

Original Paper

Loser Psychology and Depression

Anonymous

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Abstract

Being a loser can cause emotional pain and fear of other people given the stigma attached to it. Avoiding the depression of all this will make you hide away at home as well as driving you to succeed in life both materially and intellectually. Giving up the loser psychology up will create more fear and pain as well as destroying your intellect, a prospect which, for the loser, is absolutely terrifying. Meeting partners and friends may be a further difficulty but may also help with dealing with the stigma when hiding away. This article will look at these and other problems that living life as a loser can cause and how it might be possible to work round them to avoid the suffering that losers experience. It will begin with my own experiences first.

Keywords

loser psychology, depression, personal experience

Introduction

Being a loser can cause emotional pain and fear of other people given the stigma attached to it. Avoiding the depression of all this will make you hide away at home as well as driving you to succeed in life both materially and intellectually. Giving up the loser psychology up will create more fear and pain as well as destroying your intellect, a prospect which, for the loser, is absolutely terrifying. Meeting partners and friends may be a further difficulty but may also help with dealing with the stigma when hiding away. This article will look at these and other problems that living life as a loser can cause and how it might be possible to work round them to avoid the suffering that losers experience. It will begin with my own experiences first.

Methodology

This is a personal account of loser psychology and how it causes depression. It looks at what has been useful in terms of dealing with these problems based on my own experiences.

My Life Story with Depression

Starting out in life everything was going right. Being at university gave me much hope and clicked my amygdala forward, so opening my frontal lobes. This in addition to the power money can bring and being from a well-off background will click you forward even more. Being a loser there is a strong emphasis getting what you want in life and if this fails there will be a bad case of depression. With what happened to me was about the worst a loser can experience in life with the psychology and this is the danger all losers run the risk of. Normally though things aren't so bad but the underlying anxiety of everything going wrong at once is always at the back of your mind being a loser. Having explained this, we will go on to the more common experience with psychology.

So early in life there were many signs that things were going right. The family business meant I could cope with life as a loser which can often cause a more depressed state. I didn't anticipate anything could go wrong. Then when the business went bankrupt, I was completely unprepared. I went into shock and had a breakdown. Being a loser means you are not strong enough for this sort of thing as there is no groundedness to give you strength. That weakness makes it easier to snap under stress and the whole thing felt like the end of the world. It prompted a suicide attempt but being a loser, I wasn't strong enough for that either.

Losers are endangered by the stigma attached to the label and when we lost the house, I lost my safe place. I also lost the feeling of safety without the money. I was stuck at level one and two on the maslow tree so it affected my personal growth. At the opposite end of the country from home and family I was cast adrift in life alone. A relationship ended at the same time and with all the stress I had to give up my research. Goals like being successful are very important to losers and not being able to follow the loser's path any more caused the worst feelings of depression. Roxette put this sort of thing well when she sang "I did my crying out in the pouring rain".

Not following my path was the worst part as it is the main part of the psychology. As long as I had these goals, I could cope with a lot of things in life but with the depression there was no reassurance or emotional strength to help in achieving them. Having lost my safe place there was no back up from house or home to help cope with the loser stigma which added to the fear and pain. All this seemed virtually hopeless and that there was nothing left. The emotional pain will click your amygdala back and shut down your intellect which had always been my main source of distraction.

With depression and being a loser you can be more badly affected by negative life events. I really snapped and went into shock. The result of all the stress was that I began to hear voices criticising and had strange thoughts like the CIA were after me for causing 9/11. That caused a lot of low mood on top of the depression I already had. Again, losers will lack coping strategies to build strength with schizophrenia as through being more compassionate. Yet as long as you don't completely give up on goals in life there was always some hope.

The weakness of being a loser then made me not strong enough with the schizophrenia either. Losers will be prone to developing the illness as they will often be without enough strength to cope with stresses that can cause the illness in the first place. I ended up in the mental health system. That provided housing support instead of the slum I was in. Having a disability meant I was properly financed again, and the money meant the loser depression began to heal. Medication and other types of therapy were used to help cope with life after the breakdown. I met friends with the same psychology at mental health day centres which again helped with the isolation often experienced with being a loser. I began to be more content again if not completely happy.

