

Reduce Recidivism

a Social Change program

Happy People Do Not:

Commit Violent Crimes

Become Addicted Looking For Comfort In Alcohol or Drugs

The root cause of crime is not drug use, alcohol abuse, or poverty. It is unhappiness. Alcohol and drugs contribute greatly to criminal behavior and poverty. The reason people turn to alcohol and drugs is almost always to feel better emotionally. It may be to feel better because they are in emotional pain, or because going along with peer pressure feels better than being outcast. The bottom line is addictions begins with wanting to feel emotionally better.

As far as violent crimes, happy people do not commit them. A happy person can be surrounded by guns or even weapons of mass destruction and will not think, "Oh, it might be a good idea to use these to hurt people." They do not think that way because doing so would make them feel worse than they feel. But someone who feels emotionally bad, disempowered, could feel better with those same thoughts because the thoughts are more empowering.

Even white collar crimes can be tied to unhappiness. People will work for years and not steal from an employer but change their circumstances, make them fearful, and they will take risks (theft, embezzlement) that they would never have done while they felt secure.

This is actually great news because, despite false premises to the contrary, happiness is something each individual can be taught to control and does not require a change in circumstances—although it often leads to upward spirals.

The knowledge and tools required for sustainable happiness are inexpensive and easy to comprehend.

At Reduce Recidivism, We Will:

- Teach participants about the filters in our brains and their impact on thought processes and life experiences
- Teach participants how to adjust their filters to serve their higher good
- Teach participants about the emotional guidance system and how to understand its language
- Give them tools and techniques to change emotional stances, in the moment and auto-response changes
- We are looking for partners to help us spread this valuable information and these skills around the world

Recommendations

Widespread program to teach at risk and incarcerated individuals these skills. Another program to teach all kindergardeners the skills. Classes (or internet/TV shows) that teach parents and other adults these skills. High School programs to teach the skills. Then a committee to figure out what to do with the empty jails in a decade.

