

Short Paper

Schizophrenia, Maslows Hierarchy and Losers

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The article argues a proper understanding of the loser's psychology can lead to understanding how stressful it is and how that stress interferes with personal growth which could soothe the symptoms of schizophrenia.

To do this we must realise how stressful life with being a loser is as the current thinking is that schizophrenia is stress induced and what coping strategies might help with the condition.

We need to integrate three lines of thought including the stressful symptoms of schizophrenia, psychoanalysis as it affects losers and Maslow's hierarchy. It is contended this will produce many therapeutic outcomes.

We must begin by looking at how loser psychology causes the different types of stress. These include not providing basic needs like food, warmth and shelter to feelings of being unsafe, feeling emotionally isolated, having damaged self-esteem and not being able to be self-actualised.

At all these levels we must outline what impact being a loser has on the stress involved in life which might have caused the schizophrenia in the first place and if it not addressed how stress can perpetuate the illness once it has developed.

From there we must look at how the stress of the loser psychology can be helped climbing the Maslow tree and the different forms of soothing which can be developed. It is argued some personal growth can be achieved at each level without giving up the psychology which might reduce some of the stress induced psychoses.

Maslow and Growth therapy

As far as climbing the Maslow tree goes a number of factors can make life so stressful that the need to be addressed in some way. We shall first outline the problems involved and then look at if anything can be done about them.

- 1) Basic needs can be met but the loser psychology can make you so depressed you cannot look after yourself. Even so the loser psychology is very difficult to get rid of. This in turn threatens your safety needs.

This can be the cause of a mental illness which perpetuates the problems of ending up homeless though at some point this might end up in being admitted to hospital where basic needs can be satisfied.

- 2) Given the omnipresence of the loser stigma in all kinds of media and society it creates a hostile world in which we must and hide away from other people in case they find out.

These feelings of being unsafe in the world add to the problems of paranoia in schizophrenia where we feel we are being persecuted with being delusional.

- 3) The problems of hiding from people with the loser psychology can like the paranoia of schizophrenia can lead to stressful social isolation.

Yet there are further problems here in that being a loser can have an impact on mood which can worsen the depression caused by the psychoses. This problem was well put by Sheryl Crowe who sang “if it makes you happy it cannot be that bad if it makes you happy then why are you so sad?”

Emotional contact can be distorted by the psychology but is still possible in these ways. Remember Ozzy Osbourne who sang “happiness I cannot feel and love to me is so unreal”.

Loser psychology can prevent normal emotional relations as Meredith Brooks in a song called Bitch that love is distorted and is not normal pointing out “you wouldn’t want it any other way”.

- 4) Self-esteem can be damaged but you can still enjoy being a loser even if you are being criticised for it. It is made out to be nasty and regarding other people to be not good enough and these are powerful forces for feeling guilty about the whole thing.

- 5) As far as self-actualisation goes you cannot believe in just being yourself as it is not regarded as enough including things like social status, attractiveness, wealthy of powerful enough. We cannot just be who we are.

So, with schizophrenia we are missing out on possible supports to living with the condition including more normal emotional regulation and self-esteem but these are also being prevented by the loser psychology. Yet up to a point these needs can be answered without giving up the psychology as we shall now explore.

Safety needs can be helped as there are ways of ignoring the threat and just immersing yourself in ordinary life. Living it like this makes you oblivious to anything that might frighten you and cause problems with being bad with your nerves. Family affairs and whatever else is going on with life can help here.

At the emotional level the depression caused by living in fear can add to mood problems with schizophrenia. Yet there are things that can help with this including materialism, religion and experiencing pleasure. I found it helpful to follow Prof Gilbert's advice that you should keep a pleasure diary which reminds me that everything is not always doom and gloom.

Emotional needs can be met so far and as because of the suffering schizophrenia inflicts on losers brings families closer together, even when friends and partners with the same psychology. All the same cutting yourself off from everybody because of the schizophrenic stigma is also possible here.