Now that I was through a lot of the pain, I found that what happens is you slowly forget about it. With help from the mental health system the loser psychology has meant I have never lost sight of my goals which keeps me focused and motivated. Having this in my life again has meant I could cope with the more usual problems life can throw at you. I didn't just give up and once again started to follow my path. Having already been to university it was possible to formulate new goals and I found a new life with writing about schizophrenia. There has been more than just hope here for getting where you want to be as it has been quite successful. Nothing is often ever enough for losers but all the same I was making progress.

When controlled on medication the loser psychology then took priority over the psychoses so again, I was less depressed. Its goals still had to be achieved regardless of what schizophrenic symptoms you might be having and with help from the mental health system I could use it to distract myself from the illness. The voices can criticise being a loser which might also destroy the psychology. Here the emotional pain would add to the pain caused by 9/11 and hearing critical talking about this too. Yet using the intellect built on the loser psychology if I could do something useful to atone, this will keep the voices quiet. So, that too helps with depression.

So being a loser has been a powerful force for distraction from the schizophrenia and within the mental health system there has also been a chance to get back into education. It was difficult to concentrate with hearing voices and being frightened by delusions. Yet with the help of some Valium, I was able to do this. I returned to study after my breakdown using the support of my mental health day centre. So, eventually the emotional pain I was experiencing began to heal further.

All this is the worst that can happen with being a loser. Yet with the mental health system can help with all the depression so that your get back on track so far. Having made new friends and properly housed and financed my life started to get back to normal. Then the more usual problems with being a loser started to reoccur. It is to this we shall now turn as these are the more common experience with the psychology.

Problems

The ultimate goal with the loser psychology is to get to the nirvana state and trying to get the amygdala

clicking forward to do this it. Yet there are however problems with using the loser intelligence in doing this as it perceives the world under the aspect of threat of likes to be miserable. All the same you experience much pleasure and I have felt the pleasure circuits build in the frontal lobes even though there is much threat which can click you back. The paradox was well put by Sheryl Crowe when she sang “if it makes you happy it can’t be that bad, if it makes you happy then why are you so sad?” Getting to the nirvana state means avoiding the fear and depression of the loser stigma by hiding away at home and requires pleasure and positive emotion including the material side of life and emotional relationships. This is all easier said than done and even when at home in your safe place the stigma can make you very nervous. So, for many reasons there will be problems with depression.

The label “loser” means that you might lose and fail in achieving these goals. So, if there is any truth to the label this will be a further source of anxiety on top of everything else. According to Eric Berne even if a loser wins, they lose. Then it might be difficult to avoid some depression. Nonetheless some pleasure will still be possible each time you win so this is not entirely true. Further no achievement is ever enough for a loser. Yet there is always hope that things will continue to improve with each success and that optimism will keep clicking you forward.

Everything is fiercely competitive for losers and this all seems very functional to achieving your goals when nothing is ever enough. As long as you are headed in the right direction this all seems to make sense. All the same there is always some anxiety about achieving the next level, but you can put this out of your mind. It might not matter about mood problems for losers who devalue their wins as long as life keeps improving. Depression can come back to you at this point as your progress becomes a struggle and it may be at certain points all this stops working altogether. All the fun from being competitive will have gone and then problems will arise.

One of the things that can arise is that your material circumstances stop improving which is very important for a loser. Led Zeppelin put this well when they sang “there is a lady who is sure all that glitters is gold and she is buying a stairway to heaven”. This progress can be impeded by the never psychology which means you will only reach a certain level in life and get stuck there. Then with being a loser at the same time you might not make enough money to reach the nirvana state. This will cause a lot of pain as the psychology teaches you can have what you want in life. Yet that depends on how much money you can make. So you will be depressed when you cannot afford things. It might have been better to have been more disciplined in life.

So, with the material side you can stuck at a certain level, and it might stop working. Yet there may be another answer here as if you get used to it as this is it you might get to where you want to be eventually. This could take years and the wait could be depressing but it might be possible to ignore the problem and trust to hope. You can see things developing over time, but much depends on how much money is needed for the next step and it is possible to get frustrated with this very quickly.

In addition to materialism losers prize status just as much. Then without the material side the academic goals and qualifications are not enough and again can leave you depressed. Yet I am coping with the material side in the mental health system and that leaves me free to pursue academic goals. So the two together have kept me motivated. I have spent my money wisely so if the money is taken off me, I would still have a decent standard of living although I am not sure about this completely. There is also hope here materially and in terms of status in that my writing has been a success so that keeps me going. I don't think that financially things will ever return to what was there before the illness, but I might have found a way around the problem.

