

Original Paper

Schizophrenia a Personal Experience

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1. Introduction

This personal account of schizophrenia describes what it is possible to experience at the extremes that the illness of schizophrenia can reach and the different ways this can become suicidal. What follows in this article is how the different symptoms can cause suicidal feelings even as we grow with progression up the Malsow tree and my story with the illness which illustrates how much fear and pain can be caused with the illness to the point suicidal feelings occur.

It is important for clinicians to know and understand what their patients go through so they can empathise and engaging in soothing conversation with them in a compassionate manner. The more severe the illness the harder it is to understand and being driven to trying to commit suicide is about as terrifying as the illness gets.

So, we need to empathise with how extreme the suffering can inflict as it is often said the illness can only be understood if you have had it yourself. The two main aspects are fear and emotional pain and I think what this is like comes through in this account. This is combined with some graphic examples of what happens with the onset of the illness and the dangers it can place you in.

Finally, it is noted what can be done to help even in severe cases and the importance of catch things in the prodromal phase to avert any attempt at suicide prior to treatment. This story will outline the danger signs and how any person with the illness will try to conceal them to keep looking and acting normal both through stigma and possibly to avoid being locked up in an asylum.

It is concluded that proper treatment with medications and talking treatments can remove the risks of suicide described here.

2. The Maslow Tree and Suicide

The suicidal feelings of schizophrenia can be manifest at different levels of schizophrenia and are brought on by progression up the maslow. At each step in the pyramid new problems arise and must be tackled in turn.

- 1) Not having basic needs met can inflict a lot of suffering and makes you suicidal. Schizophrenia can leave you to freeze and starve which can lead to much suffering which can be combined with the fear and pain caused by the illness making the added suffering much worse.
- 2) Fear can a lot of physical pain and again the terror is very difficult to cope with and prompts suicidal thoughts. The voices can tell you to commit suicide and may become more punishing if you don't. Suicide is also possible as the only escape from being punished for 9/11 and is far less painful as being crucified by the CIA.
- 3) Emotional pain from thinking I had killed all those people at 9/11 can cause suicidal feelings. Critical voices can make these feelings of emotional pain worse and can be quite nasty about it. Being cut off from the whole society can add to these feelings and you cannot live completely on your own without any friends or partners. Being loved is the point to life and without this there is no point.
- 4) The damage to your self-esteem can cause shame you cannot live with yourself and suicide is a way to atone. Critical voices can add to this telling you that you are a bad person for what you have done and keep you focused on the shame of it. They can tell you don't deserve to live and so suicide becomes the uppermost thought in my mind.
- 5) Trying to be yourself is difficult and will throw you into denial thinking you might be responsible for an atrocity. Again, you cannot look into yourself thinking this and the voices can criticise you to the point where you think self-actualisation is too painful given the levels of physical and emotional pain already experiencing. The thought you may be capable of genocide is a suicidal thought.

3. My Story

The onset of the illness can be disguised by using lavender for the anxiety and rockrose for the terror. During the phases where we might appear withdrawn some form of distraction can make things look normal and keep a proper diet and functionality for keeping the house clean and tidy. No one including the neighbours will any difference but as things develop the schizophrenia will become more visible.

As the voices worsen you will not be able to hold down a job or leave the house and it is possible to blame this on stress and depression instead of schizophrenia. Yet gain these disguises will only last for a while and things will get apparent to friends and family even when coming into contact with neighbours can be avoided. The problem is to catch it before things get so bad but that will need a change in public attitudes to educate about stigma.

Where Valium Is not prescribed it is possible to try rock rose and lavender and failing that some alcoholic drinks. The thinking was that drinking would calm me down and cheer me up, but you have to be careful not to get addicted to it as too much is bad for you physically and it is a depressant. I had really low mood and felt much emotional pain thinking I had caused 9/11. The drink started with easing that pain but when combined with the low mood from the delusion it eventually just made things worse.

In my case pressures of study and starting to hear voices together were too much to handle and I ended snapping with it all. Giving up study made me chronically depressed, and I ended up trying to commit

suicide and slashed my wrists. All this was easy to conceal and could blame the schizophrenic symptoms on something else. In my case this only lasted for a while and the psychoses became progressively harder to hide.

Another way to try and hide it was to take up yoga and meditation or failing that an antidepressant. Breathing and safe place imagery can help with this. This might have allowed for feeling safer at home when I thought that the neighbours were watching me so that I could actually live in my safe place. What the problem was that I was getting delusion meant I had to hide away and without being able to rely on talking to distract my thoughts by having some company to talk to.

Schizophrenia can be so frightening it get buried in the subconscious as the brain does not know how to handle it and the stigma will just make things worse here. The subconscious overload came back to me as a constant state of anxiety and at this level some emotional functioning was still possible strengthening me against the fear and allowing emotional support from my family. However, the emotional pain was intense and tended to blot out more positive feelings.

Even so I was caught up with thinking about the paranoia. It was difficult to switch off from it because thinking I thought I was going to be punished something had to be done. Stopping thinking about it was going to be very difficult as it needed a solution which could only be erased by an antipsychotic but this in my case was this was not effective.

One other way of dealing with it was to keep the voices occupied with my thoughts which tended to keep them silent and again this tended to calm things down to the anxiety level again. Only when I started to think of what it meant to have killed all those people did the voices start to criticise but when trying to think of solutions they were generally more quiet. All the same I felt they were watching my thinking all the time which was dangerous and again this was a factor contributing to the levels of anxiety I was experiencing.

