

Current Theories and Practice Journal Assignment

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I have been looking forward to this course ever since I learned what it was going to be about. I am very excited to learn new things pertaining to mental health. I am ready to learn about everything I possibly can in these next couple of weeks. I have an old friend who was diagnosed with schizophrenia in 2019. I never really understood what it meant, only from what he told me. I want to be able to understand how these things happen and be able to explain it to others. I am worried I won't be able to get a good clinical experience just because of how things can turn left at any moment. I am not scared to interact with anyone, but I am shy at first, so I am hoping I do not come off as someone who does not know what they are doing. I feel like everyone has some kind of mental illness, but some are just better at hiding it than others. I am excited to be getting a hands-on experience with this course. I am a hands-on learner and I feel like it will really help me better understand everything and tie it back to what we will be learning.

I have personally dealt with anxiety and depression in these past couple of years. I have always been an anxious person overthinking everything. Sometimes it keeps me from doing things to the best of my ability. I get this weird gut feeling when I know something bad is going to happen or just did. One time, I was driving to get something to eat with my friend and I just got this weird rush of fear and anxiety. I had to pull over and have my friend drive me home because of how bad it got. I could not pinpoint why I was feeling this way until my mom called me. She told me my younger sister had just got assaulted by a grown man at Walmart. My mind was completely blown, and my anxiety had gone away. I get quiet, and I tend to fidget with my hands or tap my foot around when I get bad anxiety. It does not really bother me when it is not that bad though. As for my depression, I have never really come to accept it. In 2015, I lost my grandmother, who had raised me. I never thought I was depressed until I looked back at the

things I use to do. I used to always want to be alone in my room with the lights off. I was always sleeping when I was not in school. I never had the motivation to do anything I enjoyed anymore. I was always pushing people away, because I was scared they were going to leave me. Now, my grandfather was recently diagnosed with Stage 4 lung cancer, and I am trying my best to not go back into that state of mind that I was in back in 2015. Sometimes I think I have an eating disorder because I have tried to lose weight for a couple of years and sometimes food is not as appealing as it used to be. I can go days before I realize I am not eating correctly. I am not sure if that's why I am always tired, but if you ever see me dosing off it is not because I did not sleep the night before, or because I am not interested in the material being taught, but sometimes I just get super tired for no reason.

I used to fear death because I questioned why would God take someone so young. Now, I understand that when it is someone's time to go, it is for a reason. I used to fear not being successful, but anyone can be successful if they really want to be. I fear not being able to be truly loved. I do not want to sit around and think someone truly cares for me but deep down they do not. My real father gave up his rights for me at a really young age, I think that is why I think they way I do now. How can someone who was supposed to love you forever want nothing to do with you? How can you ever trust someone with your heart when the man who was supposed to protect you from everything left? How can I allow someone to love me when my own father broke my heart? Whenever someone tries to love me, I just get scared and think about all the negative things that could happen.

During this module, I expect to learn about different disorders and get a firsthand experience with some things. I want to learn about Cotard's syndrome. I think it is interesting how someone can feel as if they are dead. Some questions I would like to be able to answer

during this course are, why do people develop mental illnesses? Can someone ever get rid of their mental illness completely? Even if two people are diagnosed with the same disorder can they experience it in different ways? If a woman is pregnant and has a mental disorder, how will it affect the baby?