in client's possession:** I have my whole file—either with me or with my family.
 - q. **Documents with client:** I have my entire file. I don't think anything is missing.
 - r. **Other information about case or sentences?:** No.
4. **Other criminal cases/arrests** ([Up to Flags Page](#))
- a. **Juvenile cases:** 0.
 - b. **Other adult cases:** 0.
 - c. **Any other arrests?:** No.
 - d. **Other live cases?:** No.
 - e. **Most shocking/difficult aspects of any (and all) arrests and detentions:** I'd have to say our separation from our families. It's almost impossible to describe the horror of this for so many of us.
5. **Other important legal cases** ([Up to Flags Page](#))
- a. **Any other legal cases now?:** Yes. I had a divorce from my children's father about 9 years ago. He has never been involved in our children's lives.
 - b. **Past legal cases?:** No.

Part B: Basic Profile

6. **Military service** ([Up to Flags Page](#))

None.

7. **Physical health** ([Up to Flags Page](#))

- a. **Overall health:** Good (2 out of 2).
- b. **History of head injury?:** Yes. I was hit in the head several times in abusive relationships. But I don't know that I have problems from this now. On 3 or 4 of the occasions, I was dizzy or sick for a day or two afterward.
- c. **History of losing consciousness?:** No.
- d. **Diagnosed with brain injury or disease?:** No.

- e. **Other serious physical problems or disabilities?:** No.
- f. **Major surgeries?:** No.
- g. **Currently on medications?:** No.
- h. **Medical condition making incarceration dangerous?:** No.
- i. **Other important medical information?:** No.

8. **Family and other important relationships** ([Up to Flags Page](#))

- a. **Currently married?:** No.
Currently in a committed or long-term relationship?: No.
- b. **Married before?:** Yes. I was married to John Sully. We divorced about 9 years ago (about the time Robert was born). He has not been in the area--or in our children's lives. They now live with my mom.
- c. **Children:** 2. Stacy is 10. She is a wonderful, sweet, and caring child. She works hard in school. She protects her little brother a lot, especially from his fears about my circumstances. She is smart and does well in school. I write to her (and Robert) at least twice a week to encourage them and to remind them that I am well.

Stacy (and Robert) visit me about 1-2 times a month. It's both reassuring to them and hard on them, so we try to make it no more often than this.

Robert is 9. He's sweet but hurt and confused about his family. He doesn't understand why other kids have their parents but he and his sister don't. He struggles in school, especially in reading. My family members watching him tell me it's hard to keep him off video games, which is where it appears he escapes a lot.

These children are so precious--and the reason I can get up in the morning and keep going.

- d. **Most positive and supportive people in client's life:** My mother and stepdad, my children, Mrs. Stephens, and several inmates here who are working hard on their lives.
- e. **Current unhealthy or hurtful relationships?:** No.
- f. **Other impactful people in client's life currently?:** Yes. My counselor and teachers who get me involved in teaching are wonderful.

9. **Education** ([Up to Flags Page](#))

- a. **Currently in school?:** Yes.
- b. **Extent/description of education:** I received a GED while incarcerated. I was a good student in school until I became involved in my first abusive relationship. After that, and against my parent's advice, I left school and made some pretty awful decisions.

I'm taking classes now in literature, accounting, and psychology. I hope to be able to use these to help other people in the future. I have the equivalent of about six semesters of college.

This is all in addition to the self-improvement programs I am involved in.

- c. **Success in school:** A lot (2 out of 2). I have earned virtually straight A's in my classes while incarcerated.

10. **Employment** ([Up to Flags Page](#))

- a. **Employed?:** Yes. My job has been as an assistant instructor and tutor here in the institution. teach about five different courses a year, and did any particular time I am tutoring 10-12 fellow inmates.

I am paid the standard inmate wage of \$.12 an hour, but I would do it for free.

In all of my teaching and tutoring, I have received the highest evaluations possible.

- b. **Prior work experience:** I used to work in some fast food restaurants before I was incarcerated.
- c. **Any other important information about employment or work history?:** No.

11. **Use of free time** ([Up to Flags Page](#))

- a. **Currently:** I write to my children and other family members. I read a lot. I journal. I try to keep a list of goals and steps that I'm taking to improve myself and to be of service to others.
- b. **Consequences from ways client has used free time:** I would say that one of my great strengths is the way that I use my free time. People here at the institution have said that I seem to accomplish more with my time in prison than many people on the outside do with their time.

We have a slogan among the healthier inmates: "Hustle while you wait." I think that comes from Thomas Edison. And I try to live by it.

Part C: Personal Challenges

12. **PTSD/Repeating bad memories or nightmares** ([Up to Flags Page](#))

- a. **Bothered by bad memories/nightmares of traumatic events?:** Yes.
- b. **Number of traumatic events still causing symptoms:** Over 10.
- c. **Events:** This was the first time I was attacked by the boyfriend I sort of left my family for. I grew up in a very healthy family, but I seemed to grow tired of it and made some very bad decisions to become involved with someone who was exciting, took me out, and showed me a more interesting life (both good and very bad).

A few months into that relationship, that boyfriend beat me for supposedly "tempting" another guy. I had done nothing, but my boyfriend did not accept that. Later on, I came to believe that he was projecting on me the infidelity he was practicing in his own life.

There followed many, many times when he got physical with me or threatened me.

I finally was able to leave that relationship. I got involved with (and married) the man I had my children with. He was not abusive, but nor was he devoted or committed. When I was pregnant with our second child (Robert), he told me he was going to leave. And he did.

Shortly after that I became involved with Robin Roberts, and that relationship was pure craziness.