Coming down the social scale which is what happened when the business went can be painful as being a loser you have based your whole life on that. It might be necessary to make new friends if you are no longer part of the same social set. I didn't know how to cope outside of the world of university and academia as this was so important in terms of the status my academic goals. Yet the mental health system provided some support here too and I met some highly qualified people teaching or attending at my local day centre. So here another gap in my life was filled.

Initially accumulating possessions are signs that you are succeeding in your loser life path later in life especially if you are single and lack some emotional therapy. Yet eventually if you get stuck in life you might devalue all your material possessions and wish you hadn't gone down the road of being a loser. This will feel like a trap as you cannot give up the loser psychology because that would mean destroying your intellect. Even with the never psychology you might give up hope and regret the path you have taken as your things will stop having a therapeutic effect on you. The answer to this is sometimes that you may also get to the point where you have got everything you need so accumulating any more doesn't matter. The problem then becomes you have lost an important source of therapy for coping with the depression, and this might again effect your mood.

The most important possession is your house and if that is prestigious this can be very reassuring that things are working for you and that you are safe from the depression losers get. When the business went bust all this was lost. Then so were the feelings of reassurance. My loser goals then became to seem impossible. I went from something I could rely on to living in a slum and the change in my life went from one extreme to the other. Yet since I have had support from the mental health system I managed to pick up where I left off a little and with some more financial security. I kept my old furniture so the things I have remind me of my background which was very successful for a time. That sense of attachment helped me adapt. I now have new possessions but they don't mean quite the same. So much is still down to hope as things were not on the level scale of security as before including my housing, possessions and finances so this feeling may not continue.

Fleetwood Mac sang about losers that you "pick your path and now pray". This adds to the feelings of fear and of stress in holding down a job and is something else that can make you snap. The hope is that the nasty part of the loser psychology will go unnoticed, and in a job dealing with customer service this

unlikely. It is better to work away from people. Doing a job might further affect mood as nothing is ever enough, as you are always shifting the goal post. Yet this keeps you motivated to do the job and gives you the energy you require. This can be further helped when same some degree of success and empowerment might lift your mood. Either way it will depend on how far you get in your career and if you reach the limits of your ability in your job you might be too depressed to work.

The Beatles sang “there is nothing you know that cannot be known; nothing you can show that is not shown”. This directly contradicts my academic goals and would have had a great effect on my mood. Yet the losers I have met have all been very successful people. Although I may have been fortunate to meet these persons I still found some inspiration here. I was doing a PhD which seems to contradict this too and gave me hope in spite of the famous criticism.

Being a loser means you shouldn't run up against too many intellectual limits but the never psychology could restrict this. Using the loser intellect there is always something to satisfy the never providing again the never doesn't limit things. In my case I have a talent for language which can combine with the loser psychology, and this has helped with achieving its goals. This should be enough to solve the problem of the never stopping things.

There is also fear of what will happen if you lose your loser intellect which can be erased. You will be at the bottom of the heap. Once it is done there is no going back and without your brains the schizophrenia will get worse. Society will say that it is your own fault. Then with losing your intelligence the last line of defence against the voices will have gone. This will worsen the consequent depression.

Life's normal problems will resume when at the bottom of the heap. The loser psychology subordinates everything to succeeding and avoids tackling many of life normal problems in life by ignoring them. If being a loser is stopped these problems will come to the surface and may make the depression worse. It may be possible to get some counselling advice to help with this sort of thing but some of these problems don't have solutions.

One problem with being a loser is being unemployed which can be doubly depressing. Not having things like a car or proper furniture could make the poverty feel even worse. The depressed thought is that everyone else has this. Shopping is an important therapy for losers, and this is no longer possible. You might end up living in a slum which when it suddenly happened to me after the business went bankrupt put me into shock as I wasn't prepared.

The problems with unemployment don't stop there as it also means giving up your career. So, if things don't change the loss of status and direction will make the poverty seem even worse. Then being unemployed will be very depressing as losers and nevers both want to succeed. It also meant the goals of the never and loser psychology stood no chance as if you snap you might not be able to go back to a high-pressure job. There is always hope but you still have to be realistic about this. In the end all this lead to drinking which is also a depressant, so making things even worse. An anti-depressant may well

be needed but often this may not work.

