

SEVEN WAYS TO HELP YOUR LOVED ONE ADJUST TO LIFE AFTER PRISON



The truth is, your loved one is going to have to adjust to life on the outside. They will most likely have to deal with culture shock, depression, and anger. In addition, they will also have challenges with the social stigma and the collateral consequences that come with a criminal record. How can you help your loved one adjust to life after prison? Here are seven ways to consider.

1. UNDERSTAND CULTURE SHOCK

The key to helping your loved one with culture shock is to be patient and show them your and God's love. Offer them help with decision making, new cultural norms, and life organization.

2. BE AWARE OF DEPRESSION

Depression after incarceration is very common. Readjusting to daily life is challenging, and working towards finding a job with a criminal record and gaining financial stability can be frustrating.

3. COMMUNICATE YOUR FRUSTRATION

Talk to each other about how you perceive the way they express their frustration and decide the best way to express these feelings.

4. MANAGE ANGER

In prison, aggression and anger are methods of protection. Your loved one will need to find a way to control this anger and channel it into productivity.

5. DEAL WITH REJECTION

They must keep working, stay focused, and give themselves credit for the progress they have made. Encourage them to focus on their ultimate desired outcome rather than their past failures.

6. RESIST NEGATIVE INFLUENCES

Discuss your loved one's individual restraints, comfort levels, and what they believe is right and wrong and encourage them to stick to these restraints in all scenarios.

7. COMBAT ADDICTION

Your loved one will need your emotional support, love, care, and guidance to help them. They may need help from a licensed therapist or doctor to provide a clear path to beating their addiction.

For more information and resources from Prison Fellowship, visit <https://www.prisonfellowship.org/resources/training-resources/>.