



Criminal Defense Law Firm in Massachusetts

What is a CWOFF?

Remember this always: you are innocent until proven guilty. In Massachusetts, a not guilty plea is entered automatically on your behalf. Only two ways to change that. First, you're found guilty by a judge or a jury at trial. Or second, you voluntarily change your plea from not guilty to guilty. A guilty is no good because it's conviction. Now you have a record. One potential way around that is to use a tool called a Continuance Without a Finding (CWOFF). Your not guilty plea does not change. You admit to the court that the facts known to the Commonwealth are enough to convict you, but you don't admit guilt. The case is literally continued without a finding of guilt. After a period of time (probation), the case gets dismissed, and you don't have a conviction. This usually needs to be negotiated with the prosecutor and at all times blessed by the judge.

[More Information](#)

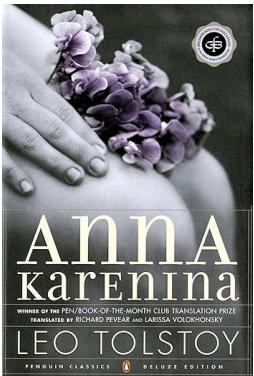
Do it for Them

All of us have bad habits. We all do things we know aren't the best for us. We do things we don't want our kids to do, because if they did them, it would horrify us. We don't want to see them addicted, depressed, or unhappy. We don't want them to drink too much, not able to control it. We don't want them eating the wrong things, and not being able to control themselves. We don't want them yelling at their spouse, cheating on them, or reacting to people instead of responding to them. So why do we do these things ourselves? They are watching us. They learn from us. They do exactly as we do. They think these things are normal. Show them how it's done the right way. Do the hard thing. Do it for them.

Live By This

"Perhaps it's because I rejoice in what I have, and don't fret about what I haven't." Konstantin Dmitrich Levin, *Anna Karenina*. Levin's friend wants to know how Levin is so happy. That's what he tells him. Said in another way, be grateful. It really is that simple.

Recommended Reading



[Anna Karenina](#)

By: Leo Tolstoy

Widely considered the greatest novel ever written, it irked me that I'd never read it. At nearly 1,000 pages, it's easy to see why this one feels out of reach for a lot of us common folk. But don't be intimidated. It's worth the investment of time. Things back in the 1870s were just like the way things are today. People fall in love, have affairs, and struggle between right and wrong. The list goes on. The human condition is timeless, and Tolstoy explores it in vivid detail. This is a good book to really dig into as we get into the colder months. Who needs TV when you have Count Vronsky?!



[Oranges](#)

By: John McPhee

This is a book about oranges and it's fascinating. Written by the grand master of non-fiction English prose, one simply marvels at how such a seemingly mundane topic can be so enthralling. But that's the point of wonderful writing. Learn how it's done from the best of the best.

JOHN
McPHEE
Oranges

Podcast

[Embracing Discomfort](#) the Waking Up app

Speaking of doing hard things, we don't do enough of them. The benefits of doing hard things are enormous.