Fear is at the back of your mind and drives all your motivations with being a loser. In effect you are frightened you will lose, and this will click you back. Everything becomes a threat including cars, houses, possessions, holidays and status. Yet once acquired they can empower you in your career. The threat can be answered in that it relies on money to empower it forward and with that the pleasure will build pleasure circuits. The loser stigma can interfere with your career goals so your house above all else becomes very important in empowering you to achieve them.

You need a coping strategy as climbing the ladder gets more stressful and having a house which you can use as a safe place becomes vital. The stress can be answered in that it relies on money to empower it forward and this can be soothing. Yet you can get stuck with this as your career becomes more difficult. Then as long as you are achieving your goals you can be very happy with life even under increasing pressure. If you find you can get out of your depth and struggling this again it can make you be depressed. This might stop you getting to the nirvana state until you make enough money again.

So losers are self-destructive and nothing is ever good enough including what they have career wise. They can get depressed here but the never saves from this as you have always to be on to the next level so to some extent the never and the loser go together here. The problem is never get stuck at one career level and so this might not be enough for the loser psychology. Then you might get trapped and depressed again. At this point you will have to wait again for the next step in being promoted. So, letting the money mount up becomes important again.

Living the loser psychology is like playing a game and you can get very immersed in it. The game is fun so clicking you forward and though sometimes difficult still allows for some pleasure. The things other people enjoy are also valued by losers and can make the game seem like sense. Having a car is very helpful but they are expensive, so I had to wait a long time for this. All the same it is something to look forward to and the game can sustain you in the struggle when your progress begins to get slower. Once acquired the freedom it of is very therapeutic for depression and feels like a significant step that things are going right for you.

Immersed in the game again I still feel some safety. I have learned to trust in the game, and this can put my fears not succeeding to the back of my mind. Again, with the loser psychology you are constantly clicking backwards and forwards so the game will help stop even when progress can be stopped by waiting for things. If you get to a high enough level, this too can make you feel a bit safer. On the other hand, you might get to the point where it hasn't worked and time has run out you will end up with more depression. This might make you wish you had chosen different path in life.

Even if you encounter emotional problems in your life like a marital separation the game will still be there so and can help take your mind off things. Then when you can see yourself making progress in life this will help you get through the pain. This in turn will stop you clicking back with the emotional pain as you can see the game working and help keep your frontal lobes open. The feelings of safety the

game can give you will help keep your emotions opened up. So, you might meet someone else provided the fear and threat that goes with the psychology don't shut them down. It is to these problems we must now turn.

Stigma

The stigma of losers is just as dangerous as the stigma from the schizophrenia: It can place you in danger if you keep remembering the anti-social attitude. The psychology can devalue certain people and those people might cotton on to this. Losers are accused of using people, alongside of being nasty. Consequently, I am not sure which is worst the schizophrenia or loser stigma as they are both about as frightening and painful. Like schizophrenia the stigma is there in the media too. This was well summed up by Fleetwood Mac when they sang "Pick your path and now pray". The stigma of being a loser could ostracise you and turn violent. If being socially excluded by being a loser when in the mental health system there may be less therapy for the depression and the schizophrenia as the stigma could cut you off from the emotional therapy. Your safety needs as Maslow says will shut down your emotions.

The world is frightening enough without schizophrenia and loser stigma on top. One song notes "there is a lot of bad arse out there, beware". Such people might add to the fear of schizophrenia. The fear may sap your strength and you could be worn out with it while anxiety fear might be depressing. This might need a Valium, rock rose or lavender, breathing exercises and safe place imagery. Having a stash of drink can help with your nerves so long as you don't abuse it. The fear can lessen your motivation for doing distracting things like housework or cookery. Having friends or a partner will help here as there will be someone to rely on as a source of strength.

The media stigma also plays on your insecurities inherent in the psychology as in *Romancing the Stone* a long line of losers are lined up in a bar and criticised. It was shown to be not sexually attractive, and this is something being a loser prioritises. Other depictions are equally critical. Cameron in *Ferris Bueller Day Off* was talked about in relation to this as sex is "built up in his mind to be the be all and end all of human existence". Other songs point out the danger of being a loser which can be a powerful source of depression. One warns "I met a devil woman she stole my heart away". The cause was "she said you had it coming to me but I wanted it that way". The depression might be permanent here as this was described as something "you are never going to forget". You have to be careful with this as if you don't see what could happen the pain from this could be intense as I am sure you will not get over the memory of it. It isn't worth the consequent depression.