- d. **Symptoms in the last 12 months:**
 - 1. Unwanted memories of the events.
 - 2. Flashbacks/reliving the events as if happening again.
 - 3. Nightmares about the events.
 - 4. Waking up thinking about the events.
 - 5. Trying not to think or talk about the events.
 - 6. Trying not to be around people, places, or things that remind me of the events.
 - 7. Isolating/often not wanting to be around other people.
 - 8. Feeling depressed/losing the ability to feel joy.
 - 9. Almost always being on guard for danger.
 - 10. Being easily startled or frightened.
 - 11. A lot of guilt or shame.
 - 12. Trouble concentrating.
 - 13. Trouble sleeping.
- e. **Any connection between these experiences/PTSD and legal problems (including this case)?:** Yes. I don't want to make excuses at all, but of course, I never would have been involved in these crimes if these things hadn't happened to me. And I would add that there are so many women in prison here (and I'm sure elsewhere) whose crimes were the direct result of awful PTSD. I'm happy to talk about this.
- f. **Other PTSD information?:** Yes. I think I have made a great deal of progress on this front during my incarceration.

13. Childhood years ([Up to Flags Page](#))

- a. **Client most wants understood about childhood:** I had a spectacular childhood. I should've listened my parents more, and I did for the first 16 years of my life. But I made a bad decision when I was 16 that got me involved with a downward spiral I am paying for now.

This is not to blame my parents at all – just the opposite. They were so good that I was pretty much unprepared for the world that I walked into.

Childhood assets. Regarding 17 possible important childhood assets, the client reported the following:

- **Present in client's childhood:**
 1. **All my basic needs.**
 2. **A loving mother who stayed in my life.**
 3. **A loving father who stayed in my life.** My dad was a loving (albeit slightly judgmental) presence in my life until he died when I was 17.
 4. **Other loving family members.**
 5. **Parents who stayed happily together.** My parents were together until my father's death when I was almost 18 years old.
 6. **Peace within my family as a whole.**
 7. **A family that was able to have disagreements but then peacefully settle them.**
 8. **A consistently safe home life.**
 9. **A lot of admiration from my family and others important to me.**
 10. **Consistency in the admiration and encouragement I received.**
 11. **A family where I could talk about things that hurt or scared me.**
 12. **A lot of encouragement to do well in school.**
 13. **An overall good experience with school.** My experiences in school were good until I make the unwise decision at age 16 to leave school.
- **Somewhat present in client's childhood:**
 1. **A family that took my concerns and wishes seriously.** It was my fault that I rebelled and left school when I was 16. But I think it would have helped some if my parents had been a little more open to my rebelliousness. I think we could have understood each other better and I could have felt more at home with being sensible. But, my mistakes were what undid my childhood, and I accept that.
 2. **Adults who responded to my mistakes and misbehavior with positive correction instead of punishment.** I would say there was a little bit of judgment and "emotional punishment" over my separation from my parents' religious beliefs and "straight and narrow" thinking.
 3. **Good friends almost all the time.** I was a little bit "nerdly." But I certainly did not have dangerous or misguided friends.
 4. **The feeling that I would have a good future.** You know, this is a good question, and I will have to think about it some more. I think I did not know what the future held for me. I was not terribly popular, and I think I wondered about what my place in the world would be. This may have made me more susceptible to strong personalities, even when those personalities were dangerous, destructive, or even violent.

I certainly try today to have a much better sense of responsibility for building my future.

- **Missing in client's childhood:** 0.

c. **Childhood challenges:**

- i. **Family structure during my childhood:**
 1. My father's death. This was technically during my childhood. I almost 18 at the time.
 2. Unsafe or unhealthy people brought into our home or family life. The unsafe and unhealthy person in my life was brought there by ME. And to him, I was exposed to probably 20 or 30 other very dangerous people.
- ii. **Childhood attack or physical abuse (other than sexual):**
 1. Hit or physically attacked. This was the first boyfriend I had. I was hit often and threatened often.
 2. Threatened with being hit, physically attacked, or injured.
 3. A crime against me. If being assaulted is a crime, yes, this happened often at the hands of the boyfriend.

4. Physical abuse by a family member.
- iii. **Childhood emotional or verbal mistreatment or abuse:**
1. A lot of hurtful criticism/put-downs from someone other than a parent. Again, all of this hurtful treatment before I was 18 came from my first boyfriend.
 2. Yelled at often.
 3. Made to feel unwanted in the family.
 4. Any other emotional abuse by a family member.
- iv. **Functioning of the family during my childhood:**
1. Times of living in an unfit home. My first boyfriend had us living in circumstances that were at times unbelievable. At one time or another, we were squatters in homes without lights, heat, or water.
 2. Times without enough food. It sounds crazy for a girl coming from a good home, but my boyfriend and I would sometimes go two or three days without food.
- v. **As a child, seeing something very upsetting or frightening:**
1. Seeing or hearing a serious accident or injury to someone. My boyfriend beat up several people, often in front of me.
 2. Seeing or hearing someone attacked.
 3. Seeing or hearing someone beaten.
 4. Seeing or hearing a violent fight.
 5. Seeing or hearing someone threatened.
 6. Seeing or hearing another very upsetting thing. Every minute with my first boyfriend included things like this. He once stabbed and killed someone's puppy because he was mad at the guy. Several times he fired a gun claiming he was going to kill someone.
- He choked a girl once in front of me. He claimed he was not having sex with her, but the fight seemed to be over that.
- There were many, many instances like this.
- vi. **As a child, feeling responsible for something bad that happened:**
1. Feeling that an accident, death, or other sad or scary event was my fault. I was always feeling that things my boyfriend did were my fault – or my responsibility to have stopped.
- vii. **Other childhood issues:**
1. Encouraged by someone to break the law or commit a crime. My first boyfriend encouraged me to shoplift. Even wanted me to engage in prostitution, but I never did.
 2. Drug use.
- d. **Relationship with father (while growing up):** Good (2 out of 2). He was a wonderful man. As I've said, my problems were not from my parents. I could've avoided these problems if I had listened to my parents.
- Relationship with father (today):** My father is not living. I was almost 18 when he died. Our relationship was always good and loving.
- e. **Relationship with mother (while growing up):** Good (2 out of 2). My mother tried to support me in every way that she could. If only I had listened more.
- Relationship with mother (today):** Good (2 out of 2). My mom and stepdad have been heroes in taking care of my children and continuing to love and support them and me.
- f. **Raised at any time by anyone other than mother or father?:** No.
- g. **Any other serious difficulties in childhood?:** No.
- h. **ACE (Adverse Childhood Experience) Score:** 0 out of 10.
- i. **Any connection between childhood problems and legal problems (including this case)?:** Yes. I would like to talk about this in person.

