

# PLANS FOR ESCAPE FROM A MENTAL INSTITUTION

1. TRY NOT TO ASK FOR ANYTHING - FROM STAFF - OR OTHER PATIENTS
2. TAKE ANY MEDICATION WITHOUT QUESTION
3. DO NOT SAY ANY UNDESIRABLE CONVERSATION OR AN OUTWARD CONVERSATION TOWARD ANOTHER
4. NEVER USE ANY PHYSICAL THREATS
5. TRY TO KIND SIMPLE WORK TO SHOW YOU CAN TAKE CARE OF A PLACE.
6. PUT SOME PRE-PACKAGED FOOD ITEMS FROM YOUR TRAY INTO THE REFRIGERATOR AND DO NOT EAT THEM
7. NEVER TALK IN A GROUP UNLESS YOU ARE GIVEN THE FLOOR
8. GIVE WHAT YOU HAVE TO A PERSON WHO WOULD ASK FOR AN ITEM
9. MAKE NO THREAT TOWARDS ANYONE ON THE BUILDING.
10. DO NOT OPEN CLOSED DOORS, ESP. DOORS TO FREEDOM
11. DO NOT BE FRIENDS OR TALK TO PEOPLE MORE EVIL THAN YOU ARE.  
ESP. A PERSON WHO TAKES ABOUT HOW MUCH THEY CAN GIVE THEMSELVES OR TALK ABOUT WHAT YOU OWN
12. TRY NOT TO DEPEND ON STAFF FOR YOUR WELLBEING, OR IF YOU NEED TO, ASK THE DOCTOR FOR HELP BEING INDEPENDANT.
13. AVOID SMOKING
14. HAVE SOME FEASIBLE PLAN TO PROVIDE FOR A JOB + PLACE TO LIVE
15. ASK PERMISSION BEFORE TAKING ANYTHING, DO NOT TOUCH OTHER RESIDENTS PERSONAL BELONGINGS
16. AGREE WITH ANY TREATMENT PLAN OFFERED AND YOU WANT AGAIN.
17. ADMIT THAT YOUVE DONE BAD THINGS BEFORE YOUR BELONGINGS ON THE OUTSIDE
18. DO NOT WORRY TO GREATLY ABOUT
19. FORGIVE ANY PERSON WHO WANTS YOU AND DO NOT GO TO WORK
20. HAVE A FRIEND ON THE OUTSIDE TO CALL AND TALK TO DOCTOR AND ASK FOR YOU TO COME HOME



21. DO NOT COMPLAIN OR DEMAND HELP
22. ON MENUS DO NOT ORDER SPECIFIC ITEMS
23. LISTEN MORE THAN TALK
24. DO NOT ~~INTERFERE~~ INTERFERE WITH STAFF, AND STAY OUT OF THE WAY OF OTHER PATIENTS
25. AVOID GENERATING UNNECESSARY CONVERSATION ABOUT A PERSON
26. WAIT LONGER FOR YOUR NEEDS
27. PRAY FOR OTHER PEOPLE TO BE WELL
28. REMEMBER YOU ARE MEAN TO REPORT OF TAKING TOO MUCH FOR YOURSELF
- 29.