

THE GOGI TRIFECTA



Volume 1, Issue 4
December, 2018

A **POSITIVE, POWERFUL** and **PRODUCTIVE** Community Newsletter by Team **GOGI 4 Life!**

FROM THE DESK OF THE EDITOR

I'm a glass half-full person. Tell me what you don't have and I'll tell you what you do have. Cry me a river and I'll bottled it and send it to the needy. Moan about your lot in life and I'll tell you to count your blessings that you have a lot. I'm where negativity goes to die.

That being said, life isn't always easy and this time of year can either bring the best or worst out in us. People go from 'Merry Christmas' to throwing blows over a toy, within the same breath it seems. Some wish they had the money to even buy a toy. Some have memories of loved ones they've lost and mourn their death all over again. Some wonder why they should even live another year. Some self-medicate to feel numb until January comes. And some won't make it to see January. When you feel like you can't take another step forward, please remember that even in the darkest times, our eyes will adjust so we can see. Please stay the course of positivity.

Two things I know for sure - nothing stays the same and everything changes. And with GOGI, each day we have the ability to recreate ourselves; to show people who we are TODAY. And today is all that matters. TODAY, how will we show honor to those we've lost? TODAY, how will we show honor to our children? TODAY, how will we honor our self? Only we can make that decision. Only we can decide to 'show up' or not.

Whether your glass is half-full or half-empty, only YOU can fill it to the top. And you CAN do it.

I struggle this time of year for many reasons. But one thing I know, is that the sun will rise and so will I.

I amare

"Words from GOGI's Founder and first volunteer, Coach Taylor"

Getting Out by Going In (GOGI) is a non-profit organization, but GOGI is also a culture and a way of living. While this newsletter is not coming to you from GOGI headquarters, nor is it an official GOGI publication, it represents the culture and a glimpse into positive outcomes when community members begin to live life The GOGI Way. We support all individuals who wish to include the GOGI Tools into their daily life and applaud the efforts in making this newsletter possible. This newsletter comes to you from GOGI's very first acknowledged community group, Team GOGI 4 Life! While the content is theirs alone, the heart and soul of GOGI's culture rests in the hands of each individual who includes the GOGI tools into their daily life.

With Love,

Coach

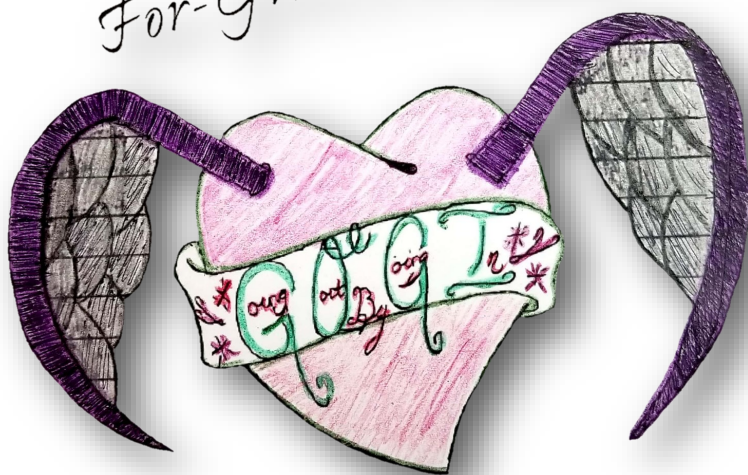
Getting Out By Going In (GOGI)
PO Box 88969
Los Angeles, CA 90009
310-402-9642
info@gettingoutbygoingin.org

GOGI PLEDGE

"May our commitment
To the study of GOGI
Grant us the joy
Of giving and receiving
So that our inner
freedom
May be of maximum
service
To those we love
And infinite others."

Tools of December

For-Give is Freedom



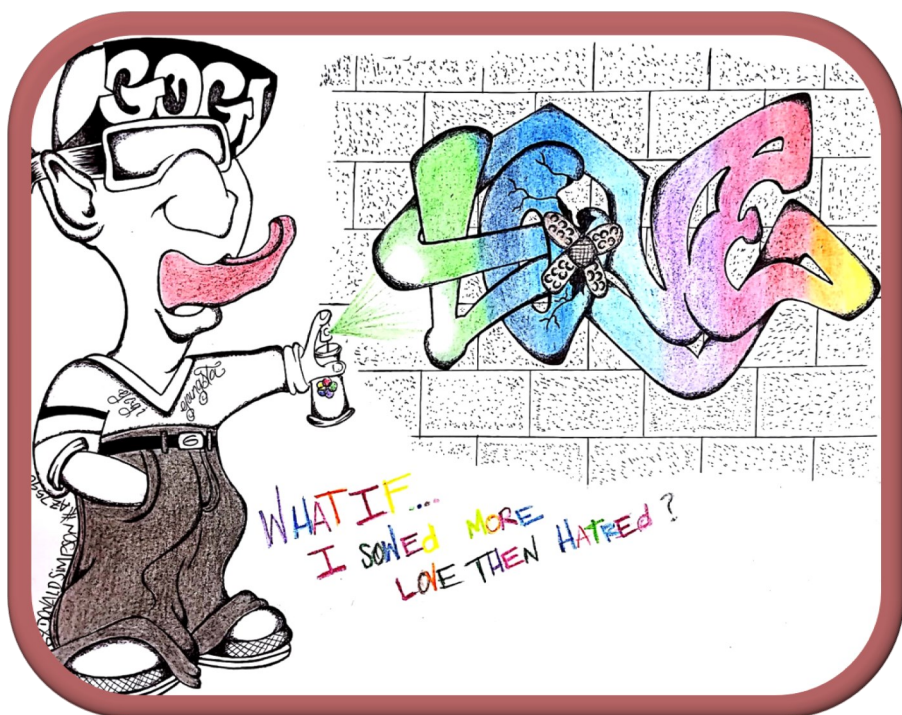
FOR me to GIVE back to others I make sure I am safe from harm.

FOR me to GIVE, I make sure I am safe.

Joshua W.

WHAT IF permits me to see possibilities I might not otherwise realize.

*Today, I ask myself
WHAT IF
I am not my past?*



Tools of December



I know I am going to make mistakes along the way, but REALITY CHECK lets me quickly correct my mistakes.

Today, I agree to get right back on track with REALITY CHECK when I do something that is not perfect.

I create ULTIMATE FREEDOM for myself when I live THE GOGI WAY.

Through my service, I have ULTIMATE FREEDOM.



ULTIMATE FREEDOM

STATEMENT OF OWNERSHIP:

I create ULTIMATE FREEDOM for myself when I live THE GOGI WAY.
Through my service, I have ULTIMATE FREEDOM.

As the GOGI Toolbox became a complete set of tools, the question that eventually emerged was “why?” Why make positive decisions? Why overcome addictions? Why grow past gang mentality?

