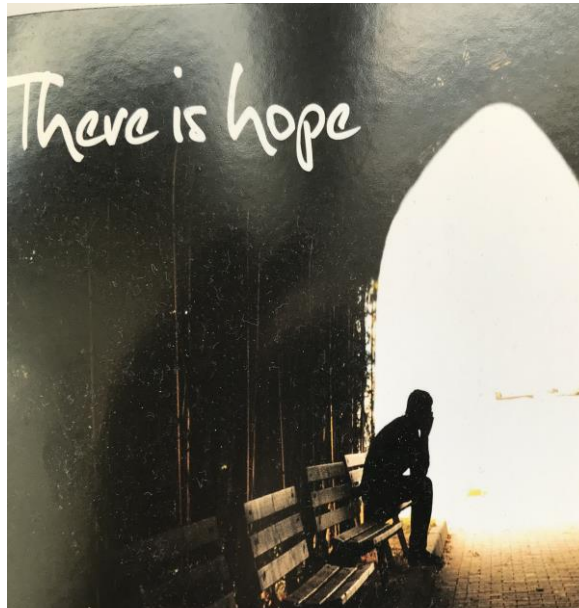




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Your thoughts and how to adjust them

1. Attention

How often do you find yourself thinking over some annoying thing which happened days or hours before? Do you find yourself paying attention to the aspects of the situation which made you annoyed and ignoring other aspects which don't make you annoyed? Do you sometimes get distracted from getting work done because your mind is fixed on something that has angered you?

Start to think about the things to which you pay attention. To be angry about something which is upsetting or annoying, you must pay attention to it. If paying attention to something that makes you angry doesn't resolve the problem, then you may be able to ignore it.

2. Expectations

How often do you get upset because something didn't go the way it was supposed to or because someone messed things up, or because you yourself made a mistake? Do you try to achieve too much, get too many things done day after day? Do you find yourself getting mad time after time when you

expect to see someone do or say the things which wind you up?

If your expectations are too high or unrealistic, you set yourself up for anger and disappointment. High expectations can be useful if what that means is having high standards or ambitions, but it is important that expectations, however high, must also be **realistic** and **flexible**. Being realistic means making adjustments. We need to be able to adjust our expectations according to the situation, or we will end up disappointed and bitter. Be patient with yourself and with others. What is unrealistic this week may be quite possible next week or next month.

3. Appraisals – how we see things

Anger and bitterness are fueled by being pre-occupied with the things that have gone wrong. You cannot survive happily unless you keep things in perspective. You must be able to step back and see everything in balance so that you don't take things more seriously than they deserve. Losing your sense of humour can be a sign that you are on edge and taking things too seriously.

Perhaps if you can recall how on some occasions, you have been upset about some small things and then, later on the next day, you realize that it wasn't anything to be upset about. This is because you

were able to see things in a different light. You have put it in perspective. Anger is often the product of losing perspective. If you were to stay locked into your original point of view the anger and upset would remain. A sure-fire way to get angry and stay angry is to remain rigid in your point of view. We all need to be able to see things from alternative viewpoints, this is something you can learn to do.

Trying to put yourself in the other person's shoes can help. Then you may be able to see the situation through their eyes and from their point of view. Remember that, to the other guy, you are the other guy. It also helps to concentrate on what you want to achieve. Knowing what has to be done and thinking about nothing else, can help you to keep from getting distracted and from taking things personally.

Coping by Talking To Yourself

The things you say to yourself can help you to change your expectations. They can help you to see things different and to focus your attention on the good aspects of the situation. You can do this at several different stages during a provoking incident, before, during and afterwards.

For instance:

1. Beforehand

“This is going to upset me, but I know how to deal with it.”

“What it is that I have to do? I can work out a plan to handle this.”

“Remember stick to the issues and don’t take it personally.”

“There won’t be any need for an argument.”

2. When things get difficult

“Stay calm. As long as I keep my cool, I am in control.”

