

## Emergency Preparedness for the Heart

By Anonymous Corrections Professional

*Used with permission.*

Remember the day you got the call from the prison? You were hired! You felt such extreme relief and excitement! Your young wife shrieked with delight when you got off the phone. "Let's take the kids to Chuckey Cheeses and celebrate."

Over dinner, you made your plans. Life was going to improve with two incomes again. Heck, you could do Disneyland, the beach, maybe even a cruise.

Your six year old daughter, with wide eyes, asked questions about prisons, prisoners, and handcuffs.

When your heads hit your pillows that night, you softly conversed about the costs of college for the kids, planning for retirement, and just before falling asleep, you even considered a little brother for your son.

**You knew what you wanted that day:** You wanted a career to support your family.

Five years later. You've done so well. You smile when you think about how much the prison appreciates you. You never called in sick. You would work any shift at any time. You were willing to promote. And...you made friends at work. In fact, Administration loves you. Hard-working people like you. And a smart, beautiful, dedicated woman loves you. She understands what you do. You never tire of what you can talk about. She "gets" you in a way that your wife could never understand.

**And now you know what you want today:** You want a woman who supports your career, because you have replaced your family with your career.

This happens way too often. We become enthusiastic about a career, and lose enthusiasm for the ones we love the most. Work becomes our home and as that happens, we dread going home because it has become hard work.

One way to preserve your family is to plan for an emergency. You have the ability to prepare for what could threaten your home-life long before it is threatened. Plan Ahead.

So here are some thoughts for *Emergency Preparedness for Your Heart*.

1. No matter what shift I work, I will express my love to my loved ones at home at least once every 24 hours.
2. At work, I will not have any conversations with coworkers that I would not want my spouse to overhear.
3. I will be loyal to my spouse in my thoughts and conversations. I will not fantasize about a coworker.
4. If I find myself attracted to a co-worker, I will recognize this as an emergency.
  - A. I will absolutely seek professional counseling as soon as possible.
  - B. I will carefully guard my conversations and thoughts. I will never seek out that individual to have conversations, other than what is absolutely necessary for my work.
  - C. I will never say to this person "If I wasn't married, I would be interested in you." This is nearly always the first conversation that leads to an affair.
  - D. I will talk warmly about my spouse and home-life if possible.
  - E. I will make every effort to not travel alone with a co-worker whom I find to be attractive. If I am required to do so, I will ask for someone else to go along. If that is not possible, I will set up an accountability system, such as frequent phone calls home and/or to a trusted friend or spiritual advisor who knows the situation and who agreed to help me navigate through this experience safely.
  - F. If I need to be out of town for work, I will only go out in groups and I will be in my room early and I will call my spouse. I will never be alone with a co-worker whom I find to be attractive.
5. If I feel lonely at work, I will think of my loved ones at home. I will not try and find loved ones at work.