PRISONTOK GIRLIES

PTG Guide 05

WHEN HE COMES HOME

the fears nobody says out loud ♡

Every girlie has the quiet 3 a.m. questions — what if he leaves, what if he changed, what if I was only his stability. This guide keeps it real about all of it, and holds one truth steady the whole way through: nothing is wrong with YOU.

NAME THE FEAR

- “What if he comes home and leaves me?”
- “What if prison changed him — and not in a good way?”
- “What if I was only his stability inside, and home is a different story?”
- “What if I gave him years, money, and everything I had — and it still wasn’t enough?”
- “What if everybody who doubted us ends up being right?”

REMINDER, GIRLIE: NOTHING IS WRONG WITH YOU.

THE FEAR IS NOT A PROPHECY

- Feeling afraid does not make you negative, ungrateful, or unloving — it makes you honest.
- Fear is information, not a prediction. It points at what matters to you, not at what will happen.
- You can hold fear in one hand and hope in the other. Most girlies do exactly that every day.
- A fear spoken out loud to another girlie loses half its weight. Say it — you are not the only one.
- Years of love, loyalty, and letters are not erased by what happens next. They were real when you gave them.

Nothing about waiting through walls broke you. You are still whole.

WHAT PRISON CHANGES — AND WHAT IT DOESN'T

- Reentry is hard for both of you. He may come home guarded, overstimulated, or behind on everything from phones to feelings.
- Adjustment takes time. Slow days, silences, and missteps are normal — they are not automatically proof of a sinking ship.
- Time and distance don't erase real love, but trust and closeness may need rebuilding. That is work, not a red flag.
- You changed too, girlie. Give yourself the same patience you are already giving him.

KEEP YOUR OWN LIFE

- Do not pause your goals while you wait on a release date. Your dreams get to move even when he can't.
- Protect your money, your job or school, and your friendships — they are your safety net, not a betrayal of him.
- Keep the small things that are fully yours: your space, your shows, your Sunday reset, your little joys.
- Loving him is a beautiful part of your life. It is not the whole of it — and it never has to be.

REAL CONVERSATIONS TO HAVE BEFORE HE'S HOME

- Money: who pays what, how commissary and debt get handled, and what the budget looks like on the outside.
- Roles: who cooks, who cleans, who decides — after years apart, nothing should run on unspoken assumptions.
- Intimacy: the pace, the pressure, and the patience. It is okay if closeness feels brand new again.
- Trust: what rebuilding looks like for each of you, said out loud, not guessed in silence.
- The first 30 days: what each of you needs, what overwhelms you, and one rule you agree to protect.

IF IT DOESN'T WORK OUT

- If he comes home and leaves — you survived loving through the walls, and you will survive this too.
- Leaving is not failure, and being left is not proof you loved wrong. Some stories end even when the love was real.
- A goodbye does not erase the strength you built, the years you carried, or the woman you became waiting.
- You are allowed to grieve and still be proud of yourself in the same breath.
- On the other side of heartbreak there is still a whole life — and a whole community of girlies — waiting for you.

FEELING LIKE YOU WASTED YOUR TIME?

- If he comes home and it doesn't work out, you might feel guilty — like holding him down was a waste of your time.
- Don't look at it that way, sis. I know it's easier said than done, but sometimes things don't work out — and things happen for a reason.
- It's okay if you feel dumb for a minute. Feel it, then let it go — the feeling is not the verdict on your love.
- People will say "I told you so." Ignore the hate. They weren't the ones writing letters at 2 a.m. or loving through the walls.
- You didn't waste your time. You loved with your whole heart — and that is never a loss, no matter how the story ends.

A NOTE FOR YOU, GIRLIE

- Whatever happens when he comes home — he stays, he struggles, or he walks away — hear this clearly.
- Your fear was never weakness. Your loyalty was never foolish. Your love was never wasted.
- You waited, you wrote, you sent money you didn't have, you held a relationship together through glass and steel. That took a rare kind of strength.
- So walk into his homecoming with open eyes and an open heart — but never with the belief that you are the problem.

♥

No matter what happens next: nothing is wrong with YOU. ♥

♥

For the Girlies. By the Girlies.