

Parole Packet for John Dough

Submitted to the Alabama State Board

Inmate: John Dough

ID: A123456

Crimes: Grand Theft Auto

Facility: Acme Facility

COVER LETTER

[Date]

To:

State Board of Pardons and Paroles

[Board Address]

[City, State, Zip Code]

From:

John Dough

Inmate ID Number: A123456

[Facility Name]

[Facility Address]

RE: Parole Application for John Dough, ID #A123456

To the Honorable Members of the Parole Board:

I, John Dough, respectfully submit this parole packet for your consideration regarding my conviction for Grand Theft Auto on January 21, 2026. This letter and the enclosed documents serve as a formal request for parole and outline the significant rehabilitation and personal growth I have achieved during my incarceration.

Over the past 20 years, I have spent a great deal of time reflecting on my past actions, and I deeply regret the harm I have caused. Through extensive counseling, I have learned to be fully accountable for my decisions. When I first arrived, I blamed everyone except myself for my circumstances; however, I now accept that the responsibility lies entirely with me. Therapy has helped me come to terms with my personal battles and conquer the inner demons that once fueled my self-destructive behavior. I truly believe that coming to prison saved me.

In an effort to make amends, I have paid off my restitution in full and have contributed to the victims advocacy fund. Additionally, participating in restorative circles provided me the opportunity to receive forgiveness from my victims—a profound experience that has solidified my commitment to doing what is right. During my time here, I have also learned a vocational skill, giving me the confidence that I can make an honest living legally upon my release.

I am a transformed man who is no longer ruled by the impulses of the past. I respectfully ask for the opportunity to prove this change to the Board and to society.

Sincerely,

John Dough

Inmate ID #A123456

PERSONAL STATEMENT

To the Honorable Members of the Parole Board,

My name is John Dough, and I am writing this statement to accept full responsibility for my actions and to demonstrate the person I have become during my incarceration. When I first entered this facility, I was a man consumed by anger and filled with rage. At that time, I did not see the need to change who I was or how I viewed the world. However, through time, reflection, and hard work, I have come to understand the gravity of my offense, specifically the Grand Theft Auto that led to my sentence.

I fully acknowledge that I made the decision to come to prison through my own choices. For a long time, I lacked accountability, but today I accept that I am solely responsible for the harm I caused. Through participation in restorative circles, I have learned the importance of making amends. These circles taught me to forgive those who have hurt me in the past, but more importantly, they gave me the courage to seek forgiveness for those I have hurt, including the specific victim of my crime.

My rehabilitation began slowly. Initially, I attended classes simply because I was required to do so. However, as I observed the discipline and conduct of others around me, I became curious. I started to pay close attention, and in doing so, I began to learn about myself and the inner demons I had long ignored.

I have spent my time here acquiring concrete tools to manage my emotions. I learned how to control my anger rather than letting it control me. I now utilize breathing techniques to maintain my composure, and I use reflective journaling to ensure I think before I act. I was also able to put these skills to the test using VR simulators. These simulations placed me in very intense and uncomfortable situations, allowing me to practice my coping mechanisms in real-time. I am proud to say that I mastered these techniques and can now handle pressure without reverting to rage.

Furthermore, I have dedicated myself to becoming a productive and responsible citizen through financial literacy and hard work. I learned how to budget my money effectively. I began with a state job earning minimum wage, but through dedication, I eventually secured a position working outside as a carpenter, earning a living wage. This opportunity allowed me to take full financial responsibility for my life even while incarcerated. I was able to subsidize my upkeep in prison, pay my restitution, contribute to the victims' advocacy fund, and save for my release, all while maintaining my own spending money.

I am no longer the angry man who entered these gates. I am a man who has learned accountability, financial responsibility, and emotional control. I am ready to return to society as a law-abiding citizen who contributes positively to the community.

Thank you for your time and consideration.

Sincerely,

John Dough

EVIDENCE OF REHABILITATION

Education:

GED

AS in Carpentry

Programs:

Anger Management

Stress Free with VR

CBT

Self Help series

Work:

Master carpenter

PROFESSIONAL RESUME

JOHN DOUGH

Acme Facility / A123456

PROFESSIONAL SUMMARY

Here are three options for your resume summary.

Option 1 is the strongest recommendation. It uses the **First Person ("I")** to create a personal connection and emphasizes your leadership and technical skills without explicitly highlighting the setting of your employment. This allows your skills to speak first.

Option 1: First Person (Recommended for Impact)

> "Dedicated Master Carpenter and Shop Manager with over 11 years of continuous experience in residential framing, custom furniture design, and operations management. I have successfully trained and supervised a team of nine carpenters—ranging from novice to master level—while managing strict inventory controls and material procurement. My background includes leading large-scale framing projects for non-profit partners like Habitat for Humanity, demonstrating a commitment to quality and community service. I am a highly motivated professional eager to bring my technical expertise and proven work ethic to a dynamic construction or manufacturing team."

