

FR: A parallel universe: County Jail

February 18, 2016 | 137 upvotes | by [WhySoRuff](#)

TL; dr

All the social dynamics discussed here at TRP are in effect in jail. In 2015 I served 8 months which was the longest 8 months of my life. Overall I am grateful for my experience, but I don't recommend anyone test what they are made of and visit. It's fucking harsh.

Its important you know how much items from canteen cost:

[Ramen noodle soups](#) are \$1.25 and double as a \$1 bill in jail.

A regular sized Snickers bar is \$3.

A 20 oz bottle of Coke is \$3.

A big bag of Hot Cheetos is \$7.

A bar of Dove soap is \$5.

Phone calls are \$1.20 for the first minute and 25 cents for each additional minute.

Alphas: These are the dominant men who are usually good looking or physically threatening, but confidence, a ruthless reputation and social savvy trumps everything else. They enjoy endless perks which include getting [invited to dinner](#) all the time, having their pick between old and new boxers, socks, t shirts, and bath towels and getting first crack at any magazine pages featuring hot poon. They have dibs on additional plates at dinner or good books introduced to the tiers library.

While everyone gets a faded county jumpsuit, these guys DHV by buying brand new gear through the jails black market. If they don't have the means to buy it from their own pocket, they befriend a beta and "ask" him to buy it.

It is always Alphas who are in positions of power as members of what I call "the council" There are numerous positions to be had: the leader, his right hand man, the guy who delegates clean up, the workout monitor, and the guy that interacts with the correctional officers on behalf of the inmates. These positions are similar to our elected officials, minus the elections.

betas: These guys may be Alphas on the street but this is a whole new world they find themselves in. The stakes are too high to AMOG someone and end up getting their face rearranged (happens twice a week at least). The betas primary power is their money (canteen items). If they are broke, they hopefully know how to draw, make paper mache using newspaper or cut hair with combs and razors; these are all forms of currency.

The unskilled/broke betas are used to carry out undesirable tasks such as unclogging toilets, moving the bunks in preparation of disciplinary beatings and afterwards cleaning up the blood on the floor. On several occasions betas admitted blame to correctional officers for an offence committed by an Alpha.

During casual interaction, betas are the guys on the sidelines providing the laughter and the "and then what happened?" as the Alphas hold court and tell stories. Validation for the beta comes in the form of an Alpha's presence for a few minutes or complimenting them on their "cooking" skills after the Alpha devours a \$8 portion of food in one sitting.

Betas are always the butt of jokes and they don't dare speak up. They agree and amplify, but not in the way we talk about here. They literally play the smiling punching bag and make fun of themselves because they are scared to death of the confrontation, and rightfully so.

Omeegas: These guys have thrown in the towel. They do not socialize because either they don't know how

to or the anxiety is literally crippling. The Omegas tend to be head cases taking psych meds, neckbeards or very feminine men. These feminine men were probably betas on the outside but got demoted as soon as the handcuffs were put on.

I'm the man, but my girl doesn't know it.

Although the number one topic of conversation is women, everyone is constantly DHVing about something. Every dimebag dealer was pushing pounds on the outside. Every gangster murdered 5 enemies with his bare hands while every pimp had 5 Kim Kardashian's waiting for him at home. You couldn't believe any of it but it was still entertaining.

The real insight came at the end of the night. Something happened to the inmates after lights out, most ditched the "front" and spoke openly. The majority of what I mention happened was overheard during phone calls in my cell or told by guys after hanging up with their SO. Here these men were at rock bottom, and their women were playing different versions of games red pillers know all too well.

A common occurrence was SO's not picking up calls or forgetting to put money on the phone or in canteen accounts. Some women would cry, profess their love and speak of the void in their life left from their missing men. However, they were failing to get evidence or money to lawyers who could actually make a difference. Often, men who did drugs with their women were told "your homeboy came by yesterday and smoked me out, he says hi," or other similar comments to inflict pain. Ultimatums were all too common and of course the men would agree just so they could have continued contact.

Go Ahead, Laugh at My Pain

Throughout my 8 month stay I was asked one simple question at least a thousand times. "You think she's fucking somebody new?" The answer (not just from me) was always "no shit" followed by laughter.

A common occurrence at night when someone got off the phone was to announce some news his girl had just broke to him, to the whole tier. "Hey guys" they would yell, "my bitch hung up with me cause she had to get ready for the club." Or, "my wife dropped off the divorce papers this morning." even "my girlfriend doesn't think she could wait for me another 3 months." Every single man on that tier would yell in unison "FUCK THAT BITCH!" Loud and without exception. It was tradition throughout the whole jail.

Two characters: Alpha Chris vs beta Frank

Alpha Chris: Chris not only led 40 members on our tier, but the 3 leaders in neighboring tiers reported to him as well. He was a good looking dude with a motor mouth, intelligence, a sense of humor and a dominant personality. What made him an excellent leader however was his credibility. His jokes weren't funny because they were funny, they were funny because they were true. His stories weren't entertaining because we were bored, they were entertaining because you knew it actually happened.