14. One or more controlling or hurtful partners ([Up to Flags Page](#))

a. **Any current involvement with a controlling or hurtful partner?:** No.

b. **Past controlling/hurtful relationships?:** Yes.

How many?: 2. These prior abusive relationships were with (A) my first boyfriend and (B) my co-defendant in this case, Robin Roberts. The first relationship lasted about four years. The one with Robin Roberts lasted about three years.

These relationships are definitely over.

A. Physical mistreatment of me:

1. Pushed me. This became commonplace.
2. Slapped me. Ditto.
3. Hit me with a fist. I recall this happening twice. Both times it was over his false belief I'd been with another man.
4. Grabbed me.
5. Kicked me.
6. Pulled my hair.
7. Choked me. This happened on both occasions when he slugged me and twice more. I would turn my head hard to the side to try to get his hands off my throat, and he would scream things like, "Don't you DARE turn away from me!"
8. Hurt me with an object. There were several things randomly grabbed and either swung at me or thrown at me. Sometimes it was the kitchen garbage can, our cutting board, a broken CD player once, a car manual once, and other things.
9. Bit me. I think this was only once. He tried to act like it was sex play, but it happened when he was forcing sex on me and right after being mad that he thought I was flirting with his brother.
10. Hurt me in some other way. There were many. One of his favorites was to press his finger into part of my face while he was lecturing me, starting just firmly but then pushing harder and harder until it was agony.

B. Threatening:

1. Threatened to hurt me. I couldn't count the number of threats. "I'll kill you," "You won't know how sorry you're going to be," "Just see what's going to happen to you if things don't change around here"--these were some of the most common.
2. Told me he/she would kill me. This was often part of yelling he would do. Maybe scariest were the 2 or 3 times he said it while basically calm.
3. Told me he/she would hit/hurt me. See above.
4. Left me believing he/she would seriously injure or kill me. There was so much of this that I think my mind was a haze. I believed he'd do any of these things--and certainly that he'd beat me if I looked like I doubted him. It seemed to be my job to be afraid.

C. Trying to control my movements:

1. Kept me from leaving the house or from going somewhere. I was often told where I couldn't go, how long I could be gone, who I could and couldn't see, etc. And often quizzed about where I'd been, who I was with, for how long and for what reason, why it took so long, etc.
2. Forced me to go where I didn't want to go. Sometimes this was to the house of friends of his and at a time I was having trouble covering up a bruise he'd given me.
3. Took away car keys, credit cards, or money. I often had to account for these. His threats were the biggest part of what controlled me, but he used these things, too.
4. Controlled where I had to be in some other way. Just daily, it was in everything I did or tried to do.

D. Trying to control money and finances:

1. Was financially unfair. Took total control, demanded accountings.
2. Refused to get a job necessary to pay bills.
3. Failed to pay a fair share of bills.
4. Had me pay bills that weren't mine.
5. Kept secrets about finances or spending.
6. Did something else to control money. Would hide our money.

E. Trying to control my choices and options:

1. Kept me from seeing people I wanted to see. This included my sister and best friend mostly.
2. Limited how often (or how long) I could see other people. Ditto.
3. Became angry over attention I gave to someone or something. He could never seem to stand not being the total focus of my attention.
4. Criticized or tried to control my appearance. My "stringy hair," "puny breasts," "fat ass," and such were periodically thrown in my face.
5. Did something else to control my choices or things I wanted to do. Wouldn't leave me alone. Often I just wanted to be left with my own thoughts and to rest, and this often just wasn't allowed.

F. Spying on me:

1. Checked on me/spied on me. Was always demanding to know where I'd been, for how long, etc. Would tell me (I think sometimes falsely) that someone told him they'd seen me someplace I wasn't supposed to be.
2. Checked my mail or other personal property. Never allowed me to open the mail except in front of him. He always wanted to know if my family was trying to save me from life with him.
3. Asked people where I was, what I was doing, or who I was with. Friends often told me he was calling them and asking about me.
4. Had people follow me or report to him/her about me. See above.
5. Did something else to check on me or spy on me. This was such a daily thing. I will need to think more about all the ways this happened.