In nearly every GOGI student’s journey there becomes something that tugs strongly at the heart and occupies the thoughts. Invariably, as GOGI student begin to gain insight into their abilities to create a better life and build competencies in the use of the GOGI Tools there emerges an urgency to help others. For most GOGI students it becomes quite apparent that the past journey is part of their purpose, and a driving force for service to others.

ULTIMATE FREEDOM became the capstone of the GOGI Tools as each and every GOGI student came to realize the enormous value they could bring to the lives of others.

In applying the GOGI Tools and seeing their lives change for the better, suddenly, their journey mattered. The strength and resilience in surviving the journey mattered. Their use of the GOGI Tools to create a better life mattered.

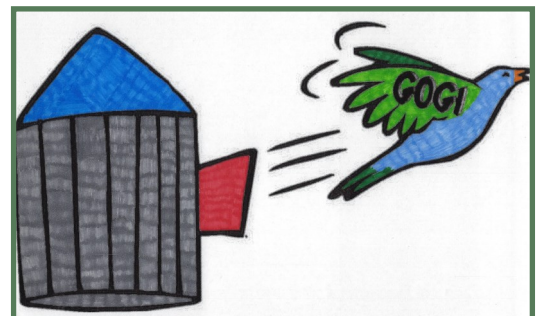
ULTIMATE FREEDOM makes the statement that “What I am to be is up to me”. This statement permits the GOGI student to take every second of the past and let it be the motivation and the message to be shared with others. When we choose to live our life in service of something greater than our own needs, it is then that we secure our internal freedom.

The beauty of this tool is found in the most tiny moments. ULTIMATE FREEDOM is found in the smile you offer to someone who does not look like you. ULTIMATE FREEDOM is found in the piece of trash you pick up and put in the trash bin when no one is looking. ULTIMATE FREEDOM is found in the kind word you say about someone who is being criticized by others.

ULTIMATE FREEDOM is not about the big things that usually define “service.” Rather, GOGI’s ULTIMATE FREEDOM is about those small things that most people don’t even notice. The small things. The unseen things. The kind things that are done, just because.

ULTIMATE FREEDOM is a tool of service, a tool which guarantees internal freedom regardless of situations or circumstances. Living each and every day to be of service to others is living The GOGI Way.

How much ULTIMATE FREEDOM has their been in your life today?





REALITY CHECK

Erik Fabian

Ironwood State Prison

REALITY CHECK reminds me that I'm an imperfect human being and that I will continue to make mistakes. However, when those mistakes occur, I cannot allow them to define me as a person, nor to become an anchor that weighs me down and prevents me from moving forward. Everyday I take steps forward into becoming a better version of myself, and even when I make a mistake I stumble forward instead of backwards. I say I stumble forward because every mistake is a learning experience that helps me remain vigilant so that I won't repeat that same mistake again.

REALITY CHECK allows me to show the world and myself that I have the ability to make a difference one step at a time. Although I'm incarcerated with a life sentence, it does not mean that my life is over, in fact it is the total opposite; I am born again. I'm becoming an asset to my current society. My past mistakes or the mistakes I will make in the future do not have to define me because I will continue to step forward and with every step, I will continue to write out the last chapter of my life. I am fully aware that the ugliness of my crimes will never change and there's nothing I can do about it. So instead of using that as a roadblock to throw in the towel. I use it as a stepping stone, an ugly monument that reminds me why I cannot sit still, I have to continue moving forward remembering the devastation I left behind, so that history won't repeat itself again.

Although I cannot change my past, I can change and overcome my old-self. I am following the path that the GOGI founders laid out for us by continuing to move forward. I no longer seek perfection, I only strive for progress, always reminding myself that the longer I live the GOGI way, the farther the distance between my mistakes, which in turn keeps me miles of steps ahead. I can now be of service to others because I'm no longer in harms way. I AM ALCOHOL, DRUG, AND VIOLENCE FREE.

GOGI Knight For Life

"GOGI Really Works!"

Down Yang

When I first heard of GOGI I thought that it was some sort of self-help book club. I would see inmates having their meetings in the day room, but I really didn't know what it was about. It wasn't until I was invited to attend the next GOGI calendar rotation that I learned about the 12 GOGI tools.

It was over the shower line that I used the FIVE SECOND LIGHTSWITCH tool for the first time, consciously. When an individual asked if I wanted to get down over who goes first, my very first impulse was to just immediately take flight, right there and then, as I was schooled to do in prison, especially if the threat was coming from a different race. You don't say anything, you just start swinging. Having just learned the GOGI tool FIVE SECOND LIGHTSWITCH that very day, I decided to apply it and in those few seconds of pausing it seemed like a million thoughts and a million different scenarios raced through my mind. But what stood out was my 5 replacement reasons to choose the positive route. Even though my old thought was to swing as I would have reacted to my impulses, my new action was to empathize, drop the issue and I was able to walk away with no negative incident.

As I went to go wait for my turn for the shower, I thought how I just handled the situation and was totally surprised and amazed that the GOGI actually worked. By having my new action ready I was able to not react impulsively to something so trivial. Instead I felt proud that I just used a GOGI tool I had just learned to help me do something positive that could have easily went all negative. From that day on I became a believer of GOGI.

All the tools are so simple and are delivered and taught in a way that you can easily understand and grasp. With the GOGI tools I've come to learn that I am the BOSS OF MY BRAIN and totally in control of my actions and reactions. I am mindful of the tools every day and I use them everyday to try to better myself and keep my perspective positive in every situation. GOGI really works!

2018 AORP WINTER WONDERLAND EVENT

@ St. Andrews Rec Center Benefiting LA's Inner City Youth



GOGI Peer Coach Stephen Schrader and I had a fabulous time at the event! It is always a pleasure working with AORP (Affiliates and Offenders Recovery Program) and M.O.M.M.A. (Mourning Mothers Association)!

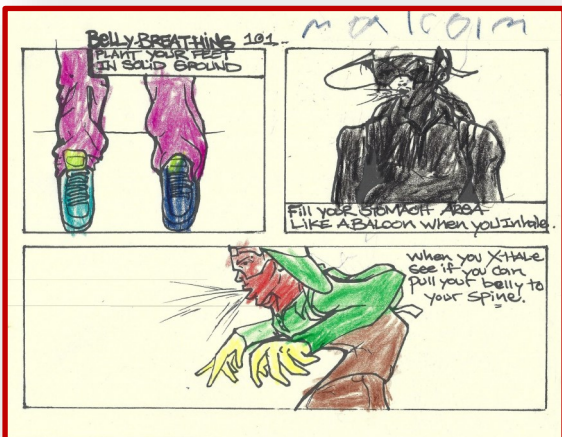
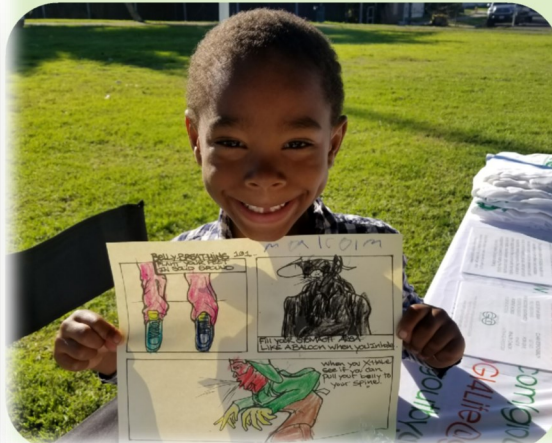
The kids were so wonderful and we were able to get GOGI Gear into the hands of many.