All of this tended to keep thoughts about the stigma from entering my mind though they were still there in the background. From there when I was calm enough to the point thoughts on stigma began to encroach on my thinking. Again, I was on my own with these problems and began to wonder if I was insane. Thankfully I had enough insight to know this was just an illness but that didn't stop the feelings of being in danger from it.

As far as the stigma went as long as I was only anxious, I didn't think anyone would notice as anxiety is a common problem and may have some sympathy with it. People would try and help as by recommending meditation, but I couldn't talk through my problems too much as they would be seen to be crazy. When anxiety goes on for a long time it can become a serious problem. Eventually I was getting depressed with it but told myself I had to get through things and couldn't just give up.

It needed help but unlike most problems in life you are on your own with a mental illness and when more severe I had to find some strength from somewhere on my own which in my case became possible as we shall see I was in a do or die situation where my survival instincts took over and got me through the worst

parts, this even when my strength was sapped. I had found some strength in dealing with the illness and began to feel less self-stigma.

Needless to say, all of this stigma is still stressful, and stress prolonged the illness. I felt I couldn't have the strength to deal with the stress factors completely and had no way of offloading it and again was on my own. Some people are less sympathetic and would say you just have to get on with things as many are capable of and even in my case where I snapped prompting the initial onset of the illness the view is that there should still be recovery from my breakdown. Again, I began to wonder if I was weak but other factors with the illness tended to be uppermost in my mind.

Even when looking and acting normally I felt people could read my mind about 9/11 so I had to stay away from them and that meant hiding away still. I tried not to think about 9/11 when out but I couldn't get these thoughts out of my head and that made me housebound.

The response was not the usual one to run away from the neighbours but to hide away from them. There was nowhere to run so hiding seemed the best choice. It was necessary to turn my room into a sanctuary and this took some insight and a number of other things helped with the situation.

The problem with being at home sometime there was insight that stopped it being associated with the illness though being confined in there with the voices tended to concentrate my mind on the delusional thinking more. With the good things in my life, I didn't associate my home with the memory of suffering with the illness and the safe place imagery had a soothing effect on the anxiety.

One was support from my family helped to put me in a safe place to help with this and also helped with turning my room into a safe place to go back to if anything went wrong with the people out there. Having my own furnishing and friends and family visiting helped turn my place into a home and at the milder levels of anxiety allowed being there to be quite soothing.

During these times at home, I felt the neighbours were spying on me but I began to have some insight in that nothing had happened to me as a result. Again, I felt a bit safer as time went on and that meant I felt a little more secure indoors. That feeling of living in my safe place didn't allow for solving the anxiety as the delusions still had to be thought about but being at home there lifted my mood and calmed me down enough to think about the delusions more coherently. That help inspire some hope that there was time to solve the problems about 9/11 so I did begin to feel a bit safer.

This helped with the suicidal ideation as I didn't think that the people around me were to be punished for the atrocity but that still left another problem in that the voices, I was hearing might be talking to the CIA about me. Again, a solution presented itself which was to think about the delusion all day which distracted me from the feelings that it was me who had caused it. The longer this went on without anything happening to me again I felt a bit more secure.

Trying to distract myself indoors as by watching and listening to media proved very difficult as thinking I was responsible for 9/11 the question raised itself what else I could have made happen. Anything bad in the news seemed to be my fault and everyone was being told about it in the media. That cut me off

from anything that might have caught my attention, and I was reduced to watching or listening to things which I had heard and seen before so I knew what was in them

Being distracted from the anxiety came and went and this seemed to be because the thoughts took over the mind and stopped me being distracted. Yet with the anxiety level of the symptoms meant I could eat and sleep better provided I wasn't having the terrorising thoughts just before going to bed which prompted the nightmarish dreams this could cause. That again allowed some rest while staying indoors. Even when calm I felt people were still reading my mind about 9/11 and so I had to avoid people so passing them by when out and about. I felt still under threat even having overcome the fear and that again made me housebound. The threat kept me isolated which was emotionally difficult but thankfully didn't cut me off from friends and family. Once the symptoms returned however looking emaciated or being spotted wandering the roads was a bigger problem that people would notice this putting me in danger from the other people.

At another point however staying in doors to avoid people worker most of the time but periodically I got the delusion that my neighbours were ringing up the British Broadcasting Corporation telling the whole society that I was responsible for 9/11. Needless to say, with the whole country watching this was absolutely terrifying and at certain times I had to get out of the house. This however created new problems which although not as bad ended up being quite serious.

I was so caught up with thinking about my delusion I wasn't aware of the frightening stigma or the danger I was in when out in the night. Going out the door felt life stepping into another world surrounded and immersed in it. I found myself in a world of threat that I had created myself and everywhere I went the feelings of threat followed me.

Walking around my local area I could see shops boarded up and unemployed jobs hanging round, and I believed I had caused all these social and economic problems. There was violent music going round and I felt all this meant that it was directed to me. I didn't know what was going to happen to me, so I thought I had to get home to be safe.

The initial problem was I didn't feel much safer at home either as I thought people were discerning my thoughts about being responsible for 9/11 and were going to try and persecute me for it and had to get away from them. But stepping out into the night as I said caused other delusions and this was out of the frying pan and into the fire.

Staying at home within the confines of my house concentrated my mind on what I was thinking and hearing and getting out and about created a sense of space so I could distance myself from the thoughts but meant I was in the middle of all the bad things I believed I had caused in the society which was just as bad.

I didn't know which environment to choose but going out the house meant my level one needs weren't being satisfied and this dampened down the fear compared to being subject to it when in the house. I could escape the neighbours when out but still came across certain dangers like passing pubs with music playing which I thought was directed at me and housing estates where the buildings were boarded up.