Option 2: Third Person (Formal & Objective)

> "Highly skilled Carpentry Supervisor with over a decade of experience managing workshop operations, inventory logistics, and personnel training. Proven ability to lead diverse teams in the execution of complex projects, including custom cabinetry design and residential framing for community housing initiatives. Combines technical mastery with strong administrative skills, ensuring efficient workflow and precise material ordering. A reliable and hardworking professional seeking to leverage extensive trade knowledge in a challenging new role."

Option 3: Focus on Reliability & Management (Concise)

> "Results-oriented Shop Manager and Carpenter with a strong 11-year work history focusing on custom fabrication and team leadership. Expertise includes supervising and mentoring staff, managing supply chains, and executing detailed blueprints for furniture and housing structures. Committed to delivering high-quality craftsmanship while maintaining rigorous safety and productivity standards. Ready to apply a strong work ethic and versatile skill set to drive immediate value for an employer."

Why these work:

Focus on Tenure: They highlight the "11 years" immediately. This shows stability and dedication, countering potential fears about gaps in employment.

Translation of Environment: Instead of saying "prison shop," we focus on the *role*: "Shop Manager," "Operations," and "Strict Inventory Controls."

Leadership: Mentoring "4 master carpenters" is a significant achievement. It shows you are respected by peers and capable of high-level management.

Transferable Skills: By mentioning inventory, ordering, and design, you show you are not just a laborer; you are an administrator and a craftsman.

WORK EXPERIENCE

Lead carpenter

2018-Present

State Prison

Here are professional, achievement-oriented resume bullet points based on your experience as a Lead Carpenter in a state facility.

Job Title: Lead Carpenter / Shop Manager

Organization: State Department of Corrections

Directed daily operations of a commercial-grade carpentry facility, supervising and training a workforce of 10+ personnel in blueprint reading, fabrication, and finish carpentry.

Spearheaded community partnership initiatives, collaborating with external non-profit organizations to manufacture housing components and furniture for local revitalization projects.

Enforced rigorous safety protocols and inventory control measures (OSHA compliance), ensuring a zero-loss environment for tools and materials while maintaining high production standards.

Managed end-to-end project lifecycles, from material estimation and procurement to quality assurance, delivering large-scale construction orders on time and within budget.

Facilitated technical skills training to upskill laborers, fostering a productive work environment and preparing personnel for future employment in the construction trades.

EDUCATION & CERTIFICATIONS

AS Carpentry - State Prison

2015

TECHNICAL & SOFT SKILLS

AutoCAD • Digital literacy • Teamwork • Leadership skills • Management skills

LETTERS OF SUPPORT

Letter from: Jame Smithe (Former Employer)

Phone: (334)555-5555

Email: jame@email.com

Address: 123 ABC ST

I will rehire asap

RELEASE PLAN

Release Plan Narrative

Housing Plan

Upon my release, I will reside at 123 Sesame Street. This is a quiet single-family home where I will live with my wife. This residence offers a stable, supportive, and peaceful environment that is essential for my successful reintegration. Living with my spouse in a private home will allow me to maintain a structured daily routine away from negative influences, providing a secure foundation as I transition back into the community.

Employment and Financial Stability

I have secured confirmed employment as a Carpenter with Acme Construction. I will be starting at an entry-level wage of \$20 per hour, with clear options to advance within the company based on performance. This opportunity is the result of a professional relationship established during my incarceration; I worked on several projects with Acme while imprisoned, and they are already well aware of my workmanship and dedication.

While Acme Construction is taking advantage of the Work Opportunity Tax Credit (WOTC) and U.S. Department of Labor free fidelity bonds, they have explicitly stated that they are willing to hire me based on my skills and work ethic regardless of these incentives.

Furthermore, I am returning to society with a significant degree of financial independence. During my incarceration, I diligently saved \$20,000 from income earned through minimum wage state jobs and market-rate civilian jobs. These savings will allow me to immediately purchase a reliable vehicle for commuting to work and to assist my wife with household bills, ensuring that I am a contributor to my household rather than a financial burden.

Support System and Reentry Resources

My rehabilitation and reintegration will be sustained by a multi-layered support system. My family, my church, and reentry counseling will serve as the backbone of this network, providing moral guidance and accountability. I am fully committed to utilizing these connections to maintain a law-abiding lifestyle.

I recognize the need to be proactive regarding mental health and personal stability. Should I face difficulties or problems that extend beyond my immediate support circle, I have established access to a therapist and specific post-release resources. I am prepared to seek professional help immediately if necessary to ensure I remain compliant with my parole conditions and true to my commitment to living a responsible life.

PAROLE HEARING PREP

Statement of Preparation for Parole Hearing

To the Honorable Board of Pardons and Paroles:

My name is John Dough, and I respectfully submit this statement to outline my preparation and mindset regarding my upcoming parole hearing.

For the past ten years, I have been preparing for this opportunity. I have not taken this time lightly; rather, I have viewed it as a period necessary for deep personal change. I have diligently worked to improve myself, spending countless hours reflecting on my actions and striving to become a better person. My focus during my incarceration has been to ensure that I am truly ready for the responsibilities of freedom.