GOGI's evidenced-based cognitive therapy Tools For Positive Decision-Making have jumped the prison wall and are now in the community and getting into the hands, minds and hearts of our youth.

Teach your children these Positive, Productive and Powerful tools so they can grow up making more positive decisions, thereby giving them the tools to fight against the negativity that will rain down on them as they grow.

Coach Stephen and I met a very special little boy named Malcolm who colored a BELLY BREATHING picture for us and then brought his cousins over to meet us. We taught them BOSS OF YOUR BRAIN and loaded them up with GOGI Gear. Malcolm wore his GOGI shirt with pride. Way to GOGI Malcolm!

GOGI 4 Life! 🦊



The Science Behind

GOGI's 12 Tools for Positive Decision-Making

Cognitive-behavioral therapy (CBT) is one of the most commonly practiced forms of psychotherapy today. Its focus is on helping people learn how their thoughts can affect and change their feelings and behaviors. CBT is typically goal-focused and time-limited psychotherapy.

Dialectical behavior therapy (DBT) is a specific form of cognitive-behavioral therapy. DBT builds on the foundation of CBT, to help enhance its effectiveness as well as focus on psychosocial treatment. The theory behind the DBT approach is that some people are prone to react in a more intense and out-of-the-ordinary manner toward certain emotional situations, primarily those found in romantic, family and friend relationships. Besides individual treatment, DBT treatment also features a weekly group therapy component. In these group sessions, people learn skills from one of four different modules: interpersonal effectiveness, distress tolerance/reality acceptance skills, emotion regulation, and mindfulness skills:

Mindfulness – meditation practices that lead us to center within ourselves in the present moment.

Interpersonal effectiveness – learning to relate well to other people.

Emotion regulation – learning to recognize emotions and work through them in a controlled way.

Distress tolerance – learning to live with distress when circumstances are unchangeable without increasing that distress or making the situation worse than it needs to be.

A group setting is an ideal place to learn and practice these skills, because it offers a safe and supportive environment.

The GOGI 12 Tools for Positive Decision-Making utilize both CBT and DBT.

TOOLS OF THE BODY

GOGI's Tools of the Body - **BOSS OF MY BRAIN**, **BELLY BREATHING**, and **FIVE SECOND LIGHTSWITCH** focus on the principles of emotion regulation and decreased impulsivity. DBT has been proven effective in increasing the self-worth of individuals struggling with impulse control and affect dysregulation which is described as "the inability, even when one's best efforts are applied, to change or regulate emotional cues, experiences, actions, verbal responses, and/or nonverbal expressions under normative conditions" (Marsha Linehan, DBT Skills Training Manual, p. 6). For this reason, the Tools of the Body incorporate elements from DBT, enabling the GOGI student to learn important skills for behavior change. For example, **BOSS OF MY BRAIN** introduces GOGI's categorization of the 3 parts of the brain: **SMART PART**, **EMOTIONAL PART**, and **OLD HABIT PART**. Such categorization calls for the student's ability to focus and acknowledge which part of the brain is in use. This leads to increased insight and awareness of behavior, including awareness of consequences of maladaptive behaviors that may occur as a result of relying on only one part of the brain in decision making.

(Continued on the next page)

(Continued from the previous page)

The Tools of the Body also incorporate important components of Cognitive Behavior Therapy (CBT). Tools of the Body specifically include techniques borrowed from: Mindfulness-Based Cognitive Behavior Therapy (MBCBT), focused on awareness and observation of one's present experience; purely cognitive techniques, focused on cognitive restructuring aimed at positive mood change; and purely behavioral techniques, focused on behavioral experiments and activation, also aimed at mood improvement. MBCBT practices are found in both BELLY BREATHING and FIVE SECOND LIGHTSWITCH, in that the GOGI student is taught to non-judgmentally observe his reactions to his own mind and body, leading to improved insight regarding consequences for problematic behavior. Cognitive restructuring, a core element of CBT, is incorporated into FIVE SECOND LIGHTSWITCH by realigning the student's focus toward new, adaptive, effective thoughts. These thoughts are then reinforced by taking action that is designed for ongoing promotion of a positive lifestyle. Such MBCBT techniques are effective for improving overall psychosocial functioning among people.

TOOLS OF CHOICE

GOGI's Tools of Choice - **POSITIVE THOUGHTS, POSITIVE WORDS, and POSITIVE ACTIONS** - all focus on the shared goal of shifting a person's perspective from one of negative and lack of control to one of control over their behaviors, thoughts, and feelings in order to increase the individual's quality of life. GOGI's Tools of Choice: **POSITIVE THOUGHTS, POSITIVE WORDS, and POSITIVE ACTIONS** encourage the practice of replacing negative thoughts with **POSITIVE THOUGHTS**, and challenging assumptions and core beliefs about the self, others, and the world in order to decrease dysfunctional behavior patterns. The Tools of Choice empower people to regain control over the decisions they make that directly affect their quality of life.

TOOLS OF MOVING FORWARD

GOGI'S Tools of Moving Forward - **CLAIM RESPONSIBILITY, LET GO, and FORGIVE** - all reflect concepts consistent with Recovery Models; such models are grounded in Existential and Humanistic notions promoting emotional growth, person-centered support, and insight into life's meaning and purpose. The Recovery Model, also known as the Recovery Approach, focuses on an individual's potential for lasting recovery by developing a secure sense of self, empowerment, and meaning. GOGI incorporates these three core elements, central to the Recovery Approach, in its Tools of Moving Forward.

CLAIM RESPONSIBILITY challenges the GOGI student to regain his lost sense of identity by taking responsibility for his present actions, and actively participating in his own life by taking control of his own decision-making. This can help the student develop a greater appreciation of an important concept central to the Recovery model: how regaining one's sense of personal identity can lead to lasting internal freedom.

The GOGI Tool, **LET GO**, is also congruent with the central theme of empowerment: the GOGI student is able to refocus his resources on more important, impactful decisions, by letting go of day-to-day irritations that can often lessen quality of life.

(Continued on the next page)

(Continued from the previous page)

Finally, FORGIVE incorporates the Recovery Approach's focus on meaning making, by creating opportunities for establishing meaning in one's life through giving back to others and making amends

By being of service to others, as emphasized by the Tool ULTIMATE FREEDOM, the individual actively embraces his present experience, garnered from making the world around him a better place for others. He is able to observe and acknowledge his thoughts, feelings, and bodily sensations that result from such acts of service, reinforcing the ACT principle of committed action through contact with the present moment.