At the esteem levels of the Maslow tree the stress stigma of being a loser can be answered in that it is not being kind of compassionate about it and as Freud knew it is not our fault. It is wise to put your care in the hands of a psychologist which is a safe place for dealing with the diagnosis.

At the self-actualization level losers still have a very strong sense of who they are and be content with living life along these lines. They can still identify with themselves and enjoy life accordingly.

I think all of these coping strategies can reduce threat from the loser psychology and stop the overall stress system overload from that and the consequent schizophrenia. It is to this we shall now turn.

Stress and Schizophrenia

To begin the isolation and stigma of being a loser is very stressful and schizophrenia is stress induced: it may need sleeping tablets and Valium to remedy it which are often not prescribed?

We need a wise threat system for this as the loser stigma manifests in the same way as the paranoia as schizophrenia in the media and the neighbours. In the big bad world you are very vulnerable being a loser.

You must learn to hide the psychology by keeping away from people through living life with being inside the house. It is not always possible to integrate with other people. All the same the psychology is not always visible so some social contact is possible.

The mental health system has helped me a lot in life as it provides a safe place from the society at large and I have met other people with the same psychology which has helped me greatly.

One thing here is that you have to serve someone in life and this goes against the psychology. This will prevent gaining the self-esteem of having a job and helping other people. All the same the psychology doesn't mind working provided it is safe to do so.

Again, living in the system has removed this attitude problem of having to do as you are told which could mean losing your job or even your housing benefits making you homeless.

So, the mental health system has kept me safe, provided opportunities for friendship and have even had a girlfriend who I met in hospital. All of which may not have been possible in the wider society which stigmatises losers.

The mental health system also allows for some self-esteem in that it provides some access to education which the loser psychology tends to seize on as a valuable and possibly more than anything else in life.

Gaining qualifications is also important here in case it was ever necessary to find a job through the illness being cured. In my case I learned a lot of information technology which meant I could find a job working from home.

The good thing with the mental health system is that these feelings of safety can reduce the extreme stresses inflicted by the dangerous stigma of being a loser and so might be combined with the other therapies that can soothe the symptoms of schizophrenia.

As far as loser psychology goes the whole thing is terrifying yet there are other things that can help depending on how serious it gets.

The including things like breathing, safe place imagery, homeopathic remedies like rock rose and aromatherapy oils like lavender. But at the higher levels of loser terror they are not effective which is also true of schizophrenia.

Even things like staying away from people is not always possible as your neighbours are wondering why they never see you. You have to be careful where you find a place to live to avoid them. You never invite your neighbours round in case they figure you out.

In my case I have found a quiet residential estate where the living is anonymous. Again, this keeping away is effective and is good for your nerves.

All the same staying in the house all the time and never going out has a two-folds effect on the stress levels.

One is that your house seems like a god send and is a refuge away from the society but on the other hand in means staying indoors for most of you time and that can seem like confinement.

At other points I have adapted to the feelings of confinement in the way that many schizophrenics have to when they feel they are being spied upon. The loser psychology makes things worse here as the problem is not just the schizophrenic thought that you are being watched but also with the loser thought they can cause some harm.

The answer up to a point with both the schizophrenia and the loser psychology is that you need to get out to places where no one knows you and in my case I have found going to a shopping mall relatively safe.

Getting on buses is particularly difficult as waiting at a bus stop makes you visible so it is best for having your own car. That opens up the possibility of going to other places that are harder to get to but might be more relaxing. This may include things like going to the coast or anonymous and crowded major cities.

This helps double up with the difficulties of schizophrenia which can again make you housebound and might need some training with this before the loser confinement can be dealt with.

With schizophrenia it is very difficult to distinguish between the stigma of the loser and that of schizophrenia. Both of these will overload the brain and have an impact on the subconscious, producing nightmares, flashbacks and terrifying recollections.