G. Criticizing, degrading, embarrassing, or humiliating me:

1. Often criticized what I did or said. I don't know if there was ever a day without this. "You don't know what you're talking about" was probably a daily comment.
2. Brought up old complaints. Never heard the end of things.
3. Accused me of things I didn't do. Especially when he was cheating with other women, he would falsely accuse me of being with other men.
4. Treated my thoughts and concerns as wrong.
5. Ran down/ridiculed my gender. He would often make remarks like, "Women don't know anything," or, "Women can't do anything."
6. Ran down/ridiculed my family, friends, or others I respect or care about. Everything was always wrong with my family or friends. I think his greatest concern was that they wanted to save me from my relationship with him.
7. Degraded/humiliated me.
8. Called me names. Weeks would go by when he would not use my name. I was always, "Idiot," "Hey, Moron," "Bitch," "Shit for brains," etc.
9. Told me I was worthless.
10. Told me I was hopeless.
11. Told me I was stupid, dumb, didn't know what I was talking about, etc.
12. Said I was crazy.
13. Told me I was wrong in how I remembered what he/she had done or said to me.
14. Used simple mistakes I made to criticize or yell at me.
15. Told me I'm lucky to have him/her in my life.
16. Gave me the silent treatment (wouldn't speak to me).
17. Did something else to criticize me or run me down. One of his favorite things was to yell at me in front of other people to embarrass me.

H. Sexual control or humiliation:

1. Demanded sex at times I didn't want.
2. Demanded kinds of sex I didn't want. I feared sex when he was angry. Trying to refuse it seemed to make everything worse.
3. Falsely accused me of affairs or sex with others. See what I said before about this. Especially at times I privately suspected he was having sex/cheating with someone else.
4. Falsely accused me of being interested in sex with others.
5. Expected me to accept his/her having sex with someone else. He would make ridiculous claims that he wasn't having sex with other people (even when sleeping overnight with another woman), but mostly he expected me to accept this behavior.
6. Spread sexual rumors about me. At least 3 times in front of me he told friends I "had been whoring around."

- I. Raging/losing temper:**
1. Yelled or raged in front of me or others. These things were all quite common.
 2. Falsely accused me of things like disloyalty or lack of consideration.
 3. Swore at me.
 4. Threw things in anger.
 5. Destroyed things in anger.
 6. Put holes in walls in anger.
 7. Been so out of control with anger that it scared me.
 8. Been gone with no explanation.
 9. Pointed a weapon at me or someone else.
 10. Fired a weapon while angry.
 11. Fired a weapon to scare me or someone else.
 12. Threatened me (or someone else) with a weapon.
 13. Hurt or scared a pet or other animal.
 14. Did something else out of anger that scared or upset me. There was so much. One thing that stood out was his occasional murmuring things like, "It won't be long now. All your problems are going to be over."
- J. Other kinds of control:**
1. Tried to control what medication/medicine I took.
 2. Tried to control my sleep. On several occasions when mad at me would wake me up to yell at me through the night.
 3. Did something else to control me. Maybe his most frightening line was, "You have no idea what I'll do to you if"
- K. Mistreating others:**
1. Physically hurt someone I care about.
 2. Threatened to hurt someone I care about.
 3. Frightened someone I care about. My children were often terrified.
- L. Getting you involved in criminal acts or things you thought were wrong.:**
1. Made me become involved in criminal acts.
 2. Convinced me to do things I thought were wrong.
 3. Got me involved in other things I thought were a bad idea.
 4. Attacked or criticized me if I didn't want to do something I thought was wrong.
- M. Playing the victim:**
1. Often said I treated him/her badly. Anyone reading a transcript of our conversations would think he was the most mistreated person in the world. No one ever felt so sorry for himself.
 2. Often said others treated him/her badly.
 3. Complained that others had advantages he/she didn't.
 4. Complained about not getting enough credit for what he/she does. This was constant. From the smallest household chore to sex to whatever.
 5. Complained that life—or life with me—has left him/her unhappy.
 6. Blamed me for his/her bad behavior, outbursts, or attacks.
 7. Blamed others for his/her bad behavior, outbursts, or attacks. Worst of all my children.
- N. Keeping me from getting help:**
1. Kept me from calling the police.
 2. Kept me from getting counseling or other help. He was so clear about this. "If you ever go to one of those psychobabble nuts, I'll have YOU committed."
 3. Threatened that I'd be sorry if I tried to get help or tell someone about what was going on. This was constant. No one was "to know family matters."
 4. Told me not to tell others about our problems or our personal business.
 5. Wanted me to stop seeing someone who was concerned about what was going on.
- O. Promising to change, but without changing:**
1. Used sex, good times, or other "honeymoon" behavior after being mean.
- P. Some basic safety issues of this person:**

1. Has been jealous. Especially after he had cheated on me.
2. Has been suspicious of what I do.
3. Has been suspicious of others.
4. Has been dangerous to me.
5. Has been dangerous to others.
6. Has had a gun. This was a constant. What became worrisome was the start of the threats he'd make about his guns. Things like, "I can take care of anyone who gets things wrong with me"--and then go clean his gun.
7. Has used a gun or other weapon against someone. At least twice he pointed a loaded gun at someone.
8. Has made people afraid.
9. Has insisted on things going their way.
10. Has had a drug problem.
11. Has become more violent or unpredictable when taking drugs.

Q. Ever tried to leave?: No.

R. Police ever called?: No.

S. Arrests or prosecutions?: No.

T. Attempts to get court protection?: No.

U. Your reactions and feelings:

1. Sometimes left me feeling unsafe for myself.
2. Sometimes left me feeling unsafe for others.

V. Safety concerns expressed by others?: My sister and probably ten friends. They would plead that I get out of the relationship.