References:

- 12-Step programs (Slaski & Zylicz, 2006, Leukefeld, Logan, & Purvis, 2000)
- Anger Management/ Aggression Management (Back & Fernandez, 1998; Holbrook, 1997)
- **Behavioral Interventions**
- Dialectical Behavior Therapy (DBT), specifically, skill enhancement (Dixon, 2007; McCann, Ball, & Ivanoff, 2000; Nee & Farman, 2007)
- **Cognitive Interventions**
- Cognitive Behavior Therapy (CBT), specifically, Cognitive Restructuring (Allen, Mackenzie, & Hickman, 2001; Wilson, & Townsend, & Daly, 2005)
- Motivation for Change / Motivational Interviewing (Anstiss, Polaschek, & Wilson, 2011; Hosford, Moss & Morrell, 1995)
- Substance abuse & Recovery Model (Moss, & Knight, & Simpson, 1999; Wexler, 1995)



GOGI students and leaders
inside, would you like your
loved ones out here in the
community to learn more
about GOGI?

Have them contact us at:

www.facebook.com/groups/TeamGOGI4Life
TeamGOGI4Life@gmail.com

Getting Out By Going In (GOGI)
PO Box 88969
Los Angeles, CA 90009
310-402-9642
info@gettingoutbygoingin.org



"I am like that of an Oak Tree, scarred yet sturdy."

I often think of myself as this sturdy ancient oak tree that has been tucked away in the stilled quietness of the forest. I may have many scars, yet I've come to truly believe that each one of them has been part of the necessary afflictions for which I have had to overcome in order that I may have become what I am today, which is a much better man than I could have ever become without these scars. Each and every one of my scars, like that of the markings of this oak tree, is definitely the measure of my inner growth displayed for the rest of world to see.

Today I did something I had never done alone; I stood there naked from the waist up in front of the cracked mirror of my prison cell. My reflection stared back at me as if to say, "I have waited for you to notice me for who I have been to you all these years for a long time my friend", and all I could do was stare at what I saw standing right there in front of me. I was covered from neck to feet in tattoos, the fleshly billboard of places that I have been in my life and moments that I wanted to capture beneath my skin through self-expression, and I resembled so many other men that are locked away within these walls. But, I knew the truth as I stood there staring at myself in the reflection; I was a man hiding behind many of my scars for so long that I just wanted to finally crawl out from behind them.

So, I stood there and began to lift up my arms so that I could explore the rest of my torso. My fingers traced the now matured scars where breathing tubes had once been inserted into my chest, and I went immediately back to my childhood; I had suffered child abuse at the hands of my violent stepfather until he had nearly taken my life. I stood there reliving what it felt like to struggle for my last breath (My lungs had both been collapsed at the hands of this vicious monster who had married my mother and beaten me as a child.) Addicted to heroin, alcohol and womanizing my mother, he was a scar that I could rarely forget no matter how hard I tried.

Reality had begun to set in again and I was back within the confinements of my 13x13 foot man made cage, realizing that twenty five years had gone by; I had been incarcerated most of my life, yet this time over two decades had been handed over to this system controlled by "Time" itself and the years were beginning to manifest in my body as it aged before my eyes there in the mirrors reflection. I may not have been here in this very cell, but nonetheless many others that I have been in replicated the cold isolation of this very cell where I wake up today.

Cold concrete floors, walls that leak when it rains outside, and a mattress that is as worn as a folded-up blanket; but it's the light shimmering in through my back window that illuminates the faces of my beautiful wife and children upon my wall that reminds me I am still alive despite these scars. There is a life outside of all this and I know this as I stand there for what feels like a lifetime, face to face with my reflection.

"I've come so far", I thought to myself, "and each day feels like each scar has taught me a lesson inching me closer and closer towards my freedom". I knew that I had run from many of these scars for which I have had to endure, yet was now ready to face them right here and now. So, I stepped closer to look deeper into my own eyes staring back at me; tears began to formulate quickly. I lifted my hands to cover my face as the first tears began to roll down and it was the first time in a long time that I could remember actually crying as a

(Continued on next page)

(Continued from previous page)

grown man. Then I felt it, felt this courage swell up inside my chest as I dropped my salt stained hands and fingers from my face to hear what it was that my reflection was saying back to me.

You are like that of an oak tree", my reflection said to me, "Your life is measured by the scars that you have been running from my friend and you must learn how to embrace them if you are ever going to reach your greatest potential Keith".

My knees began to lower to the cold concrete flooring beneath my feet as the words echoed through my ears from the reflection. I started to understand what my purpose had been all these years; we are all here to live, to learn and perhaps fail even ourselves when it is necessary to show that we are human and need to be forgiven as much as we are able to forgive others. I kneeled down feeling broken, yet stronger in the heart than I had ever felt before. So, I wiped away the last of my tears and began to stand again. I was in fact a tree of oak; I belonged upright standing proud and tall.

So you see, yes these scars are mine as yours may be to you, but we are all like the trees in the forest and we will continue to grow. Our measurement in life is not going to be by what has caused us afflictions, but "how we continue to manifest into what we were meant to be in this lifetime through them.

(Continue to push through the pain and suffering so that you too may find your way as I have. It will come. You will continue to grow my friend. Your own reflection will lead the way if you are just willing to look into the mirror close enough.)

I myself am like that of an oak tree in the forest; I am growth.

Peer Coach Keith E. Erickson
Pleasant Valley State Prison



Team GOGI 4 Life Facebook Fundraising

TO SUPPORT GOGI INSIDE AND OUTSIDE THE WALL

To purchase items, message Tamara De La Cruz to confirm the item hasn't been sold and ask for the link to donate to the FB Fundraiser. Donate the specified amount to the FB Fundraiser shown below, then message Tamara again and provide your mailing address. Receipt will be emailed to you by FB.

TEAM GOGI 4 LIFE! FB
FUNDRAISER FOR
GETTING OUT BY GOING IN
(GOGI)



<https://www.facebook.com/donate/249507789078227/2045864785479495/>

GOGI LOGO NECKLACES
\$10 PER NECKLACE

GOGI BRACELETS
\$6 EACH



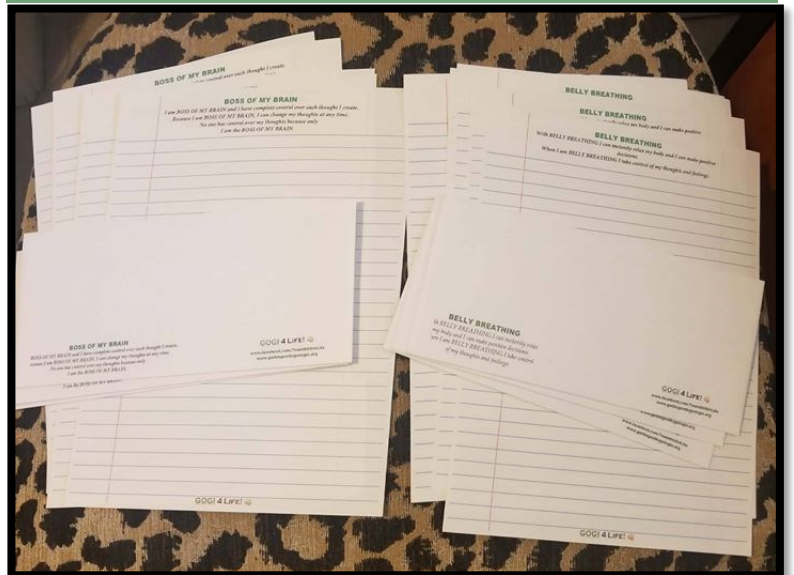
GOGI KEYCHAINS
\$5 EACH



GOGI FLASHCARDS - \$5.00 PER SET OR 2 SETS FOR \$9.00.