He was a fucking tyrant but operated with such charm you couldn't help but like the guy. To boot, he had a half a dozen bitches that were constantly putting money in his account. He would use a new betas phone time every night to conduct business or just flirt. Many times, betas talking to their SO would give up their phone so Chris would flirt with their girl and have some fun.

One day Chris came back from court after getting handed down a guilty verdict. He would be sentenced to 15 years in one month for gun trafficking and transferred to prison. I expected him to return a shell of a man, instead he came back with a new sense of urgency. He said it was time to make money before he was transferred to prison so he could invest once he got there. Soon our tier was flooded with drugs, tobacco and porn. I had read in books and articles that in America's jails reside inmates that parallel fortune 500 CEO'S in drive and talent. This guy was who they were talking about.

Beta Frank: Frank was a very masculine looking dude standing 5'8" and in good shape, but could not be

mistaken for handsome. He was an active gang member but it was obvious he wasn't the most violent, the best dressed, or the one who made the most money in his gang.

He was in jail because his current LTR had called the cops on him during a drunken scuffle. She was the one who had hit him first and he hit her back, resulting in his second DV charge with the same girl. Frank was one of the nicest most genuine guys I befriended. He had devil horns tattooed on his forehead, and gang tattoos covering the rest of his body, but it was clear he was a “gangsta” and not a gangster.

He told me he didn't fight his case because his girl was raising a toddler from another man and he didn't want the baby to suffer. The woman never once put money into his account while she lived in his home and enjoyed some of his government benefits. One night Frank managed to get her on the phone and was told she would visit the upcoming Sunday. Frank got super excited, indebted himself for a trim of his facial hair and a haircut so he could look fresh to see his woman. All day Sunday Frank was restless waiting to be called to visiting. He was crushed when his name was not of those called for the last round of visits.

A few days later he told us he had gotten into an argument with her for flaking and told her to fuck off. One month later he got 2 photos with a letter in which she apologized. One photo was of her cute 3 year old son, the second was of one of the ugliest and fattest excuses for a human being I had ever seen, trying to look provocative. At the time, I thought she was a decent person for reaching out. Now that I think of how Frank's frame crumbled I know it was a calculated move. Frank was excited and started making plans to buy phone time from someone else to call her. A couple of months before his release he decided to get one of those dick piercings where the stud lays under the skin of the dick head. He was convinced he would win her back once he got out.

Last Thoughts

I met a lot of beta “Frank's” but this guy was the epitome of a beta in need of TRP. About a third of the inmates in jail were there for DV charges. Half of those claimed that it was actually their SO who hit them but they got arrested instead.

The last thing I'll point out is that any inmate charged with a sex crime is considered a “piece of shit” and is on the same level as a snitch. These guys get housed separately (only after they request it) in protective custody because jailhouse custom is to fuck up anyone who is a piece of shit, no questions asked. I can't imagine what some of these guys who end up incarcerated over false rape charges go through.

Edit: I was in county jail not prison

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Comments

lv1mebruh • 35 points • 18 February, 2016 11:46 AM*

PSA FOR EVERYONE HERE: Keep in mind guys that the sketchiness of jails varies from county to county and state to state, and not all inmates are as prone to violence at some jails as they are at others.

I had to do a few months for some shit I pulled a while ago and I was at a jail for people who had already been sentenced (punishment of 1.5 years or less) or were going to court for something that could not sentence them to more than a few months. There were like 7 fights in the whole period of time I was there. But the jail I was in right after getting remanded in court? There were people in there facing trial for charges that will get them 5+ years in prison, fights broke out much more often.

You guys want simple, actionable advice if you're ever in jail?

1. Don't disrespect others and don't let others disrespect you.

2. Don't lie.

3. Don't steal.

If you do those three things and aren't retarded in terms of street smarts, I can almost guarantee you that you won't have any problems in jail no matter how long you have to stay.

The only annoying thing is the politics, having to care about race issues is kind of a drag. Again, won't be an issue if you have street smarts. People in jail value being "real" and honest and hate fake people, so just be real with them and don't try to be hard and no one will give you a problem. Most people are honestly just looking to do their time and get out, they generally won't fuck with you if you don't give them a reason to. There will inevitably be people in jail you'll run into that will give you a problem, but your skin color should back you up if they're fucking with you for no reason. Another option is setting up a 1v1 fight. Talking about race brings me to my last piece of advice:

4. If someone who is from your race is getting attacked, you MUST intervene and defend him.

The way races work in jail is the other people with your skin color/designation are your backup if someone randomly attacks you and you are there for them if they are attacked. This is what keeps you in good standing with your race, and it's honestly a pretty fair exchange; you get protection but must also be willing to protect others. Follow #4 and your time will be easier, this I can guarantee.

idahar • 19 points • 18 February, 2016 06:06 PM

After all the shit PC people talk about everyone being equal, in an uncontrolled environment akin to nature, people band together. I wish I could say I'm surprised.