Everywhere there were security cameras and police cars patrolling and this reinforced the feelings of danger and threat I was in, and I had to avoid walking along remote road ways as on my and at night as this would attract attention. The police might be linked to the CIA which was more frightening than simply being arrested for vagrancy.

Other problems arose from being targeted by yobs and I felt an information network was involved and my where about were being broadcast on the television. The belief was manifest by catching sight of a television passing some one's window hallucinating me on the screen and that meant people might be on the look out to assault me and the police to lock me up. This was dangerous for other reasons because I could have been mugged.

That meant keeping on the move so my where about could only be updated if I passed someone watching for me out of the window. I tried to avoid population centre and tried to walk off into the hills to get away from everybody. The problem here was that I was being exposed to the elements and might have had a physical accident when out on the moors which would have let me stranded. That thought was just as terrifying as the need to get away from everybody, so I ended up going home.

I knew I had to get back home to eat and sleep and that imperative meant I was just going to have to put up with the threat thinking about my neighbours. My level one needs overcame the fear at this point and there was no choice but to seek shelter as I could have died out in the night from being assaulted or exposed to the elements. The need to survive and get back home became an imperative and stopped the fear.

Another factor here was that wandering through the city centres I came across empty shops reminding me of the dangerous poverty I had created. Out in the night felt dangerous as I kept passing graffiti reminding me about feeling unsafe. Once again my survival instinct took over and helped get me back home as this was a do or die situation which gave me some strength to overcome the elements and the paralysing fear.

Thankfully the delusions about the television network began to subside and that meant a return to the usual state of anxiety caused by the subconscious overload. This only had a calming effect so far as other symptoms came to fore at these levels of reduced fear but also meant the prospect of some therapy too.

In between the times when I was wandering the roads, I felt a bit more functional and could eat and do some housework and didn't look so emaciated so could get out and do some food shopping. That made the chances of survival out in the night more possible as being properly feed could make you physically more enduring.

Sometimes I still needed to get out even when hearing voices and so tried listening to my Walkman. The problem was I could still hear it even so and I couldn't deal with shop assistants while hearing the music. Nowadays this is more possible with the development of self-service check outs.

Being at home presented similar problems in that I heard voices talking about my and the punishment and I tried to drown them out and stop hearing them by playing music loudly. I also tried to watch television through the night to calm the anxiety but although even when the paranoia was at the back of

my mind, I couldn't do this completely. The result eventually was that all this started to attract attention from the observing neighbours because of the noise levels.

I couldn't eat properly and was absolutely exhausted with all the walking and knew I had to get back home before I passed out. Once I got back, I crashed out straight to sleep and at least got some rest. This was one of the reasons why the illness became so visible and the stress of this induced more prolonged symptoms.

Feeling being anxious allowed me to experience the emotional pain of thinking I had killed all those people at 9/11 and damaged my self-esteem and this allowed me to feel suicidal stopping all this and activated and bringing me back down to my safety needs again. Knowing I didn't have the strength for it made me feel a bit safer but the attempts to go it kept reoccurring during each crisis phase.

However, the emotional pain was just as bad as the pain caused by the fear and instead of physically fatigued I was emotionally drained and again this stopped me looking after myself. I was so emotionally exhausted all I wanted to do was sleep but that feeling bad about myself was causing nightmares and so there was no escape from it. Support and love from my family got me through the worst of the emotional trauma as I could tell myself I was being loved unconditionally.

At milder levels of anxiety awareness of stigma increased but what was uppermost in mind was the dangerous labelling going around as it was being talked about in the media. The words themselves were causing the fear and derived from the societal prejudices. Listening to the media really brought this home how the language was used and made me out to be dangerous and insane. Darko Pozder has provided an account of the social isolation caused by the stigma of madness.

At the milder levels of anxiety, I was aware of the stigma which brought on the higher levels of fear. This was only occasionally because I was so preoccupied with thinking about my delusions, I only remembered about it occasionally. However, when I did remember about it the feelings of fear were combined with the realisation that the terror would inevitably return increased the level of anxiety significantly and became very difficult again.

Thinking I had killed all those people damaged my self-esteem and the voices were criticising me for it which made things worse. Again, self-esteem was damaged by thinking I had allowed myself to be ill again made things worse particularly as this appeared as common sense. The source here is that there is some apparent truth in the stigma that in adverse and extreme situations like fighting in a war you have to do or die, and this is normatively charged in our society and culture.

The fear with schizophrenia is about as stressful as times of war and you can get shot as a coward. Many stressful things in life have attached itself to the conventional wisdom that you just have to get on with things as everyone else has to and this seems to have some truth in it which needs dispelling, so we don't blame ourselves for going mad. This stigma is so deeply rooted that trying to dispel it therapeutically is going to be very difficult.

As we have stated when things calmed down the stress induced schizophrenia was lessened, and I could tackle some of the things that caused the illness in the first place. This was because buried in the

subconscious what I experienced was anxiety constantly more than anything else. That still left the paranoid idea somewhat and thinking I had killed all those people which made me emotionally suicidal, so my safety needs were being compromised again and the memory of this added the anxiety state at level two.

This sort of thing can mean you end up in hospital but makes you keep quiet about it in case you get trapped on a ward with people you may be paranoid about and like the stigma might put you in physical danger. Locked inside my house meant people couldn't get in but if they tried, I couldn't ring the police because I was thinking the CIA were after me but being sectioned by the police presented a similar problem.

So, trying to commit suicide was difficult and I again tried and slashed my wrists. That was dangerous because it left marks on my wrists which might be noticed by friends and family, and I would be forced to see a psychiatrist. If you are a danger to yourself, you can be sectioned and much the same problems if you have an overdose in that if you bottle out with it and need medical help this might be referred to a psychiatrist again. Bottling out of an overdose means getting medical help and charcoal to drink which means potentially being sectioned again.

