OFFENDER PEP TALK

Think back to the day you were arrested. Now think ahead to your last day on probation or parole. Between these times you have dealings with people of the judicial system. At first it was with police, sheriff, or some kind of law enforcement agent, then a prosecutor and judge, next it will be correctional officers if you go to prison, and eventually will come a probation or parole officer. These people occasionally do things that make you angry. Sometimes, they make you do something you don't want to do. Other times, they deny you to do something you would like to do. Then there are also those times they just commit some dirty wrongful deed on purpose *just because they can*. (Those are *especially* angering and worthy of even more intense returned punishment due to the on purpose nature.) And a good number of these angering times there's no legitimate reason for their actions. No one is benefitted by them. They don't even pass the smell test. They just *expect* you to absorb that anger into your body and live with it. Well you shouldn't! You should return it to them, or at least to somebody. It feels good to make other people angry when you're angry. It helps lower your anger level. Imagine for a moment where your anger level would be if they didn't do any anger-provoking things to you throughout your stay within the judicial system. That's wishful thinking of course, and not likely to happen, but if they didn't your anger level would obviously be quite low on your last day of probation or parole supervision. Your goal should be to have that same level of anger on that last day as you would have had if the angering things would have never happened in the first place. And you do that by not absorbing their anger into your body and living with it, but, as I said, by returning it in some ways. Accomplish that and you've won the battle. It's that simple! All options at achieving it should be on the table – *whatever* it takes! If there's victims left floundering at the side of the road needing to be cleaned up later after being angered well so be it. That's just part of the collateral damage that happens when dirty people do dirty things to you. Never apologize for lowering your anger level to where it naturally *should* be. Do *not* be an absorber. I call this anger management technique, Operation Return.

Some people consider themselves as optimists – their glass is half full. Other people consider themselves as pessimists – their glass is half empty. It's the optimists that invent things like cars and airplanes – but it's the pessimists that invent things like seat belts just in case something goes wrong in those cars and airplanes. The world needs both kinds of people. The judicial system wants us all to be absorbers rather than returners, but just like with optimists and pessimists, the world also needs returners to go along with the absorbers. It's the returners that keep the judicial personnel who misuse their powers in check and acting in a more proper way. Trouble is though, there's far too few of *us*. Dirty things happen to us *only* if we allow them to happen. If we all buckle down and make them accountable wrongdoers will learn they can't commit these offenses and then ride off into the sunset scot-free. Certain things in life are givens. This has to be one of them! Do something today that your future self will thank you for. Enough is enough people! You in to being a returner? If so, I have an OATH I would like to administer to you. Please raise your right hand and repeat after me...

OATH

I_____am a member of a growing legion of disgruntled people unwilling to *ever* again, under *any* circumstances, give up *any* of my rights for fair, just, and equal treatment as guaranteed by our Constitution of the United States of America and the Bill of Rights. I pledge to closely adhere to VOCAL's Prime Directive in not allowing *any* violation of person, property, or money to go by unchecked or unpunished – no matter how minor, or regardless of the time span between offense and resolution. Nor will I allow myself to be unnecessarily aggravated or treated as a second class citizen in *any* double-standard kind of way.

As a follower of VOCAL, I promise to abide by its Guidelines and goals and agree to protect, first myself, and then other deserving individuals against *all* judicial system enemies, foreign and domestic, to the best of my abilities.

In responding to misdeeds, I will be ever mindful of the violator's original offense level, lest I be tempted to engage in over-behavior which I am actively protecting against. Whenever possible, I will first advise a prospective perpetrator of my zero tolerance status and suggest more benign avenues of behavior, or corrective measures if the misdeed has already been done. Under no circumstances will I purposely trick an abuse-inclined person into action if he or she is naive to possible side effects or consequences. Nor will I intentionally hide the fact that I am the *wrong* person to mistreat in *any* way. At all times, no matter what, I will continue to stand up for the things I believe in!

While it is preferable to return the violation personally upon the guilty culprit's doorstep in a timely manner – and nowhere else – I understand that some indirect, wider-reaching, methods of response designed to cost, inconvenience, embarrass, and/or aggravate a perpetrator, or organization he or she represents, are quite acceptable; even if years pass between the offense and resolution. But I accept VOCAL's <u>firm</u> position that any intentional response that physically hurts or injures another animal or person is not. I agree to abstain from such behavior to the best of my abilities and understand that if I falter, VOCAL will disavow any knowledge of my membership.

I take this OATH freely without any mental reservations or purpose of evasion.

P.S. VOCAL stands for <u>V</u>ictims <u>O</u>f <u>C</u>ourt or other judicial system <u>A</u>buse of <u>L</u>aws & powers, a group formed in a California state prison in 1987 to correct and hold accountable the misconduct of a Los Angeles County Deputy District Attorney.