GOGI TOOL STATIONARY - \$10 PER SET OR 2 SETS
FOR \$18.



Tools of the Body

Boss of My Brain

Belly Breathing

Five Second Lightswitch

Weeks to Study **Boss of My Brain** are:
1st Week in January, 1st Week in April,
1st Week in July, 1st week in October

[illegible]

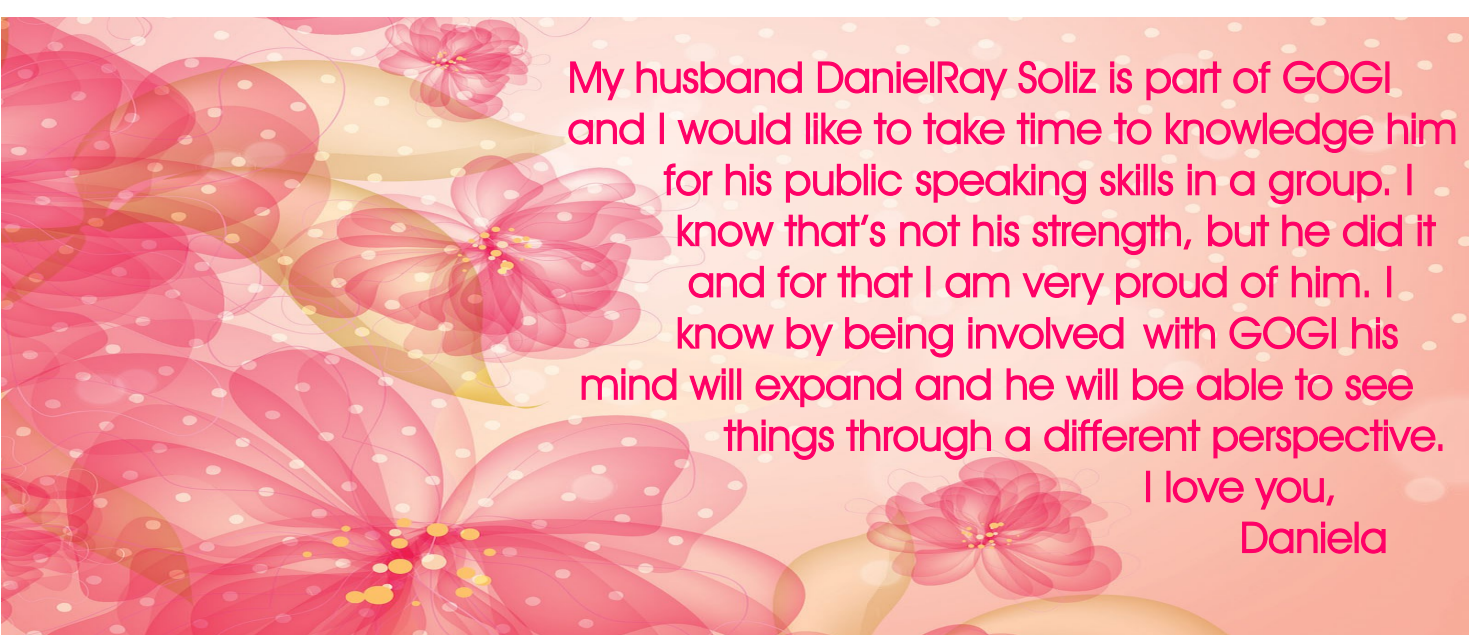
GOGI SHOUT OUTS

TO OUR INCARCERATED LOVED ONES



Special Shout Out to Peer Coach
James Higginbotham and
the GOGI Men of Ironwood prison
who keep me stocked with tool
articles, artwork, testimonies and
personal experiences, so I have
ample material for the Trifecta;
as well as GOGI Necklaces
bracelets and keychains for fundraising.

Thank you my GOGI brothers!




My husband DanielRay Soliz is part of GOGI
and I would like to take time to knowledge him
for his public speaking skills in a group. I
know that's not his strength, but he did it
and for that I am very proud of him. I
know by being involved with GOGI his
mind will expand and he will be able to see
things through a different perspective.

I love you,
Daniela

GOGI SHOUT OUTS

TO OUR INCARCERATED LOVED ONES


A background of pink daisies with yellow centers and faint pink hearts.

Dear Dennis hopefully by now you're applying some GOGI tools to your life in tough situations. GOGI will help you so much; you'll be happy to be from the GOGI family. I love you so much. Continue pushing forward.

Merry Christmas.

With much love,

Erica

A colorful abstract floral design with swirling red, yellow, and blue shapes, green leaves, and small butterflies on a blue background.

Greg, keep doing good. We miss you. Hope to see you soon. Please do good in there and don't be doing things you shouldn't be doing. Please, it's for your own good.

I love you Greg.

Your sister, Aurora

LOVED ONES OF THOSE INCARCERATED

Please Join Us!

GOGI PowerUp!

Conference Call/Webinar

Mondays @ 8:00 pm

Click on the link below to join:

<https://global.gotomeeting.com/join/810547709>

You can also dial in using your phone.

United States: +1 (872) 240-3311

Access Code: 810-547-709

"The goal of the PowerUp! meeting is to create a PURPOSE and MEANING of SERVICE for that week.

That is where the GOGI gets their power..... We PowerUp! by LIVING A LIFE OF SERVICE."

Our GOGI PowerUp! meetings follow the same format, same tools and same material as the other GOGI group meetings around the world. Our only difference is that our PowerUp! meetings are currently internet based, via webinar/conference call.

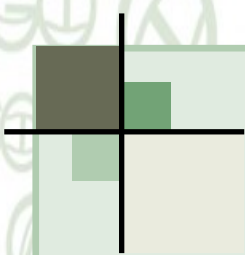


COMPASSION

Peer Coach James Higginbotham

The way we treat people reveals a great deal about our own state of being. The options which we should or shouldn't treat others are many. Being critical, reacting with indifference and being rude never did anyone any good. It's been my experience, that whatever attitude I put into the Universe quickly boomerangs right back at me. That's why Compassion is a great go to. (Compassion defined = Sympathetic concern for the suffering of another, together with the inclination to give aid and support. Showing mercy for others is a key ingredient to a happier disposition.) Being compassionate can affect others and society in many ways. Fundamentals of Abnormal Psychology textbook (p.393) "Personality traits may be the result of inherited, learned responses or a combination of the two. For this reason it's worth trying, Right? Being compassionate can affect society in positive ways and build relationships rather than tearing them down.