Being a loser is like schizophrenia in that you must avoid the media as this triggers off the paranoia. It leaves you dependent to listening things like Roxette for moral support though that still leaves you in a lot of danger.

The stigma has the authority that the highest people in the society do not allow losers and again that puts the emphases on Freud and Roxette. Here it needs psychological treatment as most people are not nice about it and being put on the couch is threatening to most people as well.

Being treated psychoanalytically will reduce the brains overall threat system and may stop the overload of losers and schizophrenics combining together. I learned in a compassion focused therapy call that Prof Gilbert recommends we must reduce all kinds of threat in the treatment of schizophrenia while trying to find things to soothe it at the same time.

There is only the possibility that we can be psychoanalysed when we are not experiencing schizophrenic symptoms and the opportunities here are very limited. This will depend on being able to focus on things other than the paranoia which can be difficult if it never goes away.

I think people would rather suffer than give up the overloaded and unwise loser threat system. The level of threat is very similar to what schizophrenics must deal with everyday yet they would rather not take on the challenge of giving up the brains threat system. They first have to want to change and some psychoanalysis might be relevant.

Often people are not ready to change even with the added schizophrenia but at the worst times of the illness they might go along with some soothing compassion. They can then begin to see life on a more emotional level including friends, families and partners. This problem is that the loser psychology tends to downplay all this in favour of regarding most important things in life as some kind of power struggle.

Intellectual Needs

I think one of the things about the loser psychology is that giving up the intellect is absolutely terrifying and is just as bad as the schizophrenia. So, getting ready to change it isn't going to be very likely even in terms of feeling safer or as with Maslow engaging the emotional side of things.

The stigma of being a loser can prevent the esteem level of the Maslow tree from being realised but being a loser still has some self-esteem attached to it. This can mean being a high achiever even though it is called being a loser. The ones I have met have all been fairly successful people.

The Beatles made a good point here when they said “there is nothing known that you cannot know and there is nothing shown that you can show.” This in my case has not been true as again the ones I have met have all been fairly successful people. In my case I am a published author.

Most losers though I think losers would rather suffer than have their intellect destroyed. These feelings can make a loser suicidal so whatever suffering the schizophrenia can inflict is not often going to be so extreme.

Although losers are criticised it helps to think that using your brains with education and the consequent social uses of the intellect can help you cope with the stigma attached to the psychology.

Another outlet has been that intellect as the Beatles recognised is that the goals of being a loser are intellectual and that is catered for in the mental health system as much of life at day centres are based on education.

This has one extremely valued opportunity is that education is a distraction from both the symptoms of schizophrenia and the social stigma. Losers can prize education above anything else and being ill with schizophrenia have provided a wonderful opportunity to pursue this.

This aspect of being a loser can act as a *raison d'être* and keep you going with schizophrenia as it can in ordinary life. It is quite soothing for both the schizophrenia and loser stigma to have found something so meaningful.

Some of my family had the much the same problem with nerves and found it relaxing to use her brains on crosswords and watching Countdown a word-based game show on the television. Exercising the mind refocuses your attention onto things that are enjoyable so your anxiety takes a back seat.

So as some of the safety needs for Maslow are being met here as there might be some ways around the problem which might still help climbing the hierarchy of needs. That opens the door to enjoying the social side of life as there are sometimes ways of keeping calm. Being less stressed should reduce the schizophrenia.

Emotional Needs

There are fewer opportunities for personal growth with being a loser and we would rather stay at our levels of personal growth such as they are instead of being more balanced and harmonious with the society.

Eric Berne in his book on *Sex in Human Loving* wrote psychologists spend most of their time trying to get losers to be what he calls “atleasters”. He argues they have to give up the psychology and say that at least I have other good things in life like marriage a job and children. Yet even all of this which could be a profound source of good in your life is not going to change anything.

The problem here is that losers would rather do without than change the psychology even at the prospect of being unhappy with life. This can lead to alcoholism which stops the anti-psychotics from working. Drinking is a further depressant sometimes and can affect emotional development on the Maslow tree.

