

REALITY

Schizophrenia

'Schizo' is a condition whereby anyone could develop symptoms in relation to hallucinations, delusions and paranoia. These symptoms could be auditory, visual, physical – tactile/kinesthetic.

While having this condition, symptoms could be managed. The target we aim to control and contain the symptoms is specified below. (We have utilized an example such as auditory hallucination.)

Purpose: GROWTH = Mental Wealth

UBS – Voices

Unclear

Background

Separate from Reality

(separation of voices from Behavioral)

There are famous people whom you might have come across with Schizo. In 'A Beautiful Mind', John Nash, in the form of hearing voices, Professor Elyn Saks and there are people perhaps amongst your circle who could benefit from your care and understanding.

Leonardo Di Vinci was believed to experience visual Schizo, thereby his colorful reality paintings and how he could detach himself from the 'static' world.

We can learn lots from people with a few or more symptoms how to cope and manage.

There are lots of tools that allow us to identify our thoughts, feelings and behaviors (reaction to events that might not be in coherence).

Remember this:

Purpose: GROWTH = Mental Wealth

A Goal we Strive For

Inspired by Dr Ang Yong Guan