LyricBaritone • 3 points • 20 February, 2016 06:16 PM

Holding jail as a microcosm of societal race relations is completely idiotic. If you honestly think that being in jail is an "uncontrolled environment akin to nature," then you don't know shit about jail or nature. Many of the people in jail are poor and come from segregated backgrounds in the first place,

where they are likely to be already in race segregated groups with hostility towards other races. This is amplified in prison and perpetuates itself.

I agree with a lot of the core beliefs of TRP, but the bigotry in it's subculture always makes me shake my damn head.

Eugenics2015 • 2 points • 18 February, 2016 06:32 PM

So people of different races are automatic enemies in jail, like race war?

When you experience that sort of thing does it change the way you view race in normal life?

1v1mebruh • 4 points • 18 February, 2016 08:14 PM*

Not automatic enemies, depends on how serious or violent your jail/prison is, and depends on the race. It's all just prison politics really, and since the guys with the longest rap sheets hold power when they're in jail, prison politics trickle down to jails. BUT, to answer your question, in a lot of jails most people are just coasting and looking to do their time, so no the different races aren't automatic enemies. Each race tries to give each other enough space so there aren't any issues, and this results in most people being "neutral" towards one another I guess you could say.

For example, I was white and I played dice with some of the black people all the time. And the others, too (others are people who don't fit into white, black, norte/sureno, asian, etc. like pacific islanders or puerto ricans and shit). My jail was for people who already had small sentences so people were mostly friendly or at least respectable towards one another. However, one big rule for the whites is you don't accept food from other races and you don't bet/gamble with other races (to avoid a situation where you owe money to another race and your race has to bail you out; no one wants to deal with that). When I was doing my time I did both. Did that make me enemy #1 of my own race? No, our group of whites at that time (under our leader at that moment) didn't care too much about that kind of stuff as long as you weren't an idiot and didn't get yourself into trouble. If it was prison they would've definitely cared though, so again, it depends on where you get locked up.

Edit: To answer your second question, no not really as long as you keep a level head because it's not all out war it's just a system of rules that keeps everyone in line. You just keep that in the back of your head. What did change in me from jail was I became more aggressive in the sense that I was quicker to take an issue from strictly verbal to possibly physical. In jail, the way you defend your reputation is by not letting people disrespect you, so if someone goes up to your table at lunch and takes a piece of bread from you without asking, you have to make an issue out of that. On the outside (real life), 1) that would never happen and 2) no one will "respect you less" for not starting a fight over a piece of bread. Basically after I got out it took a week or two for my mind to get back into the middle class way of life. Different rules in jail than the real world, so you just gotta abide by those rules while you're locked up. On the outside? Your life is yours to live however way you want to.

putinbusch • 3 points • 18 February, 2016 09:32 PM

What would the escalation be for the bread. A smack in the mouth or beating till he goes to hospital

1v1mebruh • 4 points • 19 February, 2016 07:22 AM

Depends, if it's in an area like a work environment where guards are present and a fight would just cause problems for everyone then a fight would be postponed until you guys were back in your barracks/wherever you all stayed and lived. If there are no guards around it's up to the person who got disrespected how far they want to take the issue. What also might happen is the leaders of each person's race will chat so that the 1v1 is legitimate and doesn't turn into a riot or they'll

sort it out between themselves and then you and the other person you have an issue with will just talk it out. If you and the other person are in the same race then the leader might try to tell you guys to just let it go or if you guys want to turn it into a 1v1 he'll be like "fuck it alright". It's not too uncommon for people to decide to fight each other if they're in the same race and have an issue with each other. This way they sort out their issue and just get back to normal in a way where both men retain their respect/reputation. The only challenge with fights is that if someone gets a visible marking from a fight (black eye, fat bruise on face, etc.) and they have a job or are in the presence of COs often, COs will notice and make an issue out of it and possibly make everyone else's lives harder in the short term by deciding to go search your whole barracks/section/tier just to make a point that they aren't turning a blind eye. Obviously no one wants their shit searched or to get fucked with in general, so if you're in an area where your job is chill and jail life is pretty easy to just coast and do your time, the leaders of each person in the issue will try to deescalate to save everyone else the problems because two randos' pride/reputation over a piece of bread isn't important compared to what illegal things your race is doing in jail, and keeping all that stuff undercover takes priority over simple fights.

So, sorry to give you this answer again but it kind of depends; usually though it'll be a controlled 1v1 at a later time (first opportunity you guys get to fight without bringing heat to your living area) or the transgressor will be asked to apologize by their race's leader and end the issue that way. That happened to me twice actually, where someone pulled some really minor bullshit on me and I was just in zero-tolerance mode for disrespect because I appreciated not getting fucked with (kind of like a shit test, if someone fucks with you and you don't address it/handle it correctly, the instances you get fucked with will increase due to perceived weakness) so I wanted to make it a fight back at the barracks but the other person apologized and then after a few more days went to the COs and asked to be relocated because no one liked them in their race. There will be a few bad apples in there that no one likes, not even their own race, and if they try to start an issue with you they won't have the support of their race so you can either fight, win, and beat the shit out of him, or pressure him to apologize/move out since he has no back up (back up would make it impossible for you to beat the shit out of him since once he's obviously lost the fight his race will step in if you don't stop).