The loser likes to be miserable so the low mood caused by schizophrenia is going to make much further impact on the depression losers can experience. An anti-depressant could relieve much stressful emotional pain here where they are effective.

All the same losers have many strategies that can ease these outcomes even when they are added to the problems of social isolation. This can make life with the dangerous stigmatising problem much more bearable.

It is possible for losers to make friends and partners with other losers so there is some possibility for pleasurable emotional and social life. That opens the door to getting out and about.

Here the problems of fear with the schizophrenia are effectively doubled with the dangers of being a loser. Some distraction is needed for getting out of the house which can concentrate your mind on the voices but being a loser makes this more difficult.

Once having met people with the same psychology problems and I was able to do this through the mental health system I was able to enjoy much of what life has to offer without having to do this on my own.

To date I have done much foreign travel with my friends and getting out locally to shops, restaurants and pubs. Again, this has helped with my stress levels from the illness and from the loser stigma.

The more contact I have with my friends my life has improved greatly. My emotional side has been deepened and I have people to rely on when things become stressful with the loser stigma. This has then been helpful to reducing the stress for the schizophrenia.

Safety Needs

Loser psychology is so common it is no wonder it has such a high profile in the media and also because it devalues many people as not been good enough so there is much stigma. It is all this that makes it so terrifying but the flipside of this is that it is easy to meet people who think the same and that can help with the stress very well indeed.

Although there are problems climbing the Maslow tree I think the coping strategies of being emotionally strong and with friendship, cemented over time, can prevent relapsing down the Maslow tree to the safety tier. The stigma causes much anxiety but this can be dealt with. Instead this is allowing for a certain amount of self-growth.

At the same time, however, being a loser adds to the problems of overloaded safety needs and stops the personal growth. It perceives the world under the aspect of threat so this might cause growth problems. They cannot soothe the fear even though it leads to a more balanced emotional and social life which could help with the symptoms of schizophrenia.

It is difficult to know which strategy to adopt when at the same time the suffering caused by the schizophrenia is going to be severe too. My psychiatrist diagnosed me as a severe case but somehow I got through the worst parts still clinging to being a loser.

I don't think this will be true for everyone as when things are so bad you just want the fear and emotional pain to stop and that will drive the patient to change things. They might regret it later and once it is gone with the loser psychology there is no going back.

In my case I hear voices criticising me for being a loser and they remind me what could be happen to me if I persist with the nasty outlook. Yet I can soothe the voice by remembering that I have good qualities even so and the voices sympathise with this to some extent.

Conclusion

It is concluded there are problems for deriving all these benefits outlined in this article as being a loser prevents a lot of personal growth and ways of being happy in life. A careful analysis here asks if this may still be possible and though how far is difficult to determine clearly some possibilities are evident.

Loser psychology involves things that still make us feel unsafe as well as having some close emotional contact and intellectual interests which satisfy much that is good and positive in life. This is true for much

of its distorted outlook in life but when understanding how it works also allows for much stress reduction. This should in turn help the consequent symptoms of schizophrenia in the mental health system.

Growth on the Maslow tree should be the goal of the provision to mental health services if we want the best for them and should be a powerful force for therapy vis a vis the suffering the schizophrenia can inflict.

Schizophrenia can itself lead to problems of personal growth as we have noted but unless we are aware and integrate the coping strategies with some awareness of psychoanalysis and being a loser these therapeutic outcomes are going to be much less effective.

Losers can suffer from not having their levels one needs met and can feel unsafe which will add to the stress induced schizophrenia. Social isolation and a stigmatised self-image means these stresses cannot easily be answered but some intellectual distraction and emotional development might help with reducing the stress. We can then be who we are and self-actualise.

The problem as we have noted is that losers are unlikely to go along with this kind of therapy unless they want to so some encouragement is going to be needed. This even in the case where they might be adding to the stress induced schizophrenia.