

Reflective Assignment

- A. During the “Auditory Hallucination” I felt very distracted. It was difficult for me to put thoughts together, especially when trying to listen to directions, while the voices were speaking in the background.
- B. i. I was unable to concentrate while doing this exercise. When we were told to read the passage, I looked through the article and found the answers without reading the whole thing. When asked to write down positive and negative symptoms it took me a few minutes to think of some because it felt like my brain cells had vanished. Also, when trying to put the airplane together I only got to step 5, and I began to get frustrated because I couldn’t figure it out.
- ii. This activity made me nervous to start in the first place because I struggle with anxiety, however I pushed through for the sake of my education. During the exercise all I could think of was the discomfort it made me feel of the things the words were saying. I even thought to myself I know this is just an activity but what if I cannot get these words out of my head. Therefore, it caused some stress on me.
- iii. I did feel very tense and have a headache. After I took my headphones off, I instantly felt relieved.
- C. I was not able to remember all the words or finish making the airplane.
- D. This experience made me realize how difficult it is for schizophrenia patients to concentrate and have conversations with people when they are constantly having them in their head.
- E. This experience definitely increased my empathy and I hope I get the opportunity to speak with someone and potentially help them in some way.

- F. This practice will impact my practice as a future nurse of never judging anyone. My biggest thing is to always be kind to everyone and never look at anyone's condition crazy or judgmental.
- G. I would recommend this experience because I don't think a lot of people realize how crippling auditory hallucinations can be and what they genuinely sound/feel like,