Yada yada yada you get the point by now I'm sure.

putinbusch • 2 points • 19 February, 2016 07:34 AM

That is really fucking interesting man. Cheers.

1v1mebruh • 3 points • 19 February, 2016 08:30 AM

Yeah no worries, there is so much misinformation out there about what jail and prison life is like since there are tons of different types of facilities for different levels of offenders and not all environments are the same so I don't mind spreading the word on what jail life is really like. Watching youtube videos of jail before doing time had me thinking jail was a nonstop hell hole with rampant violence; definitely wasn't the case.

Also, bear in mind my experience is from a few months in one moderately low level jail in one state in the US, so it is by no means representative of all other jails. This applies especially to the finer details like how fights/drama gets handled.

One thing I can say with certainty is that if you follow the four rules I outlined in my previous comment, you're 95% likely to be fine.

putinbusch • 2 points • 19 February, 2016 08:55 AM

You need to drag your ass on chat. One day we can shoot the shit on Skype or whatever.

lv1mebruh • 1 point • 20 February, 2016 02:19 AM

Haha hell yea man one of these days it'll happen

senator_mendoza • 2 points • 19 February, 2016 07:00 PM

my friend did two years in prison and said the same thing. i'd LOVE hearing prison stories from him cuz it's just so foreign to me. he was totally cool talking about it too. he said the race thing was tough for him cuz he's not racist and he'd hang out and play cards with the black guys and latino guys, but if shit popped off then you were expected to stick to your race.

my friend got beat up pretty bad by all the other white guys on his block one time - he said that the prison tries to balance populations so that every block has an equal amount of whites/blacks/latinos. in this case, most of the white guys on his block were neo-nazis and my friend thought they were assholes and didn't really hang out so they beat him up bad so he'd get moved out and they'd get a different white guy who might be another neo-nazi.

esperanzablanca14 points 18 February, 2016 10:30 AM* **[recovered]**

Nice article. LPT : dont end in jail in south america. Source : I live here.

I.e

BOGOTA – Remains of at least 100 dismembered prisoners and visitors have been found in drain pipes at a jail in Colombia's capital that houses drug traffickers, Marxist rebels and paramilitaries, investigators said on Wednesday.

;))

UrsusG • 7 points • 18 February, 2016 10:36 AM

Now that's what I call jail.

dr_warlock • 8 points • 18 February, 2016 01:45 PM*

This goes for any non-western jail. Russian Black Dolphin on YouTube? Have you seen Locked-Up Abroad? Idiots attempt to drug mule or smuggle gold at airports by taping the supply to their bodies, then get caught in a foreign country and end up in foreign jail. The place is always a shithole with no rights and with guns and even grenades circulating. Some don't even have guards, they stay outside.

[deleted] • 2 points • 18 February, 2016 02:57 PM

You have to add that "drug mule" is pretty bad thing to be accused of in any country, so you end up in the shitties of all jails...

eccentricrealist • 2 points • 18 February, 2016 08:10 PM

In my city there was a riot and 50 were murdered and burnt last week.

[deleted] 18 February, 2016 08:29 PM

[permanently deleted]

eccentricrealist • 3 points • 18 February, 2016 08:31 PM

Monterrey, Mexico, a couple of hours from the border

[deleted] 18 February, 2016 10:55 PM

[permanently deleted]

eccentricrealist • 1 point • 19 February, 2016 12:22 AM

Check it out, it was an interesting case, somebody from the outside called it. The prison is called Topo Chico.

Elodrian • 2 points • 18 February, 2016 03:10 PM

100 dismembered drug traffickers and Marxist rebels? I'm waiting to hear what the problem is.

TimesNewRoman_12pt • 10 points • 18 February, 2016 04:53 AM

This is a fantastic piece. It also shows the Alpha/Beta relationship in a setting many of us have never or will never see.

Thank you for your insight!

UrsusG • 7 points • 18 February, 2016 10:04 AM*

Dove soap in jail?

What else? Tendies?

And you call that a penitentiary system?

EDIT for the literals among us: I'm joking.

WhySoRuff[S] • 4 points • 18 February, 2016 06:52 PM

Only the Alphas are allowed such luxuries.

UrsusG • 8 points • 18 February, 2016 10:13 AM*

So what happens to those who don't socialize?

Do they get fucked in the ass? Do they get beaten for no reason? Do they go hungry? Do they sleep on floors?

What's the penalty for opting out of the gorilla hierarchy entirely and just obeying the 'official' jail rules?