The stigma might stop you getting a job and I think being a loser is somewhat visible so might prevent this. Then without the material side things might be extremely depressing for a loser. If you are thought to be nasty your work mates won't want you there. The stigma is a direct way causing unemployment. It operates through labelling and is the cause of societies attitude. So if you will lose you won't be employed and can result in a depressed outlook. This needs to be questioned in the same way: is it true

you will lose? The label may be incorrect as many of the losers I have met are successful people so that the prospect of not finding work could therefore be answered.

So, the stigma with being a loser will combine with a lot of other of life's problems and is similar to schizophrenia in this respect. Together with the stigma of both things will be worse again. Living independently the media might result in more violence and the consequent fear created doubles up to cause more depression. On my own in Southampton the violent stigma added to the fear and depression caused by the sudden isolation, loss of career, home and family business so deepening the depression. Being so terrified was also a barrier to employment which causes problems for the loser and the never. The only alternative was to give up the psychology but that was something you could never do.

The violent loser stigma was stressful enough to cause the subsequent schizophrenia as many of my therapeutic safeguards in life had gone. This created more problems with giving the psychology up as I started thinking I was responsible for 9/11. So I had to use the loser intellect to do something about this. That meant I couldn't give up the loser psychology at that time and had to endure the full force of the depression with the schizophrenia on top. Fortunately, although I snapped with the stress and depression first the schizophrenia didn't cause a second breakdown.

In my case I got voices criticising about the psychology reinforcing the stigma. Yet the more I thought about the situation the loser psychology could help with the voices. Losers do things for selfish reasons but they appear to make sense to the loser. So I could contradict the voice in that losers can help other people. The intellect is the excuse for playing the losers game not that it would convince anyone else other than the voice. Yet the game feels noble which is part of loser rationalisation for it. So although it doesn't make up for being nasty but for these reasons the voices do like the intellectual side as I do so it quietens them down so far.

The best outcome to the loser stigma for me was being protected in sheltered accommodation where it is safe from the big bad world. Then living there meant there was less fear so it might be more possible to be distracted from the world by having interesting things going on. They never noticed I was a loser in there so the social contact ended the isolation while the housing also prevented the slum I was living in. Although not the same as before I found I could function with all this in spite of the dangers of being a loser. For service users who are losers the psychology is so common the chances are you will meet other losers as at day centres whereas meeting people in the wider society is more difficult.

The stigma can be averted so far as there are other ways of being nice about it. That thought is still a threat but for some therapists you have to want to change and they do say it is not your fault. There is also much pop psychology to consult which could help including books like *The Worry Cure*. It helps to allow yourself forty minutes of worry time. This again this is threatening, and you would rather be a worrier. Yet most people in the society won't see it in terms that you have to ready to stop being a loser and I think you will be lucky to meet someone in society who knows all this.

All the same you might still meet people who are sympathetic to losers. Like Kathleen Turner in *Romancing the Stone* one of the characters was described as uptight but turned out fine as she met a wonderful shrink. Also, in the media there are massive artists like Roxette who might help you with being less frightened as losers are shown to be worthy of sympathy because they suffer. In the end the psychology is so common you could meet other losers, so you don't have to deal with it on your own. In sum the predominant attitude is negative the stigma will be uppermost in most people's mind as the thought you are nasty cannot be easily got around. Generally, you will have to avoid people and it is to this we must now turn.

Hiding

Hiding away from the violent stigma maybe necessary when being a loser but what happens if you bump into your neighbours? The likelihood is that they won't be able to tell you are a loser. Yet there are tell-tale signs. These signs are broadcast in the media and certain songs might make you visible. Examples of these include your appearance such as "pale shadow of a woman" from Fleetwood Mac or behaviour like "working on the highway" by Bruce Springsteen. These problems are particularly acute in a village where everyone knows each other so it is better to live somewhere more anonymous.

As we have seen the media stigma is terrifying for being a loser so you have to do something around the house to calm your nerves. This might mean making a life indoors and one answer here to do housework if you can get to enjoy it. You can have your house like a new pin, and this makes your home a lovely place to be. It takes much effort. Yet the end result makes it worthwhile. The housework can take up a lot of your time so the distraction of it will have a calming effect for much of the day.