“Think of what you want to get out of this.”

“Don’t make more of this than you have to.”

“You don’t have to prove yourself.”

“Look for the positives. Don’t assume the worst or jump to conclusions.”

“It’s a shame that he has to act like this. For someone to be that irritable he must be very unhappy.” “If I start to get mad, I’ll just be banging my head against the wall, so I might as well relax.” “What he says doesn’t matter. I’m on top of this situation and it’s under control.”

3 Coping with the angry feelings

“My muscles are starting to feel tight – time to relax and slow things down. Getting upset won’t help.”

“Maybe I should discharge the energy another way, e.g. running.”

“It’s just not worth it to get so angry.”

“I’ll let him make a fool of himself.”

“My anger is a signal of what I need to do. Time to tell myself to stay in control. Let’s take a deep breath.”

“Try to reason it out – Treat each other with respect.”

“Work constructively – maybe we are both right.”

“Careful, remember when your uptight little things seem like big things.”

4 Afterwards

“Forget about the aggravation. Thinking about it only makes you upset.”

“This situation’s difficult. It may take some time to sort it out.” “I’ll get better at this as I get more practice, don’t take it personally.” Or “This wasn’t as hard as I thought.” “It could have been a lot worse. ”It handled that one well, it worked!”

“I get through that without getting upset, I’m doing better at this all the time.”

3 Ways Early Emotional Neglect Diminishes Your Happiness Now

Research shows emotional neglect can lower your capacity to feel joy.

KEY POINTS

- A 2015 study shows that childhood emotional neglect affects the brain's reward system, but neuroscience shows our brains can adapt and change.
- Having your emotions walled off can make your world feel grey, whereas others seem to be living in a rich, colourful world.
- A tendency toward self-blame, shame, and self-directed anger can drain your energy and capacity to experience full happiness.

When you're a child, it's natural to believe that the adults know what's best for you. Yet, when the parent you look up to, rely upon, and trust continually acts as if your deepest feelings don't matter, it eventually changes your ability to believe in your own emotions. This, of course, undermines your ability to believe in yourself.

Most likely, at the time, you don't know that. After all, you're just a child. You are unaware that you're being robbed of your relationship with your own feelings. And this includes your capacity for feeling joy.

The harm caused by childhood emotional neglect over time is hurtful to your inner self as it settles deep inside. Yet, the emotional neglect can be sneaky, silent, and especially pernicious. Decades later, it can even be almost impossible to identify for purposes of understanding and recovery.

How Childhood Emotional Neglect Dampens Your Capacity For Happiness

1. Your life feels colourless or grey. To adapt to the messages of your childhood, your brain has walled off your emotions. As an adult, you live under the childhood cloud of knowing your feelings don't matter. Walling off your feelings got you through childhood, but you're not a child now and you need your emotions back. Those old messages need to be recognized, acknowledged, and removed so you can feel your feelings again.

Your feelings are the glue to connect you with others, the fuel that motivates you, and the vibrancy and colour that you should be seeing in the world. You have an inborn right to feel joy and yet, if you do experience

moments of it, you may also find that joy somewhat fleeting. As if it's right in front of you, but something you just can't quite grasp and hold onto.

2. Your difficulty understanding, sorting, and using your feelings leaves you vulnerable to self-blame, shame, and especially anger—most of it directed right back at yourself. You may be left believing you are not smart enough, happy enough, or interesting enough to others.

- *“Others can ... why can't I?”*
- *“Why did I ... I should've known better.”*
- *“It's all my fault. What is wrong with me?”*

These questions and others stop you in your tracks. You probably blame yourself for your own self-doubt and lack of confidence. Through this entire, unnecessary process, your energy and capacity for happiness are drained.

3. Over time, your brain changes. Before we talk about how childhood emotional neglect affects the brain, I want to add a very important caveat: Your brain is incredibly adaptable. Brain changes can be reversed by making different choices and developing different habits in your life.