Lucifer_The_Unclean • 3 points • 18 February, 2016 11:26 AM

If you don't bother anyone they don't bother you back. It's like an opt-in situation.

It's why if you don't think you can be an alpha just be an omega.

bobbybouchier • 2 points • 18 February, 2016 12:30 PM

Is it really omega to not interact with people you don't have interest in interacting with?

Lucifer_The_Unclean • 9 points • 18 February, 2016 12:38 PM

Well it can be hard to go months on end without shooting the shit. Plus, your guard gradually comes down and before you know it you're part of the "tribe." It's part of our nature.

Eugenics2015 • -1 points • 18 February, 2016 06:35 PM

nah bro.. fuck that shit. Ill stay in my room reading

WhySoRuff[S] • 2 points • 18 February, 2016 06:54 PM

Jail rules are dictated by your race not the jail staff. You can opt out of whatever the fuck you want to, you are still responsible to meet expectations and follow orders.

RedPillAccount69 • 7 points • 18 February, 2016 12:06 PM

Great read. Thanks for posting.

A common occurrence at night when someone got off the phone was to announce some news his girl had just broke to him, to the whole tier. "Hey guys" they would yell, "my bitch hung up with me cause she had to get ready for the club." Or, "my wife dropped off the divorce papers this morning." even "my girlfriend doesn't think she could wait for me another 3 months."

This sounds a lot like what goes on when guys go off to war as well. The most heartbreaking scene like this comes from the movie "The Thin Red Line"

MentORPHEUS • 13 points • 18 February, 2016 04:35 AM

That was a fascinating read, and tied RP principles and examples together really well. Thank you, OP.

It's interesting that the guards were barely a side remark. What can you say about the way prison Alpha/Beta/Omega types interact with them or behave in their presence? Also, what longer term effect does it have on your/(inmates' in general) psyche, being totally institutionalized for a time like this?

WhySoRuff[S] • 15 points • 18 February, 2016 07:43 AM*

Id like to point out that this was county jail and not prison.

Back in the late 90's and early 2000's the correctional officers were under Federal investigation for beating on inmates. People ended up dead. When the feds came in and these assholes were indicted, cameras were setup literally everywhere. By the time I was locked up they were pleasant and polite. What was interesting was that the CO's knew to keep the peace in each dorm/tier they would have to work with us. Numerous times they "looked the other way" while some kind of violent act was carried out.

The Alphas spoke to CO's like any Alpha/Alpha conversation. Sports, pussy, money, light jabs of humor and wit but always respectful. Betas would only speak to a CO when spoken to. Omegas were literally invisible.

I didnt feel institutionalized I was simply in a structured environment where discipline and respect were of utmost importance. We worked out 5 days a week and kept the dorm/tier spotless, both mandatory. Unlike the outside world, consequences were painful and immediate. The rest were either too dumb to change their behavior or too numb to care. Some were happy to be locked up as they got a bed, a roof over their head and 3 meals a day.

edit: shortened it up a bit

CaptainGloom • 6 points • 18 February, 2016 06:43 AM

Yes, I know I'm not OP, but I've read accounts of various prisons by various inmates, they weren't RP accounts but you could break down A/B dynamics from the people they wrote about, and alphas generally tried to either be on the good side of the guards or were hostile in a way that made the guards wary, rather than retaliatory. Betas were naturally submissive around guards or were hostile in a way that got them attacked. It's a careful game, to see if you can scare them without getting beaten by them. But the more harsh the prison, and the better funded, the more likely guards are to simply attack anyone who they deem hostile, so everyone tries to avoid them or get in their good graces.

maxrp6 points 18 February, 2016 11:58 AM [recovered]

Did you see any evidence of a Beta one day going fuck this shit I'm going to switch Alpha, and people accepted it?

WhySoRuff[S] • 3 points • 18 February, 2016 06:56 PM

It's not an overnight process. Once you understand what is expected of you and how to navigate, you build confidence and can evolve to higher status.

morsvensen • 4 points • 18 February, 2016 08:09 AM

Interesting stories about life in a police state. At least you got a lot of time for lifting

PUA_Wanna_be • 1 point • 18 February, 2016 03:51 PM

Does having a lot of time help? I thought there is only so much lifting you can do in one day, since you need to allow a lot of time for regeneration. Not trying to be critical, genuinely curious.

Eugenics2015 • 7 points • 18 February, 2016 06:28 PM

Any man who stays with a woman who put **him** in jail deserves the death penalty.

The only solution for that level of stupid is to be removed from the gene pool.

putinbusch • -3 points • 18 February, 2016 09:45 PM

Just curious. But are you a white supremacist?

[deleted] • 6 points • 18 February, 2016 01:15 PM

double upvote - best FR ive read in months - please tell us more or post more FR's

pcadrian3 points 18 February, 2016 11:51 AM* [recovered]

Incredibly interesting, especially that Chris fella. Most men would've crumbled, he took action.

