

"Back in NZ when I was a Probation Officer, I was a Home Detention specialist - managing offenders 'tagged' to stay at home, (up to 12 months) who would otherwise have received a prison sentence. I managed a wide variety of people, but they all went through distinct stages of their sentence, that I monitored closely.

Since we are all now effectively on Home Detention - I thought it worth sharing these stages so you are aware of the very real impact this sort of confinement will have - I know I'm feeling it & have a genuine appreciation for what my 'offenders' went through.

- First two weeks - bit of a novelty, settling in & doing lots of odd jobs round the house - becoming aware of the domestic relationship dynamic (at least other household members were able to come & go) - getting used to the 'territory' restrictions - some were accepting - others really resisted & argued & pounded the 'fence line'.*
- Week Three (this is key! & happened pretty much like clockwork) - a real malaise hit (acute confinement depression) - this was the week I really had to watch as people would all cope with it differently- a real despair & feeling like a loss of their entire world - defeat would set in.*
- Week Four onwards (this is also very key!) Adapting - The penny would drop about all the new opportunities that presented themselves from this new way of living - I saw creative minds start mapping out a more productive future- studying - business ideas - self improvement- relationship challenges - finally addressing the internal issues that got them where they were etc etc. This was when the 'good work started' - & their nearest & dearest really started to notice significant change.*

The planet has been given a 'wake up call' - we've all got the opportunity to dig deep & examine the issues that got us here & how we can expand more as individuals- lets all make it count.

Just watch out for Week Three people, & look after & support one another."

Source unknown - a FB post forwarded by counselling colleagues to
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