Another factor that would get you committed to an asylum is not looking after yourself or your house. If you stop functioning it is obvious something is wrong, and this sort of thing is not normal. All the same you can blame this on feeling depressed but only so far so the fear drive can make you look after yourself. Again, it can mean being sent to the loony bin.

I had visions of being locked up in hospital with dangerous patients who had dangerous split personalities and then I also thought out in the community people would think I was like Jekyll and Hyde so they might attack me. In the end being hospitalised was no more dangerous than being out in the community so I agreed to give it a try. Once there I realised there were no padded cells and strait jackets I began to feel a lot safer

Being in hospital I found a sympathetic ear to soothe what was happening with the voices and that meant I calmed down enough to eat and sleep but this was not effective at the higher levels of fear. All the same it made life more bearable in between and I was discharged back home which most of the time began to feel more like a safe place which took the edge off the times of terror and severity. I no longer felt the need for suicide and with the help of the mental health system I made new friends and was able to study so the initial triggers for the despair had gone too.

4. Conclusions A

Compassion Focused therapy can avert all these dangers and anti-depressants can take the thought of suicide away. In my case antidepressants were not effective but were applied can in some cases stop the emotional pain that can be combined with the other symptoms and the other deprivations emotional and social the illness can cause...

One other answer to stop the physical side effect of the schizophrenic symptoms are nerve and sleeping tablets which help stop the feelings of being exhausted. In some cases lack of sleep may occur through reoccurring nightmares but otherwise schizophrenia is often more an anxiety disorder and the prescription of benzodiazepine can help keep you functional with the subconscious overload causing the nightmares, eating properly to keep you strength up and look after your house and home.

Another outcome with nerve tablet is that they can overcome the fear caused by the stigma and you will not feel so visible by having to run from people, hide away at home and to stop looking emaciated which can attract attention though looking withdrawn can attract unwanted attention. This last problem only lasts so long as the fear persists so going shopping for food and utilities to keep warm and fed is still possible.

5. A Mental Battle with Schizophrenia

Schizophrenia is different for everyone so the more accounts of it we have the more we will know. In my case there has been a battle to preserve my intellect so as to use it to do something socially useful which would atone for causing 9/11 and also to find a ways to get through the rest of my life without being punished for it. My case of the thought processing involved is relatively unique and involves a mental battle with the voices and delusions as they have had a very destructive impact on my mind. This article narrates and details what has happened.

Here there has been a long struggle with powerful fears and emotional pain which has had the effect of destroying my mind shutting down the frontal lobes while I have tried to find ways to prevent all of this to calm down and return to a normal mentally functioning and thinking patterns. Every day is a bit the same and I am thinking about it 24/7 much of the time and this can cause a lot of fear and pain which will clicking the amygdala back and destroy the possibility of doing something intellectual to answer it. Most importantly emotionally is that I keep thinking of ways to stop it hurting my friends and family as if I can cause things like 9/11 what is going to happen to people around me including the ones I love and care about. The thought pattern in terms of how these occur in my mind and what causes them are generally the same old stuff. Yet I haven't thought of an alteration or deletion to change it all and prevent them from occurring. This is particularly traumatic and is one of the most distressing things the illness can produce and can make you suicidal as this is the only way to protect your loved ones, something I keep bottling out of.

Emotional pain does not happen a lot as the brain is so frightened it tends to blot it out as it has to be functional to deal with the fear. So as per the Maslow tree fear can shut down your emotions The fear overrides the emotional pain as it both life threatening and concentrates the mind on finding a solution. There is a need to keep calm so I can use my mind and intellect to find an answer to the voices. The problem is that I am too frightened to think straight a lot of the time, and this can hinder the attempt to analyse my experiences.

Current psychological theories suggest schizophrenia is stress induced, so taking notice of phrases like being driven round the bend or round the twist for example. That causes a subconscious overload, and the paranoid thoughts register in the subconscious. The subconscious is not a secure safe house for the delusional beliefs. Yet they keep reoccurring to me as instinctually the mind can kindle the subconscious when it knows it is in danger and has to do something about it. During calmer moments with the overload this is possible, so the resulting experience of fear is not uniform.

So what are we up against regarding keeping calm? To answer this, we need to know how the fear works on the mind and what can be done about it. The fear comes in three forms and at each level different experiences and possibilities are evident for what can and cannot be done to deal with the problem. It is this to which we must turn first and get an idea of the issues and strategies that might be used.

As I have indicated the fear is often at the back of my mind and never goes away completely and this comes back to me in the form of anxiety which can be dealt with up to a point as it doesn't take over my mind. At this level we shall see I am a lot more functional and able to deal with the illness much better. This produces time when you can restore your strength and get to sleep before the next intrusion on the mind and also allows time to develop insight into what is happening.

The intermediate form of anxiety which is fear, and this is usually triggered off by memory. This delusional thinking has to be stopped and got rid of by erasing the delusional thought. Yet by questioning whether what it is thinking is correct and so stopping the paranoia there is a problem here as the baby goes out with the bath water. This can stop a delusional thought if it is incorrect as say whether 9/11 was a good or a bad thing but also causes some intellectual damage in doing this until again it all wears off. The worry here is that if I lose my intellectual faculties the voices would call it a day and start to punish me more.

My brain is constantly looking to problem solving things from various sources such as what I have done in education, things in the media or life events to show the voices it is intellectually understanding things. Often it finds a problem with this and so tries to get rid of the mistaken thought. Yet at the same time it is getting rid of the faculty that was doing the problem solving. Although this plays for time again it has gradually done tremendous intellectual damage. This has been going on for a number of years but eventually could be very dangerous for dealing with the voices if my brains go completely.

