HOW TO MANAGE AND CHANGE YOUR SOCIAL DEPRIVATION MINDSET (SDM)

By Trevor Hercules
It's often not until we get older and look back on our lives especially if you've been in and out of prison, that you realize that you've wasted a lot of your life, and time has passed you by.

Many of us fall into the trap of allowing our behavior to be dictated by our perceived deprived circumstances. But that shouldn't define who we are as people.

Many of us, with our lust for illegal money and gain, with our deprived attitude and mindset, has kept us in bondage. Jail.

Which has led us to criminalizing ourselves selling ourselves short. Losing our morals and values, loss of self-respect not only for ourselves, but the loss of respect from family and those whom we care about.

And wasting large chunks of our life in prison.

Many of us missed the point and thought we weren't much good for anything, and because of our circumstances and where we lived, just got caught up in a way of life and mindset, that allowed our circumstances to dictate a way of life that many of us have never questioned. Even when we kept coming back to prison.

Lots of other people go to college or university or take on trade. They have to do this for a few years with hardly any money but in the end they usually get paid and then go on to have families and a good life.
Not us, we want it NOW without having to do any hard graft. We just to do what we like when we like and sod everybody else. But most us usually end up in prison with nothing. That’s the joke of it. I bet your not laughing now.

And many in our society are happy because they make a living out of us and in the end the system does win because your life and that of your family become messed up. And the more we come to prison it’s the more we become like animals usually worse than when we first came in.

And those on the outside who have gotten on with their lives and put the graft in to make a life for themselves and family look on at people like us and laugh and think what mugs we are and their not wrong.

If we sit down and think about it there are many things we can do that we are good at that if we take the time out and pursue we can make legit money but we have got to put the graft in and not just expect immediate results.

There are many foreign people who come to this country with nothing, some can hardly speak the language, how come many of them are doing well.

And you can knock that thought on the head, no; they’re not all at it.

And to cap it all many of the young people are fighting each other over complete b—s while the rest of society and the world look on at you as animals scum and rubbish. And you poor mugs haven’t even got a clue, you’re doing their job for them.
Prison is a journey

Prison is not for me that’s not where I really wanted to be. So I had to change my life my SDM my way of thinking. I looked at my values and morals and how I was behaving and realised that I was like animal and like a rabid dog you couldn’t take me anywhere without it kicking off.

But I really wanted to change. And so I began to change my way of Thinking my SDM

I knew deep down that I did have a brain and there were lots of things I could do if I put my mind to it. But having to survive on the dole was terrible. And people kept tempting me but I had enough of crime. Eventually my friend got a stall and we started to fire and make our money.

Have you ever worked on a stall? Girls everywhere even the ugliest man can’t fail.

One of the hardest things when your trying to go straight is trying to avoid confrontation with past enemies and people who think you’ve turned soft.

But I found the best way to deal with that was many of the places I used to go I stopped. And I was glad because something was always kicking off.

It took a lot of pressure from my life and I wasn’t always looking over my shoulder, nor did I have to carry my blade anymore.
Part of changing your SDM is trying to repair damage to yourself and others. People think how can we be damaged but we are. I began to love myself and at the same time do the right thing in helping others who needed help. I felt like a different person, and I felt the love and response from other people.

Throughout much of my life, others, got me to do their dirty work, used many of my friends, and myself. Many of us were lost and I guess we were looking for love. Others saw this in us and befriended us. We were the ones who went out and did the villainy. Yet they were always there at the carve up of any goodies. Beware of people who try to use you.

I don’t believe that those of us who come from deprived circumstances are encouraged enough to have high ambitions and high expectations for ourselves. We are led I believe to be limited in our mindset as to what we can achieve. So we in turn have low expectations as to what we can achieve.

You can be almost anything you want if you believe and work hard towards your goal that’s what this society doesn’t tell you. Or make you know and understand from a very early age.
How to manage your SDM

For many of us we are too far gone in our mindset, behavior, and attitude to completely change our SDM.

But what we can do we can MANAGE our SDM.

Trying to AVOID confrontation because we know where it leads.

Not carrying a WEAPON means you're less likely to get involved in madness.

FACING UP to the truth and your RESPONSIBILITIES as a man. You can’t leave your family and be in jail; they need you. It’s not about the MONEY no matter what some woman may say; it’s about you being there for your loved ones.

LEARN TO LOVE YOURSELF as a person.
I spent many years signing on when I started to change my life. I didn’t have much money but I was happy and there was food in the cupboard. But there was one thing I knew especially when friends were teasing me about being broke. I needed to work hard towards my goals and it wouldn’t be easy, but if I wanted it badly enough I would succeed. Now many of those people who were teasing me are doing long sentences or they have lost what they had. Because that’s the life in villainy nothing is guaranteed you live from day to day.

Who wants to live like that knowing any minute you could be carted off to jail.

I also found I became more tolerant having to deal with different people who didn’t come from where I was coming from. And many people who I didn’t like I could see them coming from a mile away and so was able to swerve them.

And much of the paranoia and my bad temper I managed to control and realized that not everybody was trying to dig me out. One of the best things I found was that some people genuinely wanted to help me achieve and backed it up with real help.