W. Evidence/proof of abuse: I have a list of these people I can share with you.

c. Total duration of all controlling/hurtful treatment: About 4 years.

d. Client thoughts as a result of this controlling or hurtful treatment:

1. "I must have done something wrong to be treated this way."
2. "I deserved the way I was treated."
3. "I need to keep him/her happy at all cost."
4. "I must not have remembered correctly what happened to me, what was said, or how it happened."
5. "I'm afraid of leaving."
6. "This is better than being alone."
7. "It is what it is--and I can't change it."
8. "It would be dangerous to ask to be treated better."
9. "I'm afraid of people's anger."

e. Other consequences of this history of controlling/hurtful treatment:

1. I've changed how I've lived to please someone else.
2. I've tried to keep someone else from being upset.
3. I've put a lot of energy into trying to keep someone calm.
4. I've sometimes stopped thinking about what I wanted and instead tried to please someone else.
5. I've put up with things that weren't good for me.
6. I've gotten talked into things I thought were a bad idea.
7. I've gotten talked into things I thought were wrong.
8. I've passed up on relationships and other opportunities that probably would have been good for me.
9. I've seemed to have a pattern of getting into relationships that were hurtful or controlling.
10. I've continued to do things for people who are unhealthy, angry, or controlling.
11. I've concentrated so much on getting through each moment that I'm now poor at planning a better future.
12. I've stopped seeing much of a future.
13. I've lived in a way I wouldn't want other people to have to live.

f. Any connection between controlling/hurtful treatment and legal problems (including this case)?:

Yes. Again, not to make excuses, but the domination I felt was THE reason for my crimes.

- g. **Other information about hurtful/controlling treatment?:** Yes. I've learned a lot about this victimization since incarcerated.

Including that probably 75% of the women here in prison suffered this treatment at one time or another, and in one degree or another.

- h. **Survival strengths and help:** This is a good question. My counseling in prison has helped me with this. I think knowing some strong relatives (especially my grandmother and Aunt Veronica) when I was growing up helped.

15. **Adult years** ([Up to Flags Page](#))

- a. **Current life assets. Among 14 possible important life assets, the client reported the following:**

• **Definitely present today:**

1. Good physical health.
2. Work I like. I've had this only since being in prison.
3. Volunteer work I like. Likewise, I've had this only in prison.
4. A lot of purpose in my life/a feeling that my life matters to others. People say I help many women here. I just wish I could help my children more.
5. A safe place to live--without fear of losing it. I feel safe in prison, though away from my children is not my choice of where to live obviously.
6. Good feelings and trust for police and other authorities. I have to say that I respect the staff here immensely. Most of them try to make a place where people can live peacefully and with the chance to improve themselves.
7. A spiritual life I'm happy with.

• **Somewhat present today:**

1. Safety in all parts of my life. I would say that I have been far safer in prison than in either of the abusive relationships I had.
2. A lot of joy/happiness. In the midst of all this pain, I have had patches of happiness, largely in the hope that my children will have good lives.
3. At least 3 good and helpful friends I can call on anytime. I would say that here in prison is the first time I have had people I could call on as "good and helpful friends." As an isolated child and certainly as an abused woman, I never had this.
4. A good balance between work, rest, and play.

• **Missing today:**

1. Good peace of mind/freedom from worry most of the time. Between my painfully low self-image I had as a child and teenager and the consequences of the abusive relationships I was in, I have almost always had very little peace of mind or freedom from worry. I worry every day about my children.
2. A loving and helpful family life.
3. Enough money/financial security.

- b. **Client describes his/her problems in adult life:** I either put myself or found myself in utterly dangerous, abusive, and compromising circumstances. I think all of my problems as an adult fall under that heading.

Part D: Addictive Patterns

16. **Use of alcohol** ([Up to Flags Page](#))

- a. **Significant responses regarding use of alcohol:**

1. I've sometimes had more to drink than I initially set out to drink.
2. Drinking has caused a problem in some area of my life.
3. I've sometimes felt I needed to cut down on my drinking.
4. I've sometimes felt guilty about my drinking.
5. A friend or family member has worried or complained about my drinking.
6. I've planned things around whether (or how much) I would be able to drink.
7. I've made promises to myself about quitting or cutting down on my drinking.

8. I've made promises to others about controlling or cutting down on my drinking.
 9. I've had trouble quitting or cutting down on my drinking.
 10. I've vomited (thrown up) from having too much to drink.
 11. I've often used alcohol more than twice a week.
 12. I've often had more than 6 drinks in a day.
 13. I've tried to keep people from knowing about how much I drink.
 14. I've used drinking to deal with difficult feelings.
 15. I've regretted afterwards things I've said or done when drinking.
 16. A professional has told me I may have a problem with drinking.
 17. I plan to use help to stay sober (A.A., other recovery fellowship, treatment, or something else).
 18. I've spoken to someone for advice or help about my drinking.
- b. **Last used alcohol:** About 6 years ago.
- c. **Any connection between alcohol and legal problems (including this case)?:** Yes. Alcohol both helped me and hurt me. It numbed me to where I could stand what was happening to me and the memories of what had happened on the past. On the other hand, it weakened me and my values to the point I didn't see options to going along with the abuse and crimes.
- d. **Client's belief about having a problem with alcohol:** Yes. I had a serious problem with alcohol prior to my incarceration. I've used alcohol to deal with some impossible circumstances. Today, I consider myself a "grateful recovering alcoholic." Twelve-Step recovery participation while incarcerated has helped me not only with planning a life of sobriety but with a multitude of issues in my life, including grief, guilt, separation from my children and the rest of my family, and more.
17. **Use of drugs (other than alcohol)** ([Up to Flags Page](#))
- a. **Significant drug responses:** None.
 - b. **Reflections on drug use:** This hasn't been, I'm happy to say, an issue for me. I feel a great deal for the women here who in their abuse turned to drugs. Heart-breaking.
 - c. **Client's belief about having a problem with drugs:** No.
 - d. **Any connection between drugs and legal problems (including this case)?:** No.
18. **Other abuse or addiction issues** ([Up to Flags Page](#))
- a. **Other addictive patterns or harmful habits?:** No.