The problem in my case had been that you have to hang on to your intellect eventually the voices wear off. The loser psychology is there in some ways and can help the problem with erasing the intellectual part and the mind as it is often hanging on to itself during the times of fear. This is what the intellect is based on and gives the feeling of safety provided it keeps the intellect intact. The voices don't change this aspect of my mind though I still have to hang in there until the fear wears off.

You can sit through the fear when it occurs but sitting through the terror is much more difficult. The terror can make you pass out so you have to hang on to something like the writing to tell yourself you will survive the paranoia to get through. Again, it wears off but there are dangers here is that it might not. This produces a problem which makes you feel very physically uncomfortable and knocking myself out with

the tablets doesn't work as that add side effects to what I go through mentally and physically. This has had a very damaging impact on the mind destroying parts of it so it has become necessary to find a way back.

I live sometimes live in fear of the most extreme form which is terror, and this too can trigger off a psychoses. Yet this only occurs to me now and again as I am so preoccupied with other thoughts. This doesn't affect me a lot as I could get killed if I didn't keep my brain trying to find a solution based on intellect or insight so that imperative keeps the fear of the terror episodes at the back of my mind. This does however produce a state of anxiety that never really got used to though I have learned to be more functional with it as have developed my understanding a lot better of how the illness works, even though I haven't thought of a solution.

In my case there has been a number of ways of coping with the problem of terrifying delusions once we understand how they happen and what that involves. The problem is to calm down so you can think about what is happening and in my case, this has yielded a few possibilities for dealing with my troublesome thoughts. So how do you generate a feeling of safety? This article will run through all the stress factors involved with thinking I am responsible for 9/11 and indicate my ways of keeping calm by being insightful or intellectual.

The main factor here is that the voices criticise which can be stressful enough to cause delusions. Yet they are not all the time and the consequent de stressing might stop the fear as there are gaps in the delusional thinking. Without voices things can be calmer and sometimes stops the delusions reoccurring. It is at this point it is possible to analyse the illness and think of things that might keep you calmer for longer. The fear can be so overwhelming you cannot think straight but in the gaps, you can work on insight.

Life can be stressful and cause the illness which is this exacerbated by the stigma. The things that are stressful in life like in my case losing your house and getting divorced tends to create the problem that people should really be coping with this sort of thing and not allow themselves to go mad. This will bring on the voices through fear of society and may cause the paranoid thoughts as well. Once in the mental health system we are relatively free of other people, but this cannot be guaranteed and mental health patients can be victims of acts of violence and social rejection.

One solution in my case has been to try and avoid some of the triggers as I believe I can have accidents with the paranoia as it tries to be consistent with the delusions and trigger off world events by catching sight of the media. The answer to this is to try and let these thoughts go and eventually and this has had some success. I now do not remember much about this problem but occasionally they do resurface often triggered by catching sight of a television or a newspaper. I have to be very careful to avoid the media but sadly this cannot always be done, and this has terrifying consequences.

Another hope here is that the memory will be lost and causing bad things can be set right using the same thought causation. If I don't remember about shutting down shops and causing an economic recession, then these other closures wouldn't continue for the shops that are left though. Yet the other possibility is

that shops will reopen, and I am causing this too. It made me frightened to go out for a long time but eventually I stopped remembering to think about all this and the problem stabilised. This allowed for getting out of the house again, so my mind was able to take a break from being focused on the voices and delusions in doors.

It might help to calm the reptile brain down when still having the psychotic thoughts if you can just let the thoughts be and not to panic about them. Yet this is difficult as my mind tends to grasp these thoughts in an attempt to stop them reoccurring. In order to let the thoughts to come and go instead of hanging on to them means that the mind needs some reprogramming as to try to stop this instinctive reaction. I also have to hang onto my intellectual function here to think about what is happening so you can sit through the fear but with the terror is much more difficult.

Thinking about these problems and trying to solve the paranoia can actually accidentally trigger the delusion off. At other times they just drift into mind and again that triggers them. So there is no solution to this unless I can find a way of stopping remembering about them. Yet it is also necessary to question them. So, finding solutions to these problems through insight is difficult because you need to focus on them to question them and that can trigger off the illness. Then you have to be very careful about this.

Another idea was that as fear and pain are the two aspects that are essential to schizophrenia and could come in useful in dealing with voices. Then being in pain with the delusions might make the voices feel sorry for me as do many of the nursing staff, doctors, nurses and friends and family. These feelings don't often work as the voices know about being responsible for 9/11 so that however much I suffer there is no pity involved. It would take something quite terrible to persuade the voices even when being a nice person as through helping others by being published about on mental health. Hence the suffering is best avoided than made use of.

So again, the only possible solution is to preserve the intellect while getting rid of the paranoia since without the intellect there is no answer to atone for 9/11 and the dreadful punishment this will involve. It has been difficult to see how to do this as both fear and intellect have always been very affected. Yet the hope here is that although my intellect has sustained a lot of damage this has taken years to do so and it is still intact. Thus, it might run the course for doing this and get me safely through the rest of my life. Time will tell on this, but it does inspire much hope.

A lot of it depends on finding ways to click the amygdala forward as being paranoid about people and having paranoid thoughts does prevent this. More than this I need a way to stop feeling frightened to stop my frontal lobes from shutting down and this article will now deal with distractions and coping strategies for doing this. That sort of thing dominates ninety per cent of the day and gets me through life with the psychoses without being held responsible for 9/11. The rest of the time I am in a lot of trouble and extremely frightened.