I approach this hearing with a solid release plan in place. I have secured the essential pillars needed for a successful reentry, including stable housing, employment opportunities, a reliable support system, and personal savings. I have structured these elements to ensure that I have a stable foundation immediately upon release.

I have used my time here to prepare for my release with a singular goal in mind: to become a productive, contributing member of society. I am eager for the chance to demonstrate that the work I have done over the last decade has been transformative and that I am fully prepared to live a law-abiding life.

Respectfully,

John Dough

OTHER DOCUMENTS

Post-Release Budget

Sample Post-Release Monthly Budget

Estimated Monthly Income

Acme Construction: \$3,200.00

Total Monthly Income: \$3,200.00

Estimated Monthly Expenses

Rent/Housing: \$800.00

Utilities: \$200.00

Food/Groceries: \$250.00

Gas: \$100.00

Savings: \$320.00

Miscellaneous: \$100.00

Total Monthly Expenses: \$1,770.00

Net Monthly Balance

Total Income (\$3,200.00) - Total Expenses (\$1,770.00) = **\$1,430.00**

Summary

This budget demonstrates a sustainable financial plan with a significant positive cash flow. The projected income sufficiently covers all essential living expenses and allows for consistent contributions to savings, ensuring financial stability post-release.

SUPPORTING PHOTOS

This is to proudly certify that

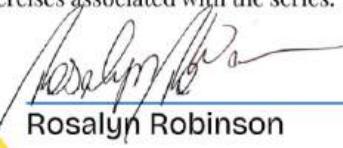
John

Dough

has successfully completed the *Alabama Prison Reform Proposal Rehabilitation & Responsibility Series*. This comprehensive five-part program focused on:

- Personal stabilization and self-regulation
- Accountability without shame
- Rebuilding reliability and personal responsibility
- Sustaining freedom through structure and discipline
- Ethical citizenship and long-term community responsibility

This certificate recognizes the participant's completion of all required instructional content and exercises associated with the series.


Rosalyn Robinson

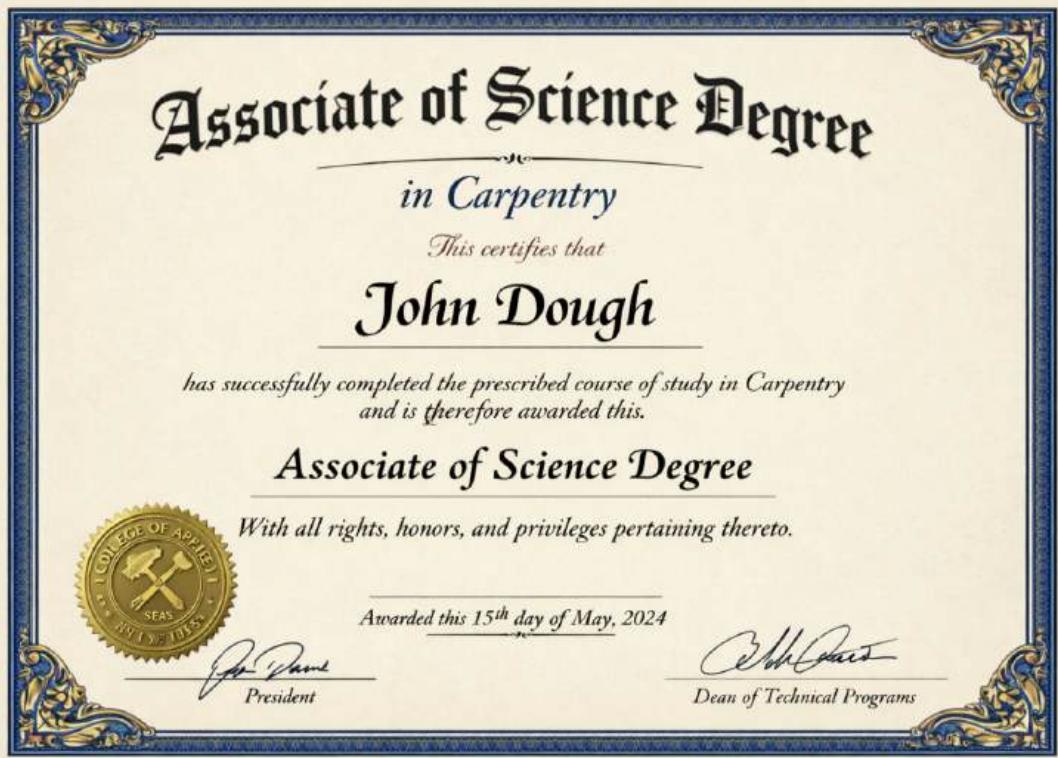


Certificate of Completion

Issued on: 01-21-2026

Certificate ID: AIPRP-1060





**SIGNATURE
OF
APPLICANT**

DATE