According to a Duke University study conducted by Hanson, et.al., in 2015, young children growing up with emotional neglect showed dulled ventral striatum (the brain's reward system) activity in adolescence. As teens, these children did not experience the positives in life as intensely or rewardingly as they should. Essentially, their brains' command post for joy had been dulled.

Recovery, Happiness, and You

Yes, there is a path to recovery from childhood emotional neglect, and that path takes you directly toward your joy. Thousands of those with emotional neglect have experienced that path. It is well-defined and clear: you can work to reverse the effects of emotional neglect by following these steps.

Accept your feelings—they matter. Pay attention to your emotions as they arise. All of them are valuable. Do you ignore them? Act as if they don't exist? Feel like you don't need them? Those are the old, unhelpful messages of childhood emotional neglect. Paying attention to your feelings and their messages can restore your capacity for experiencing enjoyment and happiness.

It's not your fault. You can now stop blaming yourself. Shame, blame, and self-directed anger have no place in your life. Instead of, "Why can't I?" you can become the person who says, "I will try." Instead of,

“What is wrong with me?” you can change it to, “Here’s what’s right with me.” Pay attention to your inner voice and how it speaks to you. Some self-compassion can go a long way. Once you acknowledge and accept your inherent worthiness, your life can begin to open up and outwardly change. Above all, be patient with yourself. It takes time to uncover and accept that long-buried joy—feeling your feelings, knowing it’s OK to feel them. You deserve it.

Take time to find small instances of joy in your life. As you pay attention to what your feelings are attuned to as you look around with fresh eyes, you see and feel what you’ve missed along the way. Acknowledge the shimmer of sunlight against the bluest of skies; the child’s joy as she runs with her kite flying high; a stranger’s unexpected kindness. Birds chirping good morning as the sun rises. Perhaps a neighbour picks an abundance of flowers and shares them with you—just because. By consciously investing in finding joy, you may begin to realize how the world has been serving you moments of happiness every single day. And when you accept it, you’ll see more of it, and feel it too.

The Takeaway

All of this is possible once you open yourself to the moments of happiness that are already present in your life. You can recapture the feelings you couldn't allow yourself to have, find value in knowing yourself much more deeply, and discover those valuable sources of positivity within that have been there all along, waiting for you.

I wish I could scan the brains of emotionally neglected folks who do these three things over an extended period of time. I believe it's entirely possible that we might find that their ventral striata have woken up and come alive.

What really matters is that *you* can come alive once you begin to practice these three steps. You may also be healing your childhood emotional neglect.

Hearing Voices is not the end of the world.

People start to hear voices at different ages, from early childhood onwards, but especially in adolescence and early adulthood. Around 10% of the population hear voices but not all these people have mental health problems. There are many different ways of hearing voices: voices can be experienced inside or outside the head or body. There also may be more than one voice. Some people hear voices whilst others may see visions or feel strange sensations surround their body. Sometimes voices are unpleasant and cause distress, but some voices are pleasant and help against the bad ones. There are also quite a few famous people that have been reported to hear voices such as Joan of Arc, Carl Jung, Ghandi, Anthony Hopkins, Zoe Wannamaker and even Jesus!

What Recovery Means:

Psychiatrists will often say that they will get rid of your voices this means they will over medicate you, so you sleep 20 hours a day and end up having no life. Take away the medication and the voices return. This is respite not recovery. Recovery should mean gaining control of your voices and having a quality of life that is acceptable to you whilst the voices are still around. Finding a cure through medication seems to be a myth put out by the pharmaceutical industry. We seem to press on looking at biological and genetic causes to find a cure when there is no proper foundation on these theories. One could argue that on the basis psychiatry is no longer psychiatry it is just another branch of medicine. Psychiatrists no longer look

