

**The TV room was bustling with people watching college basketball. The Fighting Illini defeated Michigan in an upset victory in Anharbor Michigan. I was rooting for Illinois being I had a cap with florescent orange lettering on it. I traded my friend for the hat. I used to have a SYRACUSE hat but I traded it. All these prestigious colleges I would like to visit one day or make special guest lectures as a teacher. Remembering my days playing hoops, I made a play as a center where I made the ball go "pack" and blocked the other teams' lay up. Our team uniform was green and white, kind of like the Boston Celtics or the Milwaukee Bucks. It was a form of using aim, and getting some exercise back in elementary school.**

**The Tahoe clubhouse was where the group DBT happened. It was said that adolescents and families could benefit and be successful by DBT therapy. It was also said that people may retain a sense of sadness that trauma had in their youth; and that the treatment would then be ineffective. The teacher of DBT likes mostly people that are motivated and interested in the therapy. Describing objects was done and our collective opinion**

**about it is what dialectical means.**

**I made some gratitudes in earlier groups. My gratitude was based in family, sobriety, and good stuff that people do in a good job at what they do. I mentioned that I have 7 years of sobriety that I prize very much.**

**Among the things that we talk about are what to do in a job interview. Sometimes I would want to dress casual or dress accordingly. If you want a handshake and they don't give one don't be offended. If you apply for SUBWAY, go looking for the restaurant and not the subway train system. When I applied for factory work I was asked not to make more than \$500.00 a month because I was collecting Social Security Income the same time I was working.**

**Yesterday was a discussion about trauma. A british documentary stated that trauma can cause breakdowns. Also trauma is one of the leading causes of impulses. What works with coping with a traumatic experience is reading, watching TV, listening to music, drawing or painting, in order to distract the memory of trauma in my case. Discovering Yoga had good effects that I mix with Vedanta**

**philosophy. I found that every Chakra has an enhancement food in relationship with that Chakra. I'm trying to heal my chakras after suffering an injury to my mid-section.**

**Reading an article in the newspaper about dyslexia made me feel gracious that I could read. It said that learning utensils like phonics could be more effective than whole language learning that is used in schools today. When I was a child I did many book reports on the books by Beverly Cleary; the books were also very entertaining. Later on in life I read much of Geo-Mundo which is like a National Geographic for spanish readers.**

**Somebody played the piano at night while I was talking on the phone. The most I could play on the piano is "Mary Had A Little Lamb". Begining with the piano, the second choice would be the trumpet I took up. In my Junior High School band I was playing: "Pomp and Circumstance" and "When the Saints Go Marching In". But nowadays I kind of left the instrument alone. I had this wild crush on this girl who used to play the clarinet.**

**Being that the facility wants us to get familiar with the community, it's O.K. now to go to**

**Seven Eleven. At first I wanted a magazine , but there was none, just the local press. I did spend about 10 bucks on a chimichanga , some granola bars, and this coconut water that reminded me of being on the beach in Puerto Rico. Sometimes it would get so hot that the bottom of my feet would burn in the sand. My skin would peel from the sun and my grandfather would put vinegar on my back as an ointment.**

**Adapt, heal and cope are what could be done about trauma. I realize I shouldn't beat myself up about suffering from trauma. All the voices connected to my trauma have today disappeared and I'm able to come to a peaceful conclusion to the drama. The anger issue was in relation to the trauma, and the impulse to retaliate. This is the main reason for committing a crime. Whether or not it was a crime of passion, or involuntary manslaughter remains a legal mystery. Why the judge would call it something else also remains a mystery.**

**I had my ups and downs growing up in the neighborhood of the Mission. Trying to buy weed I used to get my money stolen at the Two Six projects which no longer exist; and at the**

