



NAME: "Tommy"

CHARGE: Wounding with Intent and having a firearm with intent

SENTENCE: Indeterminate for Public protection with a tariff for 6 years

Prison: HMP Oakwood

"I would recommend that you attend The Chrysalis Programme with an open mind" "Tommy"

History!

Tommy grew up developing a very strong masculine/hard man image. Partly due to him engaging in body building, boxing and being a security guard in a pub but also due to him growing up in a very violent society (Belfast), in which violence and arming oneself was the norm.

Tommy used a gun when engaged in a fight with a number of men, as a way of winning the fight and protecting his public house.

A helping Hand!

Tommy's sister, who is very much into alternative thinking and being positive, sent him books, well a book: **The Secret**. She told him to read it, then to "ask for it" and "put it out there".

Tommy said: **"I read the book, spent about a year considering it. I understood the principals but I couldn't really believe it or apply it to my life"**

How did I find out about The Chrysalis Programme?

One day, while looking on the N-Force, he saw a course advertised called The Chrysalis Prog and was immediately drawn to it. Tommy applied to attend the first course and got no response, and thought "Such is the system"

After the first Chrysalis Course was over, Tommy spoke to an Officer and was told that a new course was starting the following morning and that he should just come along. So he did.

The Right Time for Me!

Tommy now feels that the first course *"was not the right one for him"* and/or *"maybe the wrong people were there"*. He didn't know this for certain but maybe the 'universe' did and guided him to the *right/best* course for him.

On The Chrysalis Programme

Tommy applied himself as best as he could and enjoyed every session, from the very start of the Chrysalis Programme.

He also really enjoyed telephoning his mother and sister and telling them of the new things he was learning. Tommy's sister said she 'ordered' the course *'from the universe'* for him.

Tommy said: *"I love the NLP and thinking outside the box but what really helped me with my attitude is 'The Gap'. The Gap really dug deep into me and will stay with me forever. In particular: 'What happens & what I make it mean', knowing that living in 'the Gap' gives us choice and time to think"*.

Tommy said: ***'I have always been a 'leader' and I enjoyed playing that 'hard man' part of my character too easily. The Chrysalis Programme has taught me to lead my life in a different way and that I now choose a life without notoriety, as I no longer worry about what people think of me'***

Simply, Tommy realised he didn't want to be anyone's hero but now wants to lose his previous 'hard man' image.

Tommy has volunteered to attend and support future Chrysalis Programmes delivery and to act as a mentor to new participants.

'I have changed my paradigms. The Gap has helped me to see what is really happening and I can make the best decisions possible from the information that is available'

"Tommy"