Outdoors my mind focuses on the people and places I am in. It is much less focused on voices and delusions and more aware of the people. The good thing here is that if I hang on to my intellect and create a façade with my mind then I can somehow get passed people without being noticed. This means with

regard to my amygdala when the shopping and eating out might cause some pleasure which will click it forward and might help me open up my intelligence again.

In a public place where you are frightened, I believe people will read your mind. Yet when these thoughts come and go of their own volition it means they stand less chance of being noticed by the other people. The problem is letting go of the thoughts is difficult and this makes them more visible to other people who might start discerning them and so to passing on to other people which might get back to the CIA. Even at this point which magnifies the danger some distraction is possible by focusing on the writing. So, I often I feel safe at the shopping mall but still am endangered by going there. Then I often have a long argument about whether I am safe going there and what the other pros and cons are associated with this. One is that being in a public place helps pass the time. Another consideration is that though the problem with going out and being around people means that I can do things like shutting shops down with my thoughts or harming friends and family members who might be going with me, it is still better not to stay inside and be socially isolated (though this can help up to a point too).

I can get lost in thinking about it and become less aware of my surrounding and again this helps pass the time when out and in. Yet if I catch sight of someone I flip out and my mind flips out and tries to act on my behalf to focus both my attention on attacking them and thinking about something else at the same time. This draws attention to myself, and I am thinking people will be wondering what the reason for the mental attack is and they might be connecting it with 9/11.

This constant thinking stops me relaxing on my walks (which I have to do as I have had a diabetes scare). Yet that does help further pass the time by breaking the day up. I find I spend a lot of time psyching myself to get motivated for this, summoning up the courage and being psyched up as knowing I had no choice forces my mind to concentrate on this and stops the paranoid thought from having any effects on me. Yet the outcome of this depends on the differing places I go when out and about.

Going to archery was another way and was able to see the people there. Yet this caused problem as what happens here is that I know they know my name and address and if they discern in my mind about 9/11 then the CIA, they will know how to catch me. Going to the club has been possible through feeling a bit safer about not letting this slip as it was more possible to distract myself by concentrating on the sport. I managed to keep going to the club for years despite it being really frightening. Eventually the fear escalated to terror, and I had to give it up.

A similar thing happened by going to a day centre which carries the same dangers. As with the archery the primary fear was people passing on info to the CIA so I tried to think about the frightening writing and stopping what might happen to other people amongst other things. Again, these were good ways of passing the time as putting yourself in a distracting environment when in danger stops all thinking about causing other things like 9/11. However eventually someone at the day centre had cancer and I believed myself to have caused it so I stopped going for a long time.

Eventually I gave the day centre another go as they were running a relaxation class, and the illness has always in my case being more of an anxiety and fear disorder than else. This was a bit of a last resort as

I had already tried everything I could think of and I just had to run the risk that it might be possible to go without hurting other people. The relaxation techniques included breathing, muscle relaxation and safe place imagery but I couldn't switch off the paranoid thinking to concentrate on it and was not able to distract myself.

The hope was if I could calm down it would stop me being frightened when having these thoughts from a physical point of view. Yet that might not necessarily make me feel any safer as these thoughts will stay be there. Yet if I could calm down it might non the less that I would stop attracting attention to myself when out and about. Going out has been possible more so at sometimes rather than others. Often it depends on how brave I am feeling but If I have reoccurrence that I harmed someone when trying to test this out puts me off a lot.

Harming other people, I know includes friends and family so along with causing world events and economic downturns this causes an overwhelming sense of fear and emotional pain. Again, this has a very destructive effect on the mind. This can destroy some intellect functioning as my mind tries to get rid of the dangerous thoughts other things go as well. I have friends and family who care about me and about whom I am not paranoid, and they have helped me not to give in to dealing with the illness as they remind me that there is always hope especially with using compassion.

Sleeping lots was another effective way and does pass a lot of time and combined with my strategies for getting through the day this helps a lot. The problem here is to stay on top of things with the subconscious as the illness can cause nightmares. so, the sleep is not an escape. Yet if you can keep a lid on it before you get to bed these problems can be helped. Ideally, I would like to sleep all the time but sooner or later you cannot sleep anymore, and you have to face the day. After a while you will wake up and get pull round and the same old problems begin to resurface.

Being prone and waiting to get to sleep causes a strange reaction. I practice breathing exercises which are more effective when comfortable under the covers and start counting sheep which is distracting. The combined with knowing this will get me to asleep sooner which is very relaxing. Being prone concentrates the mind very well and the distraction works much better combined with the feelings of safety. Then it doesn't take long to get to sleep which can be restorative for dealing with the illness.

Online shopping occupies a lot of my attention and buying things helps click the amygdala forward as it is pleasurable. The more I can do this the safer I feel as I tell myself this is part of what I need to do to survive the illness. It was important to combine this with other things that can be empowering for the brain such as eating out, travel and exercise. The problem was with being so under threat my amygdala might not be clicking forward enough with this and it certainly was still clicking back during the fear and terror episodes. All the same it can perceive threat without being too frightened and you can still experience pleasure when the paranoia is at the back of my mind which seems a bit more hopeful.

Writing completely absorbs me a lot and again with the amygdala it helps me feel safe. It means I have to keep coming up with new stuff so I can keep my mind focused and as long as I keep producing new material, I feel safe as even if I think I have made mistakes there is always plenty of new material. The

voices aren't in a position to know if I am right or not and I don't try to think about so they cannot respond. I am so keyed into all this as it occupies the mind, and the loser psychology can easily get distracted with this and I feel a lot safer as it doesn't seem to have an end. Fortunately, I am very prolific to make this work as there is always new stuff.