WhySoRuff[S] • 4 points • 18 February, 2016 07:08 PM

The guy was the epitome of "doing what you gotta do."

maxrp3 points 18 February, 2016 11:56 AM [recovered]

A good read from a different world.

Are the sex offenders really not treated differently? Ie a pedo, from a guy who was convicted of rape who claims it was false-rape ? I don't understand why.

WhySoRuff[S] • 3 points • 18 February, 2016 07:06 PM

Pedos are automatically sentenced to a life of hell in jail, no questions asked. If found out, a sex offender can be beat if he is not liked. If he has some kind of status he might be given a chance to explain and provide paperwork/proof. It's suggested every sex offender ask to be housed in protective custody for his own safety.

You're not expected to tell people why you're really in jail but if you have status or people are trying to find dirt on you there are ways of finding out.

Like Trump asking for Obama to prove he was born in the U.S. by furnishing a birth certificate.

MasterUm • 3 points • 18 February, 2016 09:47 PM

Amazing read. OP, you have a writing talent. Please post more.

london0424 points 18 February, 2016 04:49 AM [\[recovered\]](#)

Wondering how people worked out, because of the stereotypes of prisoners getting swole easy

WhySoRuff[S] • 15 points • 18 February, 2016 07:50 AM

I was in county jail not prison which never had weights. We used bodyweight for the most part. Burpees, push ups and squats. Sometimes we filled bags with water or books and used those but they were considered contraband. The day room had a pull up bar and dip station as well.

In the early 2000's I believe, weight training was outlawed in prison because inmates would manhandle the guards since they were so yoked.

putinbusch • 3 points • 18 February, 2016 09:43 PM

That is fucking hysterical

BJayJay • 2 points • 18 February, 2016 05:36 PM

I thought that was only in California.

WhySoRuff[S] • 5 points • 18 February, 2016 07:12 PM

There are 12 states total who have outlawed weights.

dat_mean_no_work • 2 points • 18 February, 2016 08:31 AM

The Beta Frank story is familiar. Was it included in a past post?

IamGale • 2 points • 18 February, 2016 02:34 PM

Great Story, would to love to hear more about Alpha Chris. What made him a tyrant?

WhySoRuff[S] • 2 points • 18 February, 2016 07:35 PM

He made sure every decision for the group benefited him. Ruthless and machiavellian.

TRPMaidenSlayer • 2 points • 18 February, 2016 05:47 PM

OP I'm interested in where *you* fit into the picture.

Crazy interested to know where I'd end up. I'd think I'd eventually be someone to deal with the correctional officers...

If you had a lot of money, would you disclose that or be liberal with your spending at all?

WhySoRuff[S] • 2 points • 18 February, 2016 07:33 PM

You can't hide your money. 100+ inmates are staring at you when you get your clear trash bag canteen delivery with \$200 worth of items in there. All of a sudden you have 20 new friends.

[deleted] • 2 points • 18 February, 2016 06:56 PM

How hard is it to get books in jail? Like would I be able to read Pynchon if I had someone buy me a copy?

WhySoRuff[S] • 2 points • 18 February, 2016 07:31 PM

Whatever is in circulation you can get in queue to read. Anything else must be ordered by your people on the outside thru Barnes and Noble for direct delivery to you.

ColonelMitchell • 2 points • 18 February, 2016 07:05 PM

When you enter jail, how do you go about socializing and making friends. Obviously go for people of the same race, but is everyone hostile towards noobs?

WhySoRuff[S] • 4 points • 18 February, 2016 07:26 PM

Noobs are welcomed with open arms and given a couple days to get acclimated. After that it's every man for himself.

[deleted] • 2 points • 18 February, 2016 07:11 PM

What's the social dynamic like with snitches? Or people who tell for lighter sentences? In movies I see it's not uncommon for the top guy on the outside to cooperate with the feds where would they end up on the hierarchy?

WhySoRuff[S] • 3 points • 18 February, 2016 07:29 PM*

Their are no levels. Cooperation is snitching. Automatic segregation to protective custody because their lives are in danger.

Polaris382 • 2 points • 18 February, 2016 08:29 PM

You definitely meet interesting people in jail, and it can be a good education in Social Dynamics if you aren't already privy to it.

NOT suggesting going there though by any means, the overall experience sucks.

[deleted] • 2 points • 18 February, 2016 08:55 PM

What state were you locked up in OP?

[deleted] • 1 point • 19 February, 2016 04:04 AM

I'm amazed at the attitude of prisoners towards sex crime guys.

You said a third of them were in there for DV, and most of them were there because she hit first.

Why do they think that doesn't happen with sex crimes?

They should look at the sex crime guys and think There but for the Grace of ~~God~~ My bitch ex gf who didn't only said I hit her not raped her go I

WhySoRuff[S] • 1 point • 19 February, 2016 08:51 PM

The rules of jail/prison were passed down from the 40s and 50s when I'm sure false charges weren't so common. The guys who are calling the shots now are old timers in prison. I'm sure they will make changes. Adapt or die right?

bogeyd6 • 1 point • 18 February, 2016 04:54 PM

The lack of prison rape in this story is surprising. I would have guessed there would be more.