**Potrero Hill projects. It seems you can't trust anybody on the streets just God. Just goes to show that I shouldn't be smoking reefa at all. Even at the Alemany projects some of the guys would sell what looked like oregano. At the Double Rock projects I would score , or sometimes get some grass ripped right out of the ground. Now that marijuana is legal, easy shops will never have to go through what I've been through. Watching clips of marijuana clubs can be triggering because some of the kinds of pot can be glamorized or over glossied.**

**I used to get free lunches and go on field trips with the Real Alternatives Program. Some of the feature treatment was a GED school and help for pregnant girls. My mom inaugurated a home with RAP called La Casa. The field trips I've been to are places like Lake Tahoe, Russian River, and Lake Mendocino. The RAP program no longer exists after it got too expensive to run it. I also had a job with RAP that I used to count keys on a rod for a locksmith. RAP even used to hire security guards at Cinco de Mayo and on the Muni-Metro system. A school girl showed me**

her graduation ring from the **RAP High School** program and it looked like she really earned it and it was a symbol of accomplishment.

Over at the movie hall there was a classic playing called **Wizard Of Oz**. It seemed that the actors all had different personalities kind of like the people here at the rehab. I recently did a personality assessment and it read that I'm extraverted and I'm good at business and mechanics. One of the guys that might have the same aura is **George Bush**. The wizard turned out to be dishonest and was accused kind of similar to how I was in the system. I feel like a tin man that is working out oiling my dry ailing areas to become someone better.

Sharing some pistachios I thought of my family. My grandfather had a magic parrot that could talk in spanish if you talk to it. He would also buy me a cold coconut from the roadside. I remember watching his cable T.V., which he was the only one on the block that had it. Up on the roof was a bunch of solar panels that he had the ingenuity of installing back in the island of **Puerto Rico**.

My dad would bring gifts from the travels he would make. After

visiting Alaska my mom fried up some pink salmon that my dad bought that was so big we had fish for days. Another gift was this album called Tina, and this children's book about the moon tides in Hawaii were he made a trip. Pops also gave me some American Indian jewelry from Colorado; one of an eagle emblem, and one of a turtle. Even though they live far from me, I wish I could honor my parents much more by doing what is right.

Here at the rehab I plan on getting an ID card from DMV. I could have and I really want a driver's liscence but that will be much later in life. All I have to produce is a Social Security card, a birth certificate, and a proof of residence. It is all because these are the essentials of living in the community.

The group today had to do with improving relationships, and how to cherish friendships. By pretending we had 2,000 dollars we were to bid on what we most wanted. My wins were 1. A world where the people are moral, fair, and without prejudice. 2. A completely new hair style and a wardrobe of my choice. The first cost \$1,400 and the second cost me \$500.00, for all the things I thought were nifty. This exercise

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**land on his feet even with a mask on. I reminisce about the glory days of the 1980's with coach Bill Walsh.**

**During hurricane Maria that blew it's winds on Puerto Rico, I was on a discharge unit in 2017. I started talking disorganized speech to the unit psychologist. Jennifer Lopez donated a million dollars to the island which makes her such a hero. The funny thing was that Donald Trump the president, denied my homeland relief funding so "booh" to him. My family was purchasing some relief comics done by puertorican artists. The whole ordeal made me gracious to be in the U.S.A., but believe me I prayed for my family on the island.**

**I'm learning how to put nature high on my appreciation list. I saw a YouTube documentary on how to grow strawberries. How to mix the soil with hey or straw to repel insects. How to mix in fertilizer to the soil. How to choose the already flowering strawberry patches. Remembering these steps correctly will help the crops not get eaten by squirrels. The teacher said she was going to plant some succulents which I think is a form of ice plant. However a neighbor**

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**did it when she crossbred an orange with a grapefruit and called it a “chironja” a word that is jibaro slang for a mixed fruit.**

**Mindfulness is a strategy I could use for when anger or trauma occur. The breathing exercises are helpful in clearing the mind or looking through the third eye. Observing an object then thinking about it’s characteristics can help in being descriptive. Movement were the paces we took outside to become more in tune with nature.**