Part E: Personal Functioning

19. **Mood and functioning issues** ([Up to Flags Page](#))
- I. **Past suicide attempts:** No.
 - II. **The client's responses don't include indications of the following in the last 12 months:**
 - a. **Thoughts of hurting myself** (0 out of 9).
 - b. **Thoughts of hurting others** (0 out of 8).
 - c. **More anger than most people seem to have** (0 out of 9).
 - III. **Significant responses were given for the following possible mood and functioning issues in the last 12 months:**
 - a. **Depression** (8 out of 13):
 1. Feelings of doom or hopelessness.
 2. Unusually sad—or sad more often than usual.
 3. Thinking about death more than usual.
 4. Painful feelings of guilt.
 5. A lot more trouble getting to sleep.
 6. A lot of trouble staying asleep.
 7. Unusual fatigue (tired much more than usual).
 8. Problems concentrating or being easily distracted.

Client's reflections on these 8 responses: I think all of these problems are related to my worry about my children – and even worried that my life could end up being wasted. I think I have a lot to offer, and I hope I will have the chance.

I'm usually able to turn to my paid and volunteer work at the prison to restore a sense of self-worth.

b. Dependence/Codependence (9 out of 13):

1. A hard time making decisions on my own.
2. Fear of losing others' approval if I disagree with them.
3. Doing things I don't want just to make someone happy.
4. Fear of people's anger or disapproval.
5. Being easily used by someone acting irresponsibly.
6. Not thinking of what I need or want because I'm thinking about what to do for someone else.
7. Taking care of responsibilities that actually belong to someone else.
8. Making excuses for others.
9. Continuing to give help to someone who doesn't use that help well.

Client's reflections on these 9 responses: I'm not nearly as bad as I used to be about this. But, I still have a problem in being heavily consumed with the needs, wishes, and demands of others.

A lot of the counseling and self-improvement classes here at the prison help me with this. And I've gotten better at noticing that some people really use my help, while others claim they want help but don't act on it.

My hope is that my growth about this will be a lifelong help to me in making better decisions about who to spend time with and to trust.

c. Other mood or functioning issue: None.

20. Counseling history ([Up to Flags Page](#))

a. In counseling currently?: Yes.

1. **Purpose:** I have continued to see Mrs. Stephens and to attend many self-help groups and group counseling.
2. **Counselor/therapist:** Mrs. Stephens.
3. **Started approximately:** October 2011.
4. **Number of appointments so far:** 100.
5. **Client's assessment of how the counseling/therapy is going so far:** Well (2 out of 2). Mrs. Stephens is wonderful—encouraging, positive, and knowledgeable.

b. Using medications currently for mental or emotional issues?: No.

c. Used medications in past for mental or emotional issues?: No.

d. Prior counseling/therapy?: No.

e. Participation in recovery or survivor groups?: Yes. I have participated regularly in Alcoholics Anonymous and 3 separate domestic violence survivors' throughout my incarceration.

Notes:

Part F: Life Patterns and Character and Mitigation Evidence

21. Client today ([Up to Flags Page](#))

- a. **Best things in client's life today:** There are many very good things in my life today. Mrs. Stephens and some of the other supportive staff have been a blessing, as have been the inmates who are trying to live great lives.

I'm blessed to have a family that has stood by me.

I'm blessed to have the two greatest kids in the world.

- b. **Hardest or most challenging things in client's life today:** Without question, the hardest thing in my life is being away from my children. There is so much I want to give to them and offer them, and I am haunted every day by the price they are paying for my mistakes.

- c. **Worst events during incarceration:** I would rather talk about this in person. Missing milestones in my children's lives has probably been the worst. But also, my PTSD has been an almost constant challenge in that I have to work to keep from experiencing every angry or violent episode here as a dire threat. I hope we can talk about this in person.

- d. **Spiritual or religious aspects of client's life:** I am a devout Christian, though I respect all religious traditions and the ways in which they help people live better lives. This is a very important part of my life.

- e. **Jobs and job training while incarcerated:** I have had jobs in medical companionship, teaching/tutoring, and fire safety. I have always been evaluated as, "Highest level of proficiency and commitment."

1. August 30, 2016-January 1, 2017; Medical Companion. This is trained companionship service to disabled inmates and simultaneous training in medical safety. This involved being matched one-on-one with various disabled inmates (inmates with cancer, strokes, Alzheimer's, Lewy Body, other dementias, and recovery from surgeries). Then 2-4 hours a week I got classes on this health care. I was always rated "Superior/Highest" and was taken off only because the prison worries about burnout in this field (especially when one of our "Charges" passes away or must go into lockdown care.

2. January 1, 2017-February 29, 2019; GED tutoring. I tutored hundreds of inmates in Math, English, and Writing for their GED examinations. I loved this work and still get letters of thanks from inmates I helped. I was always rated "Superior/Highest."

3. March 1, 2019-January 15, 2021; Medical Companion. See above. The same kind of work. Again, I was always rated "Superior/Highest."

4. January 16, 2021-present; Fire Safety Intern. This was intensive training and execution in fire safety, including in coordination with local fire officials. This is one of the highest demanding jobs in the prison. Again, I was always rated "Superior/Highest."

- f. **Classes/education while incarcerated:** 1. "Introduction to The 7 Habits of Highly Effective People," September 1, 2016-September 1, 2017; 32 classes of 2 hours each. Certificate dated September 1, 2017. This was an amazing class that helped me to know I'm in charge of my destiny (Habit 1: "Be Proactive") right on through the rest. I use every one of these every day and love to share them with anyone else who's interested.