Paid_Internet_Troll • 3 points • 18 February, 2016 06:05 PM

It's jail, where people are for less than a year or two.

People generally don't start to get desperate enough for sex to start fucking dudes until more time has passed.

WhySoRuff[S] • 2 points • 19 February, 2016 08:55 PM

Heterosexuals getting raped in county jail is very uncommon. In the gay dorm however condoms are

passed out because you can't police sex between them. I heard of two rapes occur during my stay, 2 chicks with dicks got manhandled.

Battle-Scars • -8 points • 18 February, 2016 04:06 AM

Not to harsh on you but how does a guy who has smarts and a sense of staying away from crazy end up in jail? It seems to me a very long road to get incarcerated for any length of time and the stories I hear are victim phrased: It's because of her, or because of drugs, or because I just got caught making bad decisions that I'm in here but it wasn't my fault. I would be embarrassed if I fucked up enough to wind up in jail other than the usual dry out time or assault charge over the weekend.

MentORPHEUS • 10 points • 18 February, 2016 04:42 AM

Not to be harsh on you but [is harsh on you]

You're judging the guy but not adding anything of value to the discussion. I don't "like criminals," but can appreciate a good read.

Battle-Scars • -6 points • 18 February, 2016 05:06 AM

Not at all but I don't buy the argument that winding up in the system is anybody's fault but your own. Do you?

[deleted] • 4 points • 18 February, 2016 05:38 AM

Enlighten yourself sir:

<http://www.amazon.com/Three-Felonies-Day-Target-Innocent/dp/1594035229>

Battle-Scars • 1 point • 18 February, 2016 05:48 AM

That book is about the erosion of rights in this country, which is a real thing and I agree with but if you are trying to make a bridge between that and staying out of prison I'm not buying what you're selling. To throw out a general statement of "our rights are eroding in this country so if I end up in the system it's not my fault" is irresponsible. Is that your argument?

RedMoonAscendant • 5 points • 18 February, 2016 05:59 AM

What part of "you commit three felonies every day" is ambiguous to you here?

How do you turn "you are a three-time felon EVERY FUCKING DAY" into there being an "erosion of rights in this country"???

Are you trolling us?

Battle-Scars • -1 points • 18 February, 2016 06:12 AM

What three felonies did you commit today?

RedMoonAscendant • 1 point • 23 February, 2016 04:23 AM

In case you're not trying to be funny, and aren't trolling...

The point is, you don't know. There are so many laws that even lawyers specializing in one part of law don't know all of them for their own specialty.

You literally have to do a statistical analysis to guess how many felonies an average person commits in a day. A rather modest analysis leads us to "three."

It's actually very reasonably likely that an average person is committing more like 6 or

20 felonies every day. It is exceedingly unlikely that an average person commits zero felonies on a given day.

I've seen several videos and read several articles on this. I just did a quick YouTube search and found this: <https://www.youtube.com/watch?v=JwsLAqjqnxo>

Battle-Scars • 1 point • 23 February, 2016 05:06 AM

I asked you an honest question and you could not answer it. You come back and say now it so complicated we must be committing 6 to 20 felonies a day. The guy in the video even states that the title is an exaggeration, he's just trying to sell books. Lighten up, stop being paranoid and enjoy life. Go out with your friends, flirt with girls, have fun. Stop living in fear, life is too short.

RedMoonAscendant • 1 point • 2 March, 2016 06:36 AM

I'm not your personal research assistant. Figure it out yourself. I'm too busy going out with friends, flirting with girls, and having fun.

It's not an exaggeration.

Battle-Scars • -5 points • 18 February, 2016 05:39 AM

Actually, I'll go a little deeper because I enjoy your posts and this hits home for me. If we are talking about TRP and sexual strategy OPs post is pathetic. It romanticizes being in the system and the complete lack of judgement and control to stay out of jail. One of the things TRP teaches is to not get into a position that you can't control, period. Couldn't your 8 months in the system be better spent on self improvement? Why would you let other men control your actions for so long? Isn't it inherently beta to put yourself in a position where other men control you? How are you supposed to be the best man you can be if you can't even stay out of jail? There is nothing romantic or sympathetic about this post.

MentORPHEUS • 2 points • 18 February, 2016 04:47 PM

romanticizes being in the system and the complete lack of judgement

Thanks for your clarification. I didn't take it as romanticizing at all, any more than tales of the most pathetic Beta man's actions somehow glorifies them.

You may have strong opinions about crime and criminals, and that is fine. It won't compromise your ideals to learn from OP's essay, or move to another part of the TRP smorgasbord of information if you don't see any lessons.

If OP was *actually* glorifying crime or making simpering excuses for being there, I'd be right with you.

LifeMedic • 5 points • 18 February, 2016 04:51 AM

Until you realize AWALT. You don't realize that crazy is always right there next to you, waiting. It doesn't matter how smart you are sometimes.