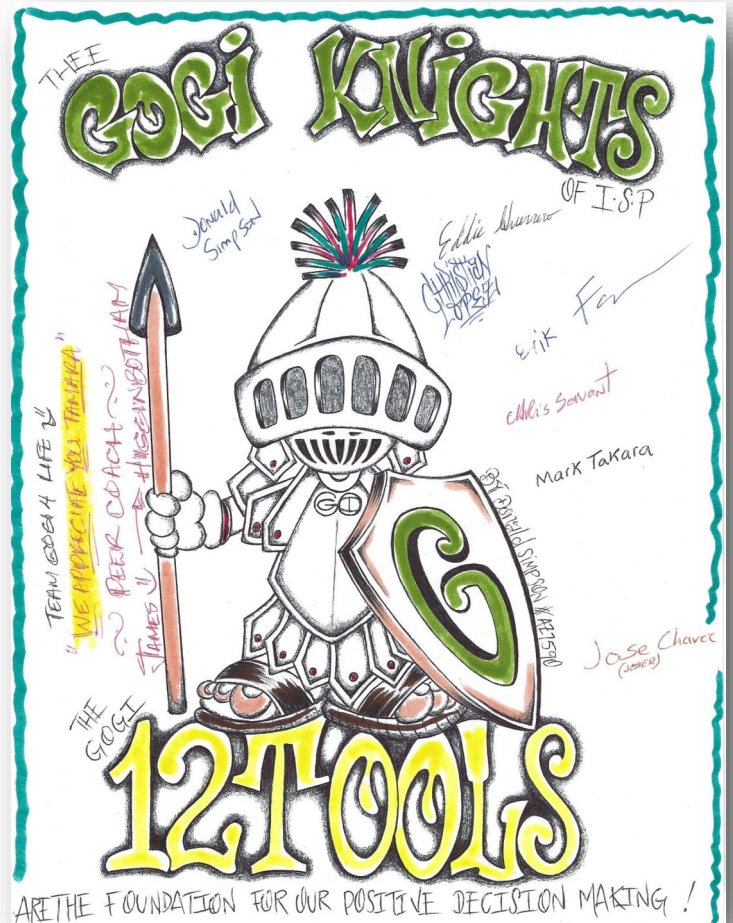
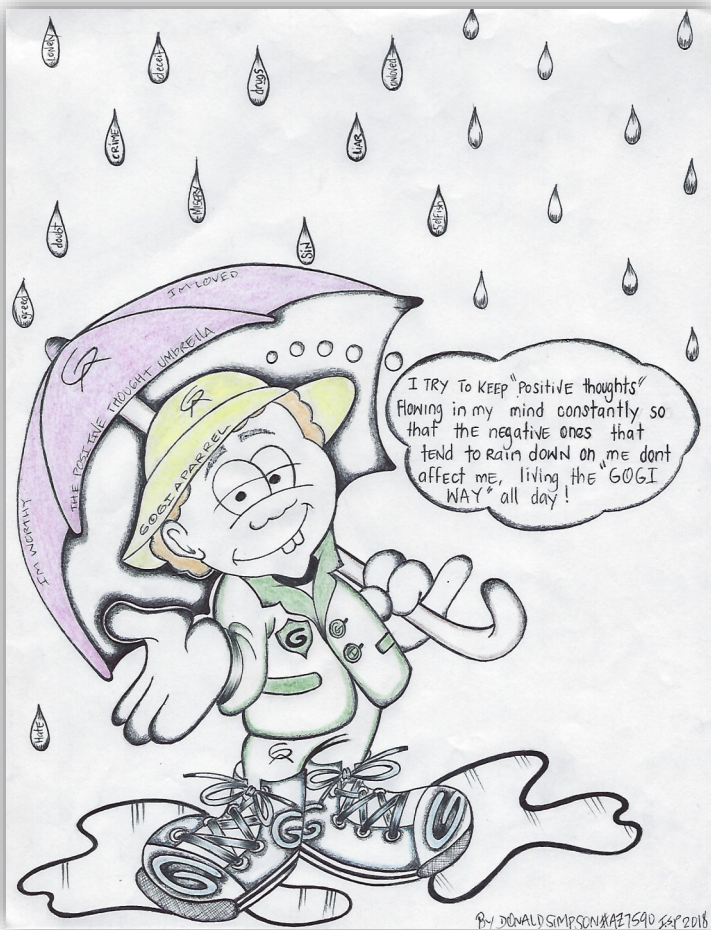
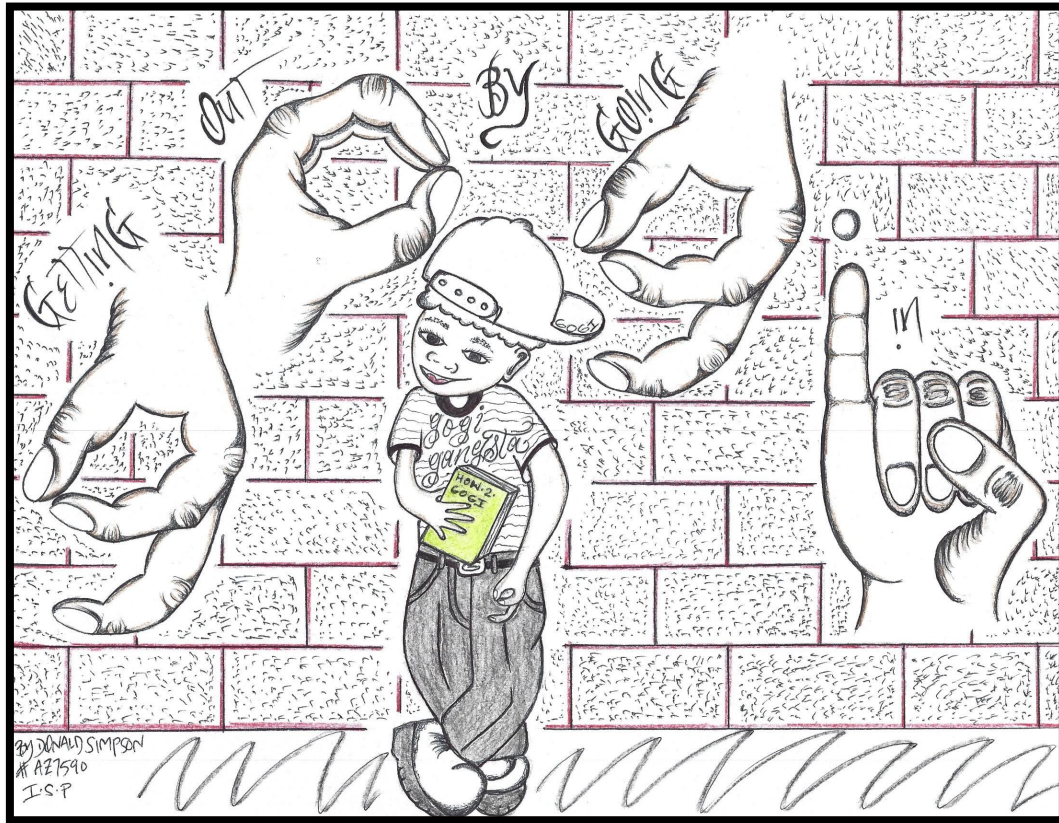
in spite of any negative costs, and personal hurdles we have the ability to react with compassion. Being warm, kind, gentle, in every personal exchange is possible. There is a Getting Out by Going In (GOGI) tool called FOR-GIVE; that I like to live by which states, "Before I can give to others I first must be safe from harm". Treating others with compassion should not be attached to some sort of expectation because this is where many of the costs could harm us. The Media Speaks article by Denise Grady, New York Times, Jan. 8, 2008 on (p.159) of Fundamentals of Abnormal Psychology textbook says, Empathy Goes a Long Way; Research supports the idea that a few kind words can go a long way in helping people understand their condition and situation. That being said it can also be challenging to strike the right balance if you're in the role of either Dr. or patient. Thus, display of compassion can affect others in ways expanding the boundaries of our day to day lives.