2. "Clean and Sober 101," March 1, 2017-August 30, 2017; 16 classes on how being clean and sober is a product of wise decisions every day. Certificate dated August 30, 2017. This was an excellent list of 20 wise decisions the clean and sober person can make every day from actually knowing and using the Steps, to teaching the Steps and sponsoring others, to choosing friends and surroundings wisely, to just plain stopping and reaching out for help at the moment relapse becomes thinkable—and much more. Maybe the most powerful experience in my life, because this prison (like all of them) is also full of drugs and alcohol.

3. "12 Steps and You," September 9, 2017-January 30, 2018; 60 weekly classes on "why the Steps actually work—if we just work them" (our slogan). Certificate dated January 30, 2016. Truly powerful. What I liked best is that we were able to confront ourselves and others on how so many people had been going to NA/AA meetings, but never knew the Steps. We challenged ourselves and became people in real recovery. I'd say every one of us who stayed in the program knew the Steps and, most important, USED THEM EVERY DAY. Where we once thought we were in recovery but actually were sleepwalking through meetings because we didn't know the Steps, we became,

like Step 12 says, people who “practice these principles in all our affairs.”

4. “Surviving and Thriving After Abuse,” December 15, 2016-June 1, 2018; 75 weekly classes on rising above abuse of all kinds, including by putting one’s recovery to a good use like helping others. Certificate dated June 1, 2017. The instructors were outside volunteers from our community college and were amazing. So many of us for the first time were able to face terrible things that had happened to us and stop being victims.

5. “Relationships and Their Effects,” March 1, 2017-January 31, 2018; weekly classes on how we’re all affected more than we realize by who we hang with AND who we avoid. The slogan was, “You’re the average of the 5 people you spend the most time with,” and this really hit home to all of us. For some reason there was no Certificate.

6. “Abused Girls/Healing Women,” January 2, 2018-January 1, 2019; a year-long course on addressing and overcoming all manner of childhood abuse against girls, especially by bringing meaning to our victimization by the help we can be to others. This is an incredibly powerful program I wish could be brought to girls and women of all ages, in or out of prison. Certificate dated January 1, 2019.

7. “Social Values/Life Success,” July 1, 2018-February 15, 2019; a fantastic course studying how the quality and sincerity of one’s values, plus the daily attention they get, almost perfectly predict life success. I would say this is one of the finest learning experiences of my life. One of my favorite life quotes comes from this class: “The world stands aside to let anyone pass who knows where he is going.” David Starr Jordan. Certificate dated February 15, 2019.

8. “Thinking for a Change,” January 15, 2019-January 1, 2020, a year-long course in the power of choosing new thoughts in order to create new feelings, new actions, and new outcomes. For many of us this was a life-changing exploration of the power of Habit 1 (Be Proactive) by choosing our response to any situation, person, place, or thing. Certificate dated February 1, 2020.

9. “InsideOut Mom,” December 1, 2019-present. I wish this had been offered earlier. It is an excellent study of all the ways we can succeed as moms even in prison. I graduated with a Certificate on June 5, 2020, but I have been asked to help teach the class since then, which I have been honored to do.

- g. Counseling, drug/alcohol recovery fellowship, religious groups, and other personal growth while incarcerated:** See above. But basically, I have taken every counseling, recovery, and personal growth opportunity offered here.
- h. Other measures at self-improvement during incarceration:** I have tried to be meticulous about my choice of friends, both inside and outside the institution. I know I need to be with people who are interested in improving themselves, honest evaluation of their lives, and commitment to ethical living.
- i. Rules/conduct violations during this incarceration:** I've had no rules or CAB violations or even any formal warnings. The worst I can think of is that I was once warned (years ago) about taking too much interest in the mental health of an inmate grieving when she had to surrender the baby she delivered while incarcerated and had here for 3 weeks.
- j. Assistance to the institution/facility during incarceration:** Please see what I've written about tutoring, leading classes, and overall trying every day to be a contributing member of the community here.
- k. Living arrangement plans:** I would start out living with my parents and children. They would be happy to support the convention anyway possible, and I would be happy to be as productive and contributing as possible.
- l. Work plans:** I would love to work in a community center as a tutor and lay counselor. If I'm able to secure a counseling degree and counseling credentials, I would love to help girls and young women to make the best decisions possible.

But I would be happy to do any work that was helpful (financially and otherwise) for my family.

- m. Other release resources:** 12-step participation, counseling, church attendance, and making sure that the people I spend time with are similarly committed to growth and responsible behavior.
- n. Special upcoming opportunities or circumstances:** I'd so love to be at my kids' 5th- and 3rd-grade graduations in just a few months. They've worked so hard. My parents tell me that (despite being asserted my being locked up isn't their responsibility) they both think if they are just good enough and do well enough in school, I'll come home. I'd so like to relieve them of this terrible, terrible burden.

My children remind me of me when I was young--and even when I'd grown. I thought I had to fix everything. I'd so like to lift this from them.

- o. Client plans for more steps supporting release:** I will do whatever anyone recommends for me.

But, certainly in my opinion, I continue to be helped by the work and volunteer activities I participate in, the classes I take, the journaling I do, and the connections I maintain with family and healthy friends.

- p. Other important information about the relief sought:** I hope anyone considering my early release would pay special attention to the opinions of the staff here at the present. They know I can be trusted.

22. Client's thoughts on the future ([Up to Flags Page](#))

- a. Wish for changes in the following areas:**

- 1. Relationships.** I want to change the kind of relationships I used to have on the outside. For the most part, that means continuing the wonderful relationships I have now – and, most important, having the chance to be hands-on help to my children.

I hope I will have the chance to remain in contact with staff members here.