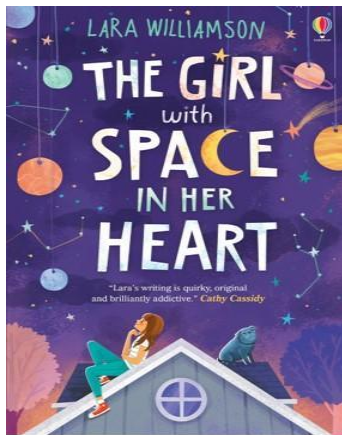
after our minds but instead look into biology and chemistry to find answers. They are no longer psychiatrists, they are doctors. They are tripped in their inability to look beyond the medical model, trying their hardest to prove there is a biological cure to a problem with no biological cause. They have the inability to admit that for a lot of voice hearers, drug treatments do not work.

The voice hearer should be allowed to own their experiences and professionals should stop telling them their voices don't exist, they should work with the voice hearers.

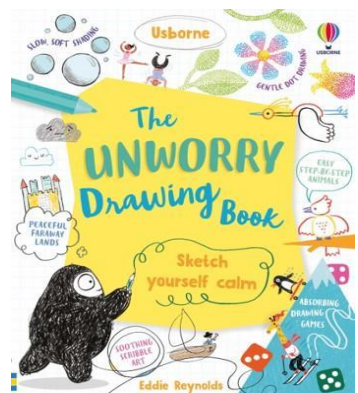
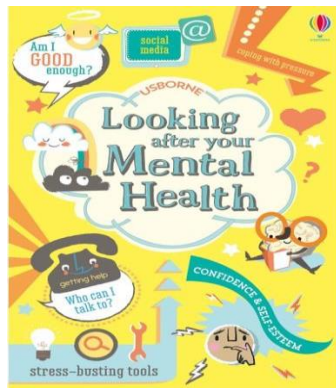
The voice hearer should be proud of their experiences and talk openly about their voices. They should make society realize they are still human beings with feelings and emotions. Professionals have got to start listening to what voice hearers are saying, they need to learn to listen – they have a great ability to listen but not hear. They must not give you the idea they know what's best and leave you to make your own decisions.

People who have been through the system should be consulted more, for they have developed their own coping strategies, and these should be shared with others.

People who struggle with their voices should be encouraged to join support groups. This will stop them feeling isolated and thinking they are the only ones with this problem. They will soon see that voice hearers can achieve a decent standard of living and live a fulfilling life.



Great books
to help
Children
understand
mental health



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Maastricht Interview Training for Hearing Voices & Problematic Thought Beliefs & Paranoia Is available online and face to face from the National Paranoia Network. Other training available, Working through Paranoia, Making Sense of Hearing Voices & Working with Childhood Trauma It can be delivered across the world for more information and costings Email enquiries@nationalparanoianetwork.org

Online Hearing Voices & Paranoia Support Groups Join our online Hearing Voices & Paranoia Support Group Meetings on ZOOM

Thursday 3pm -4.30pm with Paul Meeting ID 88460268952 Password 375878

Sundays: HVN USA on ZOOM 6:30p - 8:00p USA Time with Cindee 11.30pm – 1.00 am UK Time Meeting ID 827 5463 8654 No Password Needed

Saturdays Texas USA HVN Meeting on ZOOM 10am-11.30 USA Time with Paul 4pm-5.30pm UK Time Meeting ID 83079149464 No Password Needed

Monday Sheffield Hearing Voices & Paranoia Support Group with Emma & Lyn on ZOOM 11am-12pm UK Time Meeting ID: 558 685 8263 Password 6DyVca

**Online Hearing Voices Group in Ireland Facilitated by
Michael Ryan**

Hearing Voices Group Ireland

A group for people who hear voices or experience
paranoia and unusual beliefs, on Zoom

Facilitated by Michael Ryan

Every Sunday @ 4pm

Zoom Link <https://us02web.zoom.web/j/89201253186>

Email: vhmichael9345@gmail.com

With enquiries

Families/friends can contact

families@usahearingvoices.org

For support groups