This point in my life feels strange.
In the process of learning new things,
New things which show me change.
I feel like an imposter in this new world,
As if I was lost, and found a new place.
My only option now is to adapt to the new ways.
Nervous about failing this positive path,
Getting judged or end up in relapse.
Although things may seem crazy perhaps,
I'll try to not give up, just like that....

Jesse Soto
Ironwood Prison





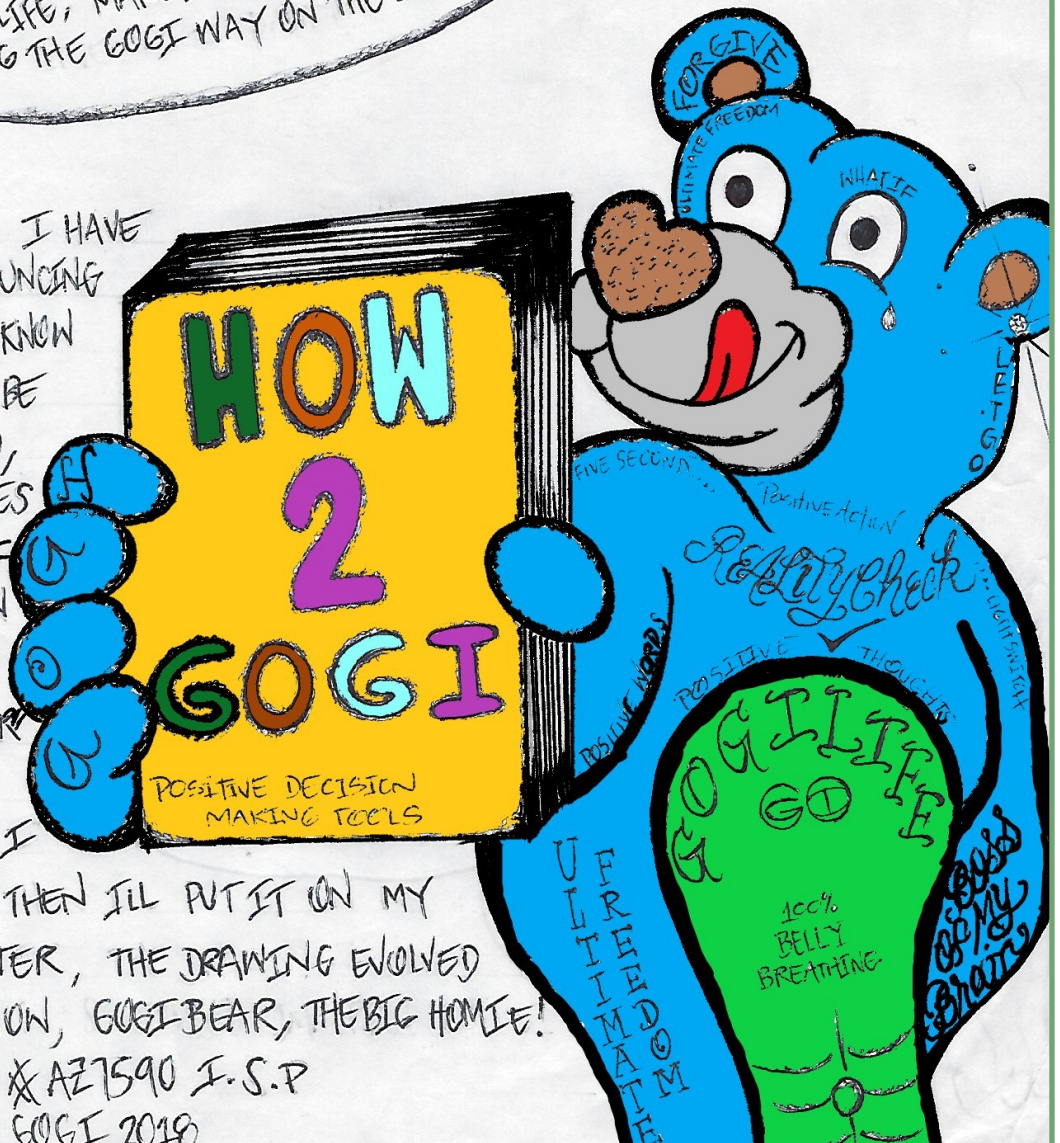
GOGI BEAR

THE REALEST GANGSTA OF THEM ALL !!!!

TO ALL MY GOGI GANGSTAS, GOGI ISN'T JUST ANOTHER PROGRAM, IT'S A CULTURE, ONCE YOU LIVE IT, IT'S IN YOU.... OR SHOULD I SAY IT'S ON YOU, EMBEDDED ON AND IN YOUR LIFE, MAKE IT TATTOO PERMANENT, IM LIVING THE GOGI WAY ON THE DAILY!

A TRUE STORY MOMENT, I HAVE A BAD HABIT OF PRONOUNNCING "GOGI" WRONG, AND I KNOW HOW ITS SUPPOSED TO BE CORRECTLY PRONOUNCED, SO MY GOGI BRO JAMES GAVE ME A DRAWING OF A BEAR WITH A BOOK IN ITS HAND AND HE TOLD ME TO WRITE "GOGI BEAR" ON TOP SO IT WILL HELP ME REMEMBER, I TOLD HIM O.K., AND THEN I'LL PUT IT ON MY WALL.... HOURS LATER, THE DRAWING EVOLVED INTO WHAT IT IS NOW, GOGI BEAR, THE BIG HOMIE!

BY DONALD SIMPSON X AZ1590 I.S.P
MY GIFT TO GOGI 2018



"The world ain't all sunshine and rainbows."