- 2. Education.** I am ALWAYS interested in more education. Whether or not I get out, I always want to learn. That's one thing that has changed during my incarceration (among many others).
- 3. Work/work skills.** I love the things I get to do in my work. Obviously, though, I would like to do them on a broader scale on the outside, rather than on a more limited scale here in the present.
- 4. Counseling.** I want to continue counseling--at least in the form of spending time with healthy people who give good feedback and are themselves trying to make their lives better. If I have my sentence reduced, I think I would be helped by counseling that takes the lessons I've learned here and puts them into action as a free person.
- 5. Finances, spending, and money matters.** I clearly want to put into practice the lessons I've learned about good financial management. I feel confident I can do this.
- 6. Living arrangements.** Well, obviously I would like my living arrangements to be back home with my children. My parents and many friends are ready to help me with all of that.
- 7. Ways of handling problems.** I want to continue to practice the habit of staying in touch with (and looking for help from) healthy people. No more hanging out with dangerous or abusive people, obviously.

- b. Client goals:** I would like to continue my education and take whatever other steps are necessary to be of the maximum help other people.
- c. Specific things client thinks a judge would like to see 4 months from now:** I hope a judge would be moved by what I am doing now. If there is something else I can be doing for myself – or anyone else – I would be doing. And I am always open to suggestions from others.
- d. Something good the client can imagine coming from current challenges:** Absolutely. As painful as this has been, a world of good has already come out of my incarceration. My personal recovery from dangerous relationships, posttraumatic stress disorder, alcohol abuse, and bad decision-making – all of these have, in my opinion, represented a great deal of good.

23. Character and mitigation evidence ([Up to Flags Page](#))

- a. Best accomplishments:** My growth while in prison, definitely. I hope anyone reading this will look at what I've written about that. I'm happy to answer any questions about this.
- b. Personal strengths:** I'd feel better letting others speak to this. But what I've heard from a lot of inmates, staff, and healthy family on the outside I've reconnected with is that I've decided to use every day I have left to be of service to my children and others. Caring about my children and others is what drives everything I do.

I've had so much suffering in my life, I've had this opportunity to turn that around, and I'd like to relieve as much suffering as possible in the lives of others.

- c. People client is currently helping (or who currently rely on client):** I would hope people would take the word of the staff here at the institution. They are constantly telling me that I have been an inspiration not just to fellow inmates, but to the staff themselves.

Whether it's teaching, tutoring, mentoring, or just listening to someone in need, I try to be of help. Being useful to others has become a core principle of my life.

My children rely on me--I just haven't had the chance to do as much for them as I would like. More than anything I'd like to be available to them as any good parent should.

d. **Other people client has helped:** I hope you'll read what I've already written about this.

e. **Client's Index of Supporters:**

1. Mrs. Elizabeth Stephens.:

- a. **Relation to client:** My counselor at IWP.
- b. **Trustworthiness:** Mrs. Stephens is the salt of the earth. She loves, encourages, and (when necessary) challenges everybody to do her best. This even includes staff. If we had an award for most outstanding staff member, Mrs. Stephens would win the vote of both the inmates and fellow staff.
- c. **Contact information:** mrstephens@idoc.gov. Or she can be reached through the regular phone number here at IWP.
- d. **Specific help:** I can tell you only what Mrs. Stephens has often said to me. She has called me "one of the best people I've ever known," "an inspiration to everyone here," "a role model," and "someone who tries to make everyone's way a better way." She admires my teaching, my lay counseling of inmates, and the way I show respect to everyone, no matter their position or what stage of their struggle they're in. Recently she said to me, "I can tell when people have just s=come from seeing you, Abi; they're better just for knowing you."

2. Jessica Wozniak:

- a. **Relation to client:** My mother.
- b. **Trustworthiness:** My mom has never been in trouble. She has overcome her own traumas from a bad childhood and an abusive relationship. She's respected in our old home town, and I don't know of anyone who speaks poorly of her.
- c. **Contact information:** 574-988-8382; jjWozniak99@gmail.com.
- d. **Specific help:** My mom can attest to my journey from abuse to being a helper in my community.

3. Elayne Bonner:

- a. **Relation to client:** A fellow inmate here in IWP.
- b. **Trustworthiness:** Elayne is an amazing lady. She's been incarcerated here for almost 7 years on a mandatory 20-year sentence for helping her abusive boyfriend deliver an eighth of an ounce of meth. Her boyfriend actually got time off his sentence by saying she helped him, which I actually even doubt. But Elayne has made the absolute most of her time here. She's taken many of the classes I've taken on abuse survival--and been a fantastic contributor in all of them. She helps new inmates find a better way than bitterness or acting out. As an African-American woman who grew up in Gary with little family support and almost no education (she could barely read when she got here), she could have just done her time. But she is a good example of someone who has worked to grow, and in doing this she has inspired many others to do the same.
- c. **Contact information:** Elayne would need to be contacted by mail here. Her reg. number is 2005-384772.
- d. **Specific help:** Elayne says that I saved her life. That's an exaggeration, as she really saved her own. She can talk about my commitment to my growth and the growth of others.

4. Melanie Burris.:

- a. **Relation to client:** Another fellow inmate. (By the way, I could name dozens more of these inmates who would speak up for me, but I will stop here with Elayne and Melanie.)
- b. **Trustworthiness:** Like Elayne, Melanie is respected here by staff and inmates alike.
- c. **Contact information:** Again, she would need to be contacted by mail here. Her reg. number is 2001-84372.
- d. **Specific help:** Melanie would talk about how I have helped her through very painful adjustments here, loss of contact with her children, and even the wish to take her life. She is a credit to our community, and almost every week she tells me at least once that my concern and my example have helped her.