Making a life indoors means making it as comfortable as possible and one way of doing this is to spend a lot of attention to furnishings. This makes it feel homely which might soothe your nerves and improves mood. You may spend a lot of time at home and eventually it gets to be your own little world. Then the more time you spend in your sanctuary the more you feel the benefit of having it done out to your own taste.

Hiding away at home creates a reliance on the media. There won't be much to do within the confines of your home so television becomes very important if you can distract yourself with it. After doing strenuous housework it is something you can settle down to that doesn't require so much effort. Then television can support you in your life and leave you free to do other things. It can provide enjoyable entertainment which distracts from the stigma. It also helps engage the intellect which keeps your brain working.

Some music like Roxette is as we have seen sympathetic and this might be a bit of a life line when you are on your own and especially when going through a period of depression. This is not always a complete answer as I think with the severe emotional pain and loss of hope that happened to me in Southampton meant the music wouldn't have made much difference. I still felt suicidal.

The problem is that the media contains a lot of stigmas about losers, especially again in music. You have to be aware of the damage this can do as the media stigma can erase the loser psychology so it will leave you with nothing. You will learn to avoid movies and songs that have this effect on you. Yet this is difficult when watching new films or listening to the radio where you don't know what content they have. Having a DVD and CD collection full of safe content can help here.

Alone at home you may need to watch media, but the stigma can reach you when hiding away. It will remind you of the danger you are in from other people and so can be very frightening. This is when you need a Valium as the whole thing can give you nightmares and panic attacks. It is emotionally painful to be damaged like this because you can see what is happening and as your abilities go there will be much depression.

Being at home with the loser stigma will concentrate your mind on it for long periods and this will increase the possibilities of being damaged by it. It is better to be completely immersed in something enjoyable so that the pleasure will ease the emotional pain. For me I found that my writing provides much distraction from the loser stigma when I am on my own and has saved me from the depression of being shut away most of the time.

One final problem with reliance on the media is that schizophrenics can get paranoid about the television and think their thoughts are being broadcast to everyone watching. In my case I keep hallucinating things on the screen. I have been lucky in the answer to that has been I can still watch movies when I know what content is in them. So, I can still use them as distraction from both the schizophrenia and the loser stigma.

It is also possible that the voices will repeat to you the dialogue in the media which criticises losers and so will reinforce the stigma. If this goes on for a long time it could further damage the psychology and intellect as being at home will concentrate the mind on it. It may also cause nightmares where in your dreams you are reliving the movie scenes. So then there will be a greater need for distraction by having face to face contact with someone instead of just watching the television.

Another solution of being alone at home and frightened by the media stigma is finding a partner or having friends. This can help with being indoors all the time as your friends will come round and visit. Along with your other distractions living with someone this fills the time in well and if there is good conversation and emotional support you will be stronger in the face of the fear. Having friends on the internet can help here too. But losers can find it difficult to meet people and the psychology can cause a lot of emotional problems, so this is not always an option.

That creates a reliance on family and being a loser can be passed on from your parents. The family will stick together for this reason so again you are not isolated. The problem is that family members are often busy, so it is best to have friend and partners where possible. It is possible to experience depression if your partner is inattentive to you. So, going to see other members of your family can help a lot.

In my case I have a very close family and my mother comes to see me three times a week. So, on these occasions, I can go shopping or do exercise. This level of contact has been very important to dealing with the isolation of the loser stigma as I can go home which is very therapeutic and helps avoid the depression. Christmas and birthdays help a bit too. I also get a daily phone call from my mother which is important, and the best part is that you can go visiting to see the kids.

Being a loser means you can absorb and immerse into intellectual things as it tends to value this sort of thing so that might take your mind off the loser stigma. Being a loser means your intellect is partially under your control and as long as you have this you can combat much depression. Hiding away at home means you can do online courses and keep up your studies providing the stigma allows you to concentrate. Being free to study is one of the most enjoyable things you can do with being a loser and makes you feel a lot better about your life. Letting go of it as the voices can suggest is terrifying. Yet you will so love the intellectual side you cannot give it up. Other people will not understand how hard this is to do.

Getting out of the house is important as it stops the mind being concentrated on the loser stigma. You cannot be indoors all the time as this will feel like a prison. Being in the house is a safe place but so is getting out shopping and again this can help with nerves and your mood. Having a car can further help here. You cannot study all the time, so this is when the material side of the psychology comes to the fore.