That said, a LOT of inmates have a victim mentality but it is a solid environment to study alpha/alpha or alpha/beta behaviours.

Battle-Scars • 0 points • 18 February, 2016 05:13 AM

Correct, it is probably the clearest example of alpha beta behavior.

WhySoRuff[S] • 4 points • 18 February, 2016 07:28 AM

Not to harsh on you but how does a guy who has smarts and a sense of staying away from crazy end up in jail?

With a frown on my face.

the stories I hear are victim phrased...

The stories are me retelling of **other people's stories**.

I would be embarrassed if I fucked up enough to wind up in jail other than the usual dry out time or assault charge over the weekend.

How do you think getting time happens man? A few hours to dry out in a holding cell here, an assault charge there, a little violation of probation for something minor and viola, free vacation.

MentORPHEUS • 4 points • 18 February, 2016 04:35 PM

The system is designed to keep people in it and bury them deeper once they've entered. This is accomplished by any means available, no matter how illegal, unjust, or bigger-picture harmful; it is driven by **profit motive** and is abetted by "good citizens" tacitly or actively approving of the status quo.

America is already the prison capital of the world. Viewing it with a simple good guys/bad guys model allowed it to get this way and makes it worse over time.

WhySoRuff[S] • 3 points • 18 February, 2016 07:43 PM

The phrase "revolving door" is constantly being used inside.

Public defenders aka public pretenders are called dump trucks because they suggest all their clients take the plea deal. They are dumping their case load at the detriment of each defendant.

london0422 points 18 February, 2016 04:48 AM **[recovered]**

watch "Snow on Tha bluff" on Netflix about a guy and friends in the hood robbing and selling drugs he always has girls around, naturally a problem solver and intelligent but just stuck where he grew up and that's all he knows

Battle-Scars • 0 points • 18 February, 2016 05:04 AM*

And you don't think there is nothing he could do to get out? I get the nature/nurture argument and I'm just some asshole on the web but I came close and made the decisions not to be in the system for what it's worth.

tacoexplorer • 1 point • 18 February, 2016 06:11 AM

Ever heard of private prisons? Pretty scary stuff. What it comes down to (in the USA at least) is that if you have money, you're protected from the legal system. If you're poor, you'd better hope you're never accused of a crime/sued/behind on your bills.

Battle-Scars • -1 points • 18 February, 2016 06:20 AM

Pleas enlighten me on private prisons.

tacoexplorer • 2 points • 18 February, 2016 06:24 AM

I'd rather not waste my time. You can Google it.

Battle-Scars • -2 points • 18 February, 2016 06:44 AM

Well aren't you arrogant. Usually on this sub we support our argument. I was particularly interested in your comment on how private prisons are scarier than state or federal institutions. Regarding your comment about being poor and being sued or being behind on bills, nobody goes to prison for that and the poor, as you put it are no different than anybody else. Lawyers don't sue people that don't have money in most cases and anybody can BK out of owing bills. Don't be so dramatic if you're not willing to give personal examples.

Lazlo-Red • 4 points • 18 February, 2016 02:49 PM

FYI: And in the face of mounting budget deficits at the state and local level, courts across the country have used aggressive tactics to collect these unpaid fines and fees, including for traffic offenses and other low-level offenses. These courts have ordered the arrest and jailing of people who fall behind on their payments without affording any hearings to determine an individual's ability to pay or offering alternatives to payment, such as community service.

<https://www.aclu.org/issues/racial-justice/race-and-criminal-justice/debtors-prisons>

Alain Sherter of CBS MoneyWatch and the AP report on the disturbing resurgence of debtor's prisons in America. Though it is technically no longer legal to jail people for failure to pay their debts, the debt-collection industry has figured out how to game the courts to create a series of jail-able offenses related to nonpayment. These are largely legal tricks by which debt-collectors get court orders regarding debtors with which the debtors find difficult to comply, resulting in jail for violation of the court order, often over trifling sums.

<http://boingboing.net/2012/04/24/debtors-prisons-make-an-amer.html>

Battle-Scars • 0 points • 18 February, 2016 03:06 PM

Thank you, that's what I was looking for.

tacoexplorer • 2 points • 18 February, 2016 03:22 PM

Lol fuck off dude. Your comment appeared to be pure sarcasm, and it was impossible to tell if you were interested in having a genuine conversation or not.

Anyway, the entire concept of for-profit prisons is fucked. Search "cash for kids" for a good example of this. Yeah, that could have been an anomaly, but the general idea of guaranteed contractual 90% occupancy rates in private prisons means that **there are cash incentives to imprison your ass**.

Now, since you have the internet, you probably aren't the top target of "the system". The system wants weaker slaves. Those who don't know their rights, can't afford a lawyer etc.

People go to prison all the time for being poor. Are you living in a fucking vortex? Louisiana is literally the prison capital of the world. Run a Google search or two before you start calling people ignorant.