I began to talk to people politely and reason with them, my life was beginning to change. And I understood that all my anger and frustration could be challenged in a positive way and still get a pound note without resorting to villainy.
SOME NEGATIVE ASPECTS OF SDM

- Being abusive for no good reason
- Taking the mick
- Confrontational
- Justifying things that you do that deep down you know are wrong
- Carrying weapons
- Joining in with mugs and madness
- Not taking care of your responsibilities
- Not loving yourself

SOME POSITIVE ASPECTS OF SDM

- I want change my life
- I want better for me and my family
- I want some pride back in my life
- I've had enough
- I want my people to be proud of me
- It's not too late
- I need to love myself
- I am a good person

I looked at my own life and realised it was not only my criminal activity that was the problem of me coming to prison. The real problem was the way I was conducting my life. The way I was going about my life was all wrong and could only really inevitably lead me to a troubled life. I had to look at the way I was living and realised I had to change my mindset and my way of thinking about who I was and what I wanted to really do with my life. Something constructive and get out of the madness that surrounded my life. I needed a plan.

My own plan, a plan that suited me and not one where I just followed my friends regardless of what they thought I needed a change.
The benefits of managing my SDM

Avoiding conflict—Less stressful—avoiding long prison sentence—avoid murder—avoid being murdered—valuing your freedom—become a nicer human being—enables you to take a good look at yourself—not watching my back all the time—begin to heal myself—love myself—feel like I am somebody—taking back control of my life—no longer carrying weapons—good sleep at night—more in control of my physical and emotional actions—happier.

Non benefits of managing my SDM

Constant paranoia—24/7 on alert for danger and violence—freedom can be taken away at any moment—precarious relationships with friends and loved ones—being on the run—not doing the right things—prison—cant back or wont back down—any mug can ruin your life because you will always take the challenge the bait—Society has a cell with your name on it—no real ambition—living on the edge—

RELAPSE IS NOT A FAILURE
FORGIVE YOURSELF FOR WHAT YOU HAVE DONE AND MOVE ON

No matter what happens never give up keep on trying relapse is not a failure. I saw that on a drug advertisement, and it has always rung true to me.

Because to succeed, sometimes you have to fail but that doesn’t mean you give up.

You will get there in the end if you really want to and believe me no one said it would be easy to change and manage your life.
UNDERSTANDING SOCIAL DEPRIVATION MINDSET (SDM)

where you feel life is unfair, unjust, and society is taking the p-ss. You then feed into that JUSTIFYING any wrong doings that you do, even things that you know deep down are wrong because you don't care anymore F-k it.

Limiting yourself to thinking that you’ve only got one way out of the circumstances you find yourself in, and that’s by going at it, doing villainy.

Thinking anything that seems like a liberty has got to be challenged with aggression and violence without even thinking of the consequences to you and your family.

Caring more about what people might think of you than you care about yourself and what you need to do to get yourself together.

Not loving and thinking about yourself and what is best for you and those who love and need you, your family. And who will miss you when you’re gone.

The worst part of it is, joining in with others most of them mugs who are going nowhere, who haven’t got a clue, and finding yourself involved in madness and nonsense.

Then end thinking how did I get involved in this rubbish. By which time you’re probably banged up.

(Just one minute guys, my girl just brought me in two thick juicy stakes, don’t even know if I can finish them.) Done.

Okay lets get back to what I was saying.

Not believing in yourself and ability, thinking you need to be with others and joining in with whatever madness they’ve got going, and that if you don’t go along with them your not one of the boys. Who gives a toss? Why can you not do things for yourself? Find your own path in life.

PS you ever find when you eat two big Mansize pieces of steak it seems to full you up?
TRY AND FIND YOUR WAY BACK

Right now many of you are lost and I know it may seem like your never getting out, but you will eventually. Right now, right this minute you have a chance to change your life for the better regardless of what anybody thinks or says. Its up to you mate, you have that choice.

Sitting down in prison I can tell you is not the best thing for you right now.

PS. Just seen to gorgeous girls pass my window smiling at me. See you later.

LOVE YOURSELF

When I look back on my life, for much of it I don’t really think I loved myself.

I didn’t get love from family I grew up in children’s homes where there is no love.

I just seemed to go through life like that. One of the first steps I learned on the way to loving myself. Was that if you loved someone you wouldn’t put them in prison.

So why do it to myself. Make sense?

YOU NEED A SUPPORT TEAM

How most of us have lived our lives, we find it hard to ask for help from others even our friends. But on the road to changing and managing your SDM its good if you have help. Once people see that you really want to change your life around you’ll

Be surprised at the people who genuinely want to help.

I know there are a lot of fake organizations out there that are just a waste of space, a waste of time.

But also there are one and two organizations that really help and are not patronizing and judgmental always ready for you to fail. But it’s down to you.

If you can seek out the right support it will be of great help.
IT'S NOT EASY TO CHANGE BUT YOU CAN LEARN TO MANAGE YOUR SDM

If you can learn to manage your SDM you will go a long way to a happier life.

I am not saying it will solve all your problems, but what I am saying is that you can have a different way of life before it is too late and you look back on your life with regret.

And many of us whose lives have been one without love, and on our own, can start to take back our lives and have some kind of control over it. And not let prison be our way of life. There are lots of things we can do without society locking us up and taking our lives away. And when we come out to nothing, and our children and family have moved on away from us and we have nothing. We start the cycle all over again of going back to prison and being MUGS.

These books were devised by Trevor Hercules – a former offender – around a new initiative: Social Deprivation Mindset (SDM).

He believes the justice system, banging on about challenging our offending behaviour, is more about them than us. About what they want to achieve. It does not tackle properly in his opinion, address or help repair, heal, the damage that many of us are going through.

£3.99
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