

Dear Friend,

Don't be shocked if your released family member or friend exhibit behaviors that you are unfamiliar with when they are released from prison. They may not like being around large crowds of people; sit or stand with their back to a wall; act very distrusting of people; be short tempered; and eat very fast. These are just a few adjustments they had to make to their lives in order to survive behind bars.

Upon their release some of these behaviors are not easily changed. It's been their way of life for years.

You may also notice that they hate for people to tell them what to do or they can't do anything without being instructed to do it. Some will have the mentality that for the past years, "someone always told me what to do and I'm finally free to do as I please." Possibly, they have lost all independence and find it hard to think for themselves (institutionalized). Being institutionalized is when someone becomes unable to think or function independently.

What I'm trying to say is that you will have to be patient with them, because some had to become another person while incarcerated just to keep from breaking down mentally. Please give them their space when released and allow them to adjust back to society without being critical of their every action.

UPDATE....A new book is on the way. Believing God to have it out in July or August.

Yours in Christ,



Pastor Frank M. Bafford, Sr.

