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Reflective Assignment

During the auditory hallucination simulation, I felt overwhelmed and distracted. It was difficult to focus on listening, reading, and the other tasks I was trying to perform while listening to the voices. When trying to focus on the other things I was trying to do, it was difficult to not stop and listen to what the auditory hallucinations were saying.

During the auditory hallucination simulation, I experienced cognitive and emotional discomfort. While listening to the simulation and performing the other tasks asked of me, I experienced the inability to concentrate, distraction, confusion, and difficulty understanding simple directions. When asked to recite numbers listed off, I had trouble remembering these small simple numbers due to the overwhelming experience of the auditory hallucinations. The emotional discomfort I experienced included stress, anxiety, frustration, and feelings of being on edge.

Throughout this experience, I was able to complete some tasks asked of me. Although I was able to answer the questions and remember the five words recited to me, I was unable to fold a paper airplane or remember the five numbers recited to me.

This experience has increased my empathy for those with schizophrenia and has increased my understanding of their mental illness. Although I do not view these people differently, I view the disorder from a new perspective, having experienced a fraction of the hallucinations that occur. I will take this experience with me into my future nursing practice and use it as a reminder to always first try to place myself in the client's position and try to understand their illness from their perspective, as patients should be seen as human rather than a medical diagnosis. I would recommend this experience to other students!