Doing all this causes me not to remember myself which stops me remembering about the psychoses. It is not just distracting as with the psychoses at the back of my mind I tend to forget both me and the paranoia at the same time. I am not mindful of myself or the illness and this provide a break from things which helps pass the time and calms me down a lot. However, to deal with the illness I would have to become more aware of it which I don't want to do and would rather store it away in the subconscious. Of course, to get rid of the damage caused by the frightening flashes of paranoia I have to be mindful, so the choice is very difficult.

To survive the paranoia, I have either to get through life as quickly as possible or come up with something intelligent to make up for causing 9/11. The problem is the voices are trying to destroy my mind as are people when I go passed them when I am out. World events like the situation in the Ukraine do the same and can cause some intellectual damage. Then though this eventually wears off it does not stop them doing damage occurring bit by bit. So far after a number of years of this there has been enough left to keep my intellect intact. Yet I don't know if it will last like this in definitely which is a worry.

There are mental processes involved here that involves a lot of distracting so the self-questioning about being intelligent which calms me down and gets through life. Here the voices in particular like my writing and education but I do get into a debate about how correct it is and how good I am. This is vital to dealing with the voices as they seem to accept If I can be valuable to society through being of use to it they might let me off for 9/11 (and the many other things I think I am responsible for). The voices do seem to take this into account which again inspire much hope.

The only insight I have is that I don't understand how I have never been assassinated as they couldn't protect President Kennedy for example. This is strange because I think people are reading my mind about causing 9/11 yet nothing happens to me. The thought here makes me feel safe in some ways as nothing seems to happen to me but the calm is lessened by the voices reminding me I might still be punished. I keep thinking that through media the world is out to get me but again nothing ever happens. Further here on a day-to-day level being around other people help keep me safe but the final decision rests with powers that be.

Watching television helps a bit and is a distraction so that part of my mind latches on to this while I try to think of a solution. This can be combined with the writing which tends put the paranoia to the back of my mind as it tends to calm me down enough to think. It has a settling effect on the mind and helps me multitask with what I write. One this starts there is some self-forgetfulness involved with being at home and watching movies and this keeps the subconscious thoughts at the back of my mind and helps pass the time again which again seems to fly over.

Through writing I am studying the schizophrenia and trying to find a solution so I can get lost in thinking about it. Then it helps go out and take music is another form of media distraction. The voices tend to remain quiet about doing this sort of thing. Yet as I am confronting a new danger here as it means being around people who make me paranoid, so this is out of the frying pan and into the fire. Yet getting out of the house has other benefits for exercise and fresh air is very therapeutic and helps with being intelligent by clicking my amygdala forward.

Here going to the shopping mall reminds me of being in a safe place as I can remember times there before the illness and being in a safe place is better than imagining you are in one. I can hang to the feelings of being safe there by again concentrating on my writing instead of the people round about. The people will make me paranoid, but I have a way by focusing on positive hopes that the writing inspires and also the hope that simply by ignoring them getting out is possible. Yet the problem remains that sometimes when I am out walking people pass me on a one-to-one basis and this can cause a relapse.

All the same the distraction is not complete, and I still think each individual encounter with other people also takes a piece of my mind, so that I might end up with a learning disability. This causes another way of clicking back which is terrifying. There has been a dire need even in the midst of all these problems to stop this from happening. Going to a further education college could help here and get my brain working normally. I have to meditate on the parts of my mind that have been erased in this and other ways so that I can get my academic understanding and intellect back.

So online shopping or going to the mall also distracts me and become important in answering the psychoses. It is something I love and have the money to do it and again this can click you forward. As Led Zeppelin sang “there is a lady who is sure all that glitters is gold and she is buying a stairway to heaven.” This creates an extreme reliance on materialism in life and acts as something very pleasurable and I can use this to help with mood. There is also a sense of purpose here which helps to get through the illness and will reopen the frontal lobes.

I have a mental battle with the paranoia to demonstrate I got my academic and writing topics correct. I was losing my understanding of certain key concepts and hope that by meditating on them I might bring them back. It was terrifying to watch my mind go as this was the last line of defence against the voices. I had to seek help from a clinical psychologist about this and it maybe meditating on these theories might help bring me back. My mood goes up and down a lot with this as the voices become happier or more punishing about my understanding of academic work. Yet I have had some success in doing this which was very reassuring.

So, the voices question if I am intelligent and I have to answer them to avoid being punished. This by looking at whether my writing alongside my academic work is correct. There have been so many interpretive issues that the voices become very critical of me. Yet this only goes so far as on the whole over many years it seems that generally the understandings involved are correct. To this extent the voices seem more accepting but have not made up their minds yet. So, this can cause some worry even though for the most part things seem to be ok. My writing has generated many citations which again is reassuring.

Another delusion I keep thinking about is becoming a psychopath which this is something that can be avoided with a 'loser' psychology. Again, if it is found that I have been causing harm in the world and the voices would connect this with my potential psychopathy or if this was perceived to be so by society the punishment is more likely to happen. Then it may have been thought that having generated the harm was because of this. Fortunately, being a loser can protect me from this too as playing the losers *game* of life (as Roxette put it) is the most important thing to me and would hide my true nature. So, without going into too much detail I am not bothered about whether I am a psychopath or not as the voices or anyone else wouldn't know about it.

Going out with my friends is distracting and so helps pass the time further. We go out for meals, and I can rely on my friends for support in this. Yet although the social support versus the fear is effective in doing this the enterprise is another difficult one as I am peripherally aware if anyone notices it when out they can try to harm it my mind some way. So, it clicks the amygdala forward and back between pleasure and harm, this on top of the fear which can be fuelled by the anti-loser stigma and the people around me when out who react to it. With insight this problem can be balanced again but if it all does it do more harm than good?

