

# The impact of imprisonment on my experience of a loved one in prison!

I was enveloped in numbness, and absence of feeling so deep the bottom was lost  
from view.”

— [Haruki Murakami](#), *[The Wind-Up Bird Chronicle](#)*



# The Shock of it all!

- The dreaded phone call.
- Where was our son?
- What had happened?
- This could not be happening to us?
- What could we do?
- Where could we get help?
- Who would want to help us?
- What were we feeling?
- What was our son feeling?
- Who could we tell/trust?
- When would we see him?
- How would he be coping?
- OMG what had he done?

“There is only one kind of shock worse than the totally unexpected: the expected for which one has refused to prepare.”

— [Mary Renault](#), [The Charioteer](#)

# There were many Barriers!

- Language
- Communication
- Rules and Regulations in Prison
- Food
- Visiting



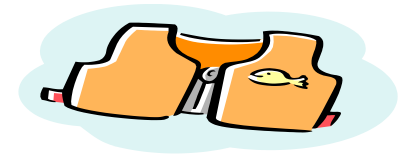
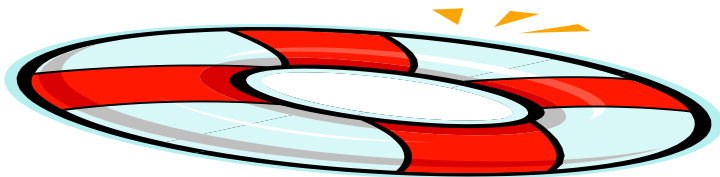
There are no constraints on the human mind, no walls around the human spirit, no barriers to our progress except those we ourselves erect.

[Ronald Reagan](#)

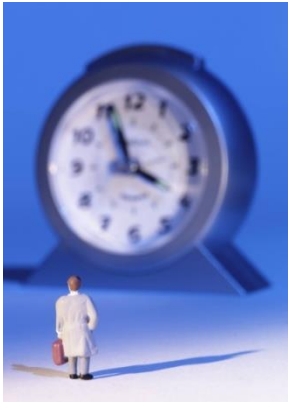
# Our Life Line

**\* PRISONERS ABROAD!**

**\* HOW THEY HELPED.**



Now that you believe in me  
We can fly away  
Somewhere safe  
I know that you will always be  
Giving more than you take  
Robbie Williams - Grace

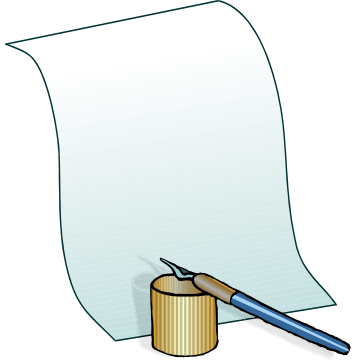


# THE VISITS



- \* HOW THE VISITS IMPACTED ON US AND OUR SON!
- \* DIFFERENT KINDS OF VISITS!
- \* LENGTH OF VISITS.





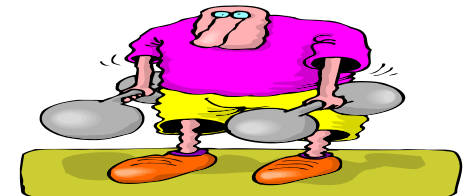
# How we all coped?



- \* **CONSTANTLY WRITING LETTERS TO THE PRISON DIRECTOR.**
- \* **MEETING WITH SOLICITOR - WHO WE COULD NOT REALLY UNDERSTAND!**
- \* **MET WITH PRISON DIRECTOR TO SEE WHAT WE COULD DO TO HELP.**
- \* **VISITING OUR SON AND TAKING HIM MONEY AND BOOKS/CLOTHES/PAPER/PENS/STAMPS TO KEEP HIM OCCUPIED.**
- \* **OUR SON COPEd BY WRITING TO US AND STAYING BUSY/IN THE GYM/TEACHING ENGLISH AND GENERALLY HELPING IN THE PRISON/KEEPING HIS HEAD DOWN AND TRYING NOT TO CAUSE ANY PROBLEMS TO ANYONE.**

"If you are faced with a mountain, you have several options.  
You can climb it and cross to the other side.  
You can go around it.  
You can dig under it.  
You can fly over it.  
You can blow it up.  
You can ignore it and pretend it's not there.  
You can turn around and go back the way you came.  
Or you can stay on the mountain and make it your home."

— [Vera Nazarian](#), [The Perpetual Calendar of Inspiration](#)



# NEARLY HOME!

Where had the time gone?

The best thing about the future is that it comes one day at a time.

*- Abraham Lincoln , American President*

# FREE AT LAST!

- \* **WHAT WE WERE FEELING?**
- \* **WHAT WAS OUR SON FEELING?**

“Once I was free; there was no cage that could bind me, and I had yet to create my box of numbness within my mind to be my silent protector.”

— [J.D. Stroube](#), [\*Caged in Spirit\*](#)



# HOME

- \* **ADAPTING TO LIFE AFTER PRISON!**
- \* **WHAT NEXT?**