Written by
Streetwise GOGI

Posted on
December 20, 2018

The GOGI Tool REALITY CHECK is one of my favorites. REALITY CHECK focuses on forward motion. '10 steps forward and two steps back is still 8 steps ahead.' Forward motion. Resilience. Never giving up.

I grew up watching all of the Rocky movies with my father. My mother didn't approve but she always ended up watching the end of the movie with us, where Rocky overcame all odds and beat his opponent. Who doesn't love a Cinderella story?

Rocky's key to winning against an opponent larger than himself was to wear them out. He took hit after hit, after hit until they became tired. Then he'd strike. Rocky was knocked down many times. The count would start but he always got back up before the Ref got to 10. Those were the times when he came back the strongest. Rocky won because of his heart. He won because of his willingness to learn and overcome. He knew the worth of a person was not based on how many times they were knocked down but how many times they got back up.

There is no shame in getting knocked down. The shame comes when we stop getting back up. That was the lesson I learned as a child and teenager. ALWAYS GET BACK UP!

One of the great things about getting knocked down is figuring out all the different ways you can get back up. Sometimes the best view is at ground level where you can get a good look at what caused you to be off balance, making you susceptible to a stumbling and falling.

Getting knocked down in life builds character, resilience and endurance.

I learned early on that when you get back up from being knocked down you have two choices:

1. You can either hold on to the negative that knocked you down and allow it to make you a victim, timid, fearful, angry, unwilling to step back into the ring of life.
2. You can find a positive in that negative and then throw the rest away. LET GO of it.

If you don't LET GO of the negative, it will continue to keep you off balance, either through fear or anger. It will trigger the Emotional and Old Habit parts of your brain over and over again which will cause you to be more susceptible to being knocked down again. When you instead, acknowledge the negative that knocked you down, find something positive within that negative, apply it in your life and then LET GO of the rest that, my GOGI Peeps is when the champion in you comes out.

(Continued on next page)

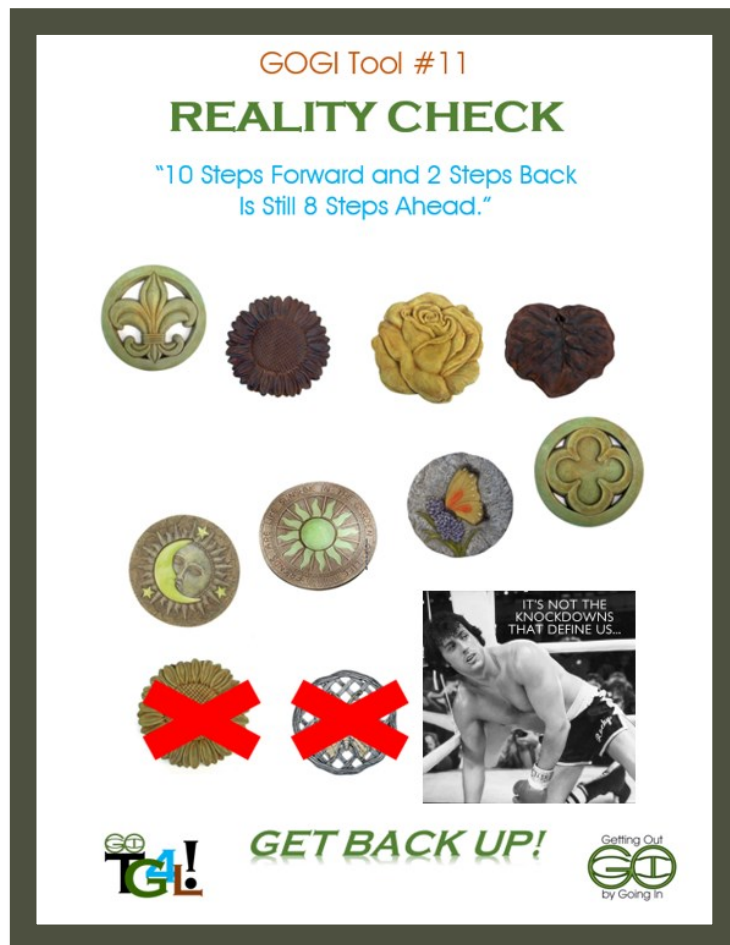
(Continued from previous page)

Each time you get knocked down analyze it, become educated by it. Figure out what you can do better next time to avoid getting knocked down. Then learn to take the hits. Adapt to them. Learn to anticipate them. Soon you will see clearly how to weave and bob to avoid them.

I'm a firm believer in the notion that 95% of what happens to us is because of us. That means most of the time we are kicking our own ass. Think about that. Crazy right? While many might feel sadness at that thought, it brings me comfort and strength because it means that I am the solution to my own problems. I don't have to beat anyone but myself, in the fight of life. I am in control. I just need to learn to use the tools at my disposal. The solutions are within me and the solutions are within you.

I'm going to close with the inspirational speech Rocky gave his grown son in the movie 'Rocky Balboa':

"The world ain't all sunshine and rainbows. It's a very mean and nasty place and I don't care how tough you are, it will beat you to your knees and keep you there permanently if you let it. You, me, or nobody is gonna hit as hard as life. But it ain't about how hard ya hit. It's about how hard you can get hit and keep moving forward. How much you can take and keep moving forward. That's how winning is done! Now if you know what you're worth then go out and get what you're worth. But ya gotta be willing to take the hits, and not pointing fingers saying you ain't where you wanna be because of him, or her, or anybody! Cowards do that and that ain't you! You're better than that!"



THE GoGI WAY is HOW I Live

TODAY ! BEing inspired. Daily By The

Tools OF CHOICE help & Me Make

better LI F& DecisiONs AND enrich ES My Life

with A POSITIVE NEW way OF

Living GoGI isNT AnOTHer

program. ITS culture . .

GoGi 4 Life

by

Donald Simpson

#AZ-7590

TEAM **GOGI** 4 LIFE! 🦊

An Acknowledged GOGI Community Group



TEAM GOGI 4 LIFE! is dedicated to bringing the **GOGI** 12 Tools for Positive Decision-Making into the community, by way of the PowerUp! Group Meetings. The Positive, Powerful and Productive results of learning GOGI helps us overcome the negativity that results from guilt, pain, sadness, loss, abuse and disappointment we have allowed to imprison us mentally. When implemented into our daily life, the **GOGI** Culture and Way of Life provides a clear pathway to mental freedom which is fueled by our service to others.

The positive culture of **GOGI** results from excellence in simplified and relatable decision-making solutions delivered as self-study, in small learning groups, and as formal leadership training programs. The culture is further supported in the community by media, social media, volunteerism, and community engagement focused on sharing the **GOGI** Tools for Positive Decision-Making.

GOGI is the voice of everyone who is willing to become the solution for the challenges within themselves and their communities.

TEAM GOGI 4 LIFE!

www.facebook.com/groups/TeamGOGI4Life

TeamGOGI4Life@gmail.com