



## I use my years in solitary confinement to reflect and adapt

By Dog, 43 years old, 21 years on death row

What makes me, me? Well, as I have grown older, I have been blessed with the ability to see things in my life that I didn't like and would change.

I decided to look at things with a positive outlook and to use my years in solitary confinement to reflect and adapt.

I had to physically decide to change behaviors and ways of thinking. With all of this came the desire to help people and try to be positive. So, one day I decided to make stuffed animals. I had wanted to do something for my children and decided to make a teddy bear. I found out that I have a knack for sewing and I actually enjoy getting lost in the rhythm of the motions.

I am always in a state of learning and have been blessed to go to college earning five advanced degrees including two doctorate level degrees.

Some may think my life is tragic or sad. I rather see it as a blessing and will make a positive impact before it is over.

November 2020

Dog can be contacted through [connectdeathrow](http://connectdeathrow.org)