

INMATE'S LETTER TO THE BOARD

A Few Pointers to Include in Your Parole Letter

- 1-2 page for easy quick reading is best practice

Basic information. Name, TDCJ #, Unit, Address.

- **Show that you are remorseful.**
- Acknowledge the crime for which you are incarcerated for.
- **Apologize for that crime.**
- Elaborate on what you feel is important for the board to know.

Have you been regularly attending AA meetings while incarcerated? Have you participated in programs or schooling that will help you be successful if approved for release? What have you learned? **How have you changed for the better?** What are your goals for the future?

- Describe your support system upon release. (If you have any of the following.)
 - o Car/City Transportation System
 - o Family
 - o Home
 - o Job Waiting
 - o Emotional Support
 - o Financial Support

Inmate Self Support Letter Example

Inmates Name and TDCJ #

Unit of Assignment

Unit Address

City, TX Area Code

Date:

Board of Pardons and Paroles

Enter Regional Parole Office Address

Dear Honorable Members of the Parole Board:

My name is _____, I am ___ years old and was born and raised in _____. I am married to _____ and am the son of _____ and _____. I also have two older siblings, _____. Growing up I attended public school and played soccer and football. When I was thirteen, I started hanging out with the wrong people, including my older brother and his friends. My brother eventually went to prison and my parents went through a huge financial crisis trying to keep my brother out of prison. This is where I lost my direction in life and became angry at the world and began to make poor choices. I began hanging out with the wrong people, in the wrong places and became addicted to drugs. I was lost and confused in life. I am not proud of it but I ended up committing crimes like _____ to support my addiction. I went to rehab but at that time I wasn't ready to get sober. I eventually ended up in the _____ facilitated by Travis County, which gave me the tools to live a sober lifestyle and cope with what I was feeling on the inside. I was finally sober and got a job at _____ as a Host and worked my way up to being a Bartender and Server. After working at _____, I wanted to get a better job, so I applied and was hired at _____ as a Route Coordinator and after a few months, I got a job with _____ where I became a Lead Installer which meant that I had my own company truck and company credit card. This was where I found my passion for _____ and I eventually moved on and started working for _____. I finally had my dream job doing what I enjoyed. But after starting my new job, I found myself lost in my addiction and I relapsed.

On the night of the crime that led to my current conviction, I completely lost control. I turned into a person that I have never seen before, and I am so ashamed of my actions. I never intended to hurt anyone but that night I put more than one person's life in harm's way, which was completely unacceptable. I realize now that the officers who were called to _____ were just doing their jobs that night. I am sorry for what I have done. I accept full responsibility for my actions, and I understand that I've made a lot of very poor choices in my life. I know that society places certain pressures on people, but I've also realized that I have the ability to make my own choices. The events that led to

my incarceration are no one's fault but my own and I will forever regret the choices that I have made.

Being incarcerated and away from my family has been one of the worst things I could ever experience and going forward I will never take them for granted. I have lost so much time with my wife, my parents, my siblings, and their kids and I never want to put them in this situation again. I am done living the criminal lifestyle. My family has always supported me and wanted the best for me and after my time in TDCJ, I am certain that I am at my very best. Since being incarcerated I have tried to make good choices and instill positive changes in all aspects of my life. I have not received any major disciplinary cases and I have obtained my G.E.D. which will allow me to be successful in the future. In the last 3 years, I have worked full time in the _____ department for TDCJ and have loved every minute of my job. I have learned so much about my trade work in _____ and have also learned other useful skills in _____ and I'm always striving to learn more. Despite being in prison and away from my family, I am so lucky that TDCJ has allowed me to learn these new skills that will be beneficial to me and my future career. While in _____ before I was convicted on my current charge, I also had the opportunity to participate in Anger Management and a Life Skills/Healthy Relationships class which gave me better ways to cope with my life and taught me how to communicate effectively with my family. Recently I have also completed the _____ program which taught me accountability, personal healing, growth, and the importance of giving back to my community.

Upon release, I plan to give back to my community with volunteer work. Before my incarceration, I had the opportunity to participate in _____ in _____ where I publicly spoke to kids who were starting to go down the wrong path. I shared my experiences with them in hopes that they don't make the same mistakes that I have in the past. I would love to be involved in mentoring Youth again. In addition to volunteer work, I plan to be heavily involved in the _____ community and attend NA/AA meetings at _____, my home church. I will also be registering in the _____ program which emphasizes self-empowerment and growth so that I will be successful in all that I do while on Parole. I plan to enroll in school at _____ in _____ and start an _____ so I can eventually become a _____. While I am in the enrollment process, I plan to work under _____ at _____, which is located at _____ in _____. He can be reached at _____. I plan to Parole home to my _____. She currently lives at _____. Her phone number is _____. I hope the Parole Board will allow me to return to my family where I can continue to thrive in all aspects of my life. I would not be who I am today without all that I have learned in TDCJ. I hope you will consider me for Parole.

Thank you for your time,

(SIGN YOUR NAME)