

During the auditory hallucination simulation, I felt overwhelmed and pressured to get the tasks done in a timely matter. I had to keep myself focused in order to multitask listening to the hallucinations answering the questions and remembering the exercises. I had some emotional discomfort during the simulation because the voices were unsettling to listen to. It really put into perspective what people with schizophrenia can go through within their mind day to day. I was especially confused trying to create a paper airplane, but I came to realize I was able to zone in and answer the questions relatively faster. I didn't feel good listening to the voices because it made me feel devalued and less important to the world. After this exercise it makes me feel even more compassionate to others and very eager to make client's feelings validated and create a safe space for others in the clinical setting. Increased heart rate, temperature, and clenched jaw were all physical discomforts that I experienced. I was able to accomplish all the tasks except for the paper airplane and a few words and numbers but mostly all there. This experience only furthered my view towards schizophrenia patients that they are just like us. They may just have many more detrimental obstacles. I will continue to carry therapeutic communication and empathy when speaking with clients. This exercise will impact my practice as a future nurse by allowing me to empathize with new clients in the mental health setting and in the hospital. I would recommend this experience to other students because it gives perspective into someone else's mind and thought processes and will allow you to shift your thinking and communication to keep your clients safe and cared for.