Playing the losers game of life with the intellectual and material side can add to the distraction from and be soothing of the stigma. Going out feels safe as you cannot pick losers out of a crowd. When out shopping it provides a way of ignoring the other people. Getting away from the loser stigma when living anonymously will be a lifeline for some people and give a sense of freedom. This shuts off the paranoia about bumping into the neighbours who might recognise the psychology. The material side will help with mood and add to the feelings of being able to get out for a while. Then you can further soothe the emotional pain of being a loser by having some of what you want. All in all, this will be good for depression.

The other way a loser can get out of the house is by finding employment which again can be very engaging and distracting if it achieves progress towards your goals. I have seen losers hold down jobs despite the stigma. This might be the best way to go with the psychology as hiding away at home creates a lot of difficulties with life which can be depressing. Yet holding down a job can be a lot of stress with the psychology and as we have can also cause depression in other ways. So, there is no clear way to know which path is the best.

The role of religion can help with the depression too. I think a lot of people will get the calling with the various ways a loser can suffer. It can add further hope as God might take notice of the suffering. On day-to-day level this hope can be a source of strength if it can soothe your nerves you can then enjoy pleasurable things more. In my case religion did not completely help stop the emotional pain of the

bankruptcy and break up. So, I still had to go through the experience. This aspect will not be available to atheists.

Yet there are other problems for hiding away as it will not satisfy the loser psychology if you are missing out on the material side and are not getting to where you want to be. Yet the loser psychology can also be self-destructive and you might also end up taking the furnishings for granted and devalue them. Nothing is ever enough for the never psychology and you can get stuck in life. Here emotional support becomes very important, and it is to this we will now turn.

Emotions

Losers can get to the point in life where they need a loving relationship. As one song goes “when I was young, I never needed anyone and making love was just for fun. Those days are gone...don’t want to be all by myself”. But meeting someone who is not a loser might be quite difficult and you may appear possessive and controlling as Susan Jeffers notes. You may be limited for choice by the media image. According to Meredith Brooks loser love comes through a bit distorted involving the thought “you wouldn’t want it any other way”. It is also known that the psychology can interfere with libido which reduces pleasure drive. In *Romancing the Stone*, a group of losers are lined up in a bar and thought to be unattractive. So as in *Ghost Busters* one character is asked “who is the stiff?” There are many such examples everywhere. It could be that because of this image an existing relationship will end.

All the same losers tend to fall in love with other losers and this again can cause emotional breakdowns. Fleetwood Mac sang “well did she make you cry make you breakdown, shatter your illusions of love” The good news is that as losers can end up isolated and living on their own so they might stay in existing relationships because of the stigma. Instead of being isolated they might really need each other. Two people together with the same psychology might work even if you cannot trust in a relationship like that. Yet if one partner gets a better offer, they may leave you.

The experience of the relationship break up could mean you end up on your own as in the song by No Doubt “if it’s real then I don’t want to know”. This social isolation in addition to the suffering might mean there is no one to soothe the emotional pain of the breakup. Songs like this will mean that in addition to the emotional pain everything will be made worse as you will also be experiencing the stigma. So, that there may be no one to distract you from this either.

All the same there may be a lifeline with some of this as in the case of artists like Roxette again who are more sympathetic to the emotional pain after loser relationships break up. She is sensitive to the emotional pain the psychology can inflict. This as in the song where the suffering means “I will pay the price” until their partners come back to them. Some people in society could feel sorry for losers and this is a reassuring thought against the stigma at this point. It reminds you that time will make sure you get over things. This helps you realise things will get better with the depression.

In my case I got over the emotional separation but only because I landed in the mental health system. Then i was properly financed and had some 24/7 social contact with other losers. Then you can meet both friends and partners and this will ease the confined isolation through the stigma. All the same the mental health system still isolates a lot of people, and this can be painful again being a loser. It could also be meeting someone in the mental health system is difficult if your emotions are shut down by schizophrenia and in the end this form of loser therapy is not always available.

Conclusion

Being a loser you may not want to change what you are. Yet when this is combined with too much suffering with either depression or schizophrenia you might be willing to consider this. So you may want to do something about it, even if it means giving up your intellect. The problem is that the depression or psychoses will have to be particularly severe or even suicidal before giving up the psychology, since being a loser already means you can put up with much fear and emotional pain, as we have outlined it in this article. Mental health professionals should be aware that the patient first has to want to change their outlook rather than being forced do this. Until then there is a need for social and emotional support within the system until the service user is ready to do something about the depression.