Without the writing there is nothing left. It is what has sustained me during my life and made it worthwhile since it has meaning and esteem in that it is fulfilling to know I can help other people. The writing has always been a talent so I don't see how it can be destroyed but with what I have seen with the voices this seems possible. Without this I would be completely lost and there is nothing else could fill the gap and even though there would be some support from friends and family this may not be enough. The questioning by the voices has come to dominate all aspects of my life as I need to succeed to justify 9/11. This even includes diet, exercise, shopping, travel and material things all of which is empowering and good for you. All of this clicks me forward even with losing weight. The effect here is that there more opportunity to succeed intellectually with all of this which is reassuring in respect of the voices and by the fact this had made some progress. The problem with the material side is that we lost our family business, so this has affected my intellectual state. Then without my mind being empowered this has caused a lot of problems with the psychoses.

Losing my abilities under normal conditions is, as you can imagine, terrifying but with schizophrenia it antagonises the voices. Some of this is an inevitable as it is built on the loser psychology which is heavily stigmatised by society and can be erased. Yet there is another problem with the media as for example as the Beatles wrote "there is nothing to know that is not known, there is nothing you can show that isn't shown." If this is true there is less hope to answer the voices, but I am a little bit reassured that other people I have met with this psychology have all been successful people.

The loser psychology can act as a shield to keep the voices quiet as keeping the mind intact can inspire hope as I can use it to work some good which will please the voices so they won't agree with the stigma that might destroying it. The problem is this particular lifeline can be destroyed by the media and other people. Then it is vital this can be prevented, and I have made friends with people who have the same

psychology to keep stay away from people who harm me. I can use this help and my family support in avoiding the stigma so the damage caused is minimised as much as it can be and without the stigma I can click forward more.

Yet if the loser psychology is erased there seems to be nothing left in life again to motivate me and I will end up being thick. This on top of all my other problems would just things worse and is a terrifying prospect. Again, I am often too distracted by the illness to think of this eventuality but when it hits it can be just as terrifying as the psychoses. This outcome would make me suicidal which I am not strong enough more and that would mean a continual state of depression and again this would click me back.

As I have said the loser psychology operates like a shield for the psychoses by being intelligent. This also means you can always enjoy things like education as losers prize intellectual things above all else. Pursuing things like this has been possible within the mental health system and has acted like an underlying reassurance for the mind that even when being a loser it might still lead to feelings of pleasure and possible safety which will keep my amygdala clicked forward. It also provides a sense of achievement which might help with my mood.

I got some psychotherapy for all this and learned some new things that it might be I have to rebuild my mind intellectually. I also found I could learn new things as I began to make some progress on this. Yet although I have shown the voices I could this it might not have been at a high enough intellectual level, so the voices were still critical. This may change eventually but might take some time. The hope here too has been that the more you exercise the mind the better it gets and over time it might still get there. The voices have so far been quiet about this thought.

Getting out as going to a day centre for education might be dangerous as the psychoses can harm people. Yet if you can avoid the danger it might help by taking your mind off thing. The problem is the damaging thoughts keep drifting into my mind and this can harm the other people. The difference here is that it might be hurting people I know and care about and again this will be damaging emotionally and to your self-esteem. So any thoughts of being a good person that might have helped with the voice would be undermined by having harmed them.

Anything enjoyable or empowering will click the amygdala forward and drinking wine passes a couple of hours and it has a calming effect do enjoying it is one of the distracting things in life. It calms me down so I can be more distracted and from there I can, amongst other things, watch a movie. Then I can be even more distracted. You are not supposed to drink wine with schizophrenia. Yet it along with a number of other things calms me down enough to write which makes me feel safer dealing with the illness so either way there are pros and cons and on the whole I feel safer with the drink.

Something that is hopeful derives from delusions of grandeur and the hope is that the world economy stays the same. These delusions depending on what happens in the world can cause either pain or pleasure. So, in so far as I am at the centre of world events and the voices are still going along with such things then provided, I don't mess the world up this makes me feel safer. Again, various world positive events

have been going on for decades so they might help burn up the rest of my life without being punished which again can click me forward and back depends on what happens.

Another worry I have is that if I have come out of shock with the delusions it will be highly visible I have had a breakdown. Then coping with awareness of what has happened and looking like I have nervous twitches and spasms would be hard to observe and live with. It would be awful to look like this and this would make me feel like a freak. I don't want to draw attention to myself even though this appearance would generate much sympathy. So being in shock at the same time hides the breakdown from being visible to other people. Again, this would cause pain and click me back.

Finally, I might end up back in hospital which is likely as I still get crisis episodes where I could pass out with the fear. This might mean I will lose my house, so I have some savings set aside to prevent this. The outcome of having to find somewhere new might mean could end up wandering the roads or living in sheltered housing again. Not being in my home and homely environment would unsettle my senses and make the illness worse and as moving house is one of the most stressful things you can do it could have serious implications of clicking back again.

6. Conclusion

There has been a mental battle with my paranoia and voices that if my mind was destroyed I would be held responsible for 9/11. The answer to this might be that there are ways of calming the reptile brain down with schizophrenia which will help click me forward and open up my intellectual side to answer the voice. The struggle here has been very difficult and has required trying to get some control over the paranoid thinking to stop it shutting down the frontal lobes.

The main upshot would mean my mind would not be causing damage friends and family or society and the world. This really brings the terror home so I needed a way to get these thoughts out of my head as they might harm my intellect. Living with schizophrenia in my case had been a complex mental problem and has yielded some terrifying outcomes and possible solutions as this account has provided.

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