

Journal Assignment

Current Theories and Practice
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My feelings towards mental health is I would say both empathetic and sympathetic. I have seen friends and family go through their worst and some of them didn't come out of it in one piece or at all. Fights with depression, alcoholism, suicidal ideation, borderline dual personality disorder, anxiety, obsessive compulsive disorder, ADHD, anger problems. I can say I have seen many fights with mental health and continue to see it every day.

I have lived with mental health problems all my life so I know it a continuous fight within yourself that no one but God can see. Having to not only fight my own problems with mental health, but I have also had to deal with others with mental health issues in my life as well. So, my attitude toward it isn't all that great, is a mix of frustration, anger, sadness and understanding. I can see myself give an almost uncaring cold attitude to some who have mental health.

I know others have a more understanding attitude toward mental health but from experiences in my personal life and work life, I have found it harder to accept some aspects of mental health. With having fought and not so much as beat but continue to push through my own mental health. I don't understand how others can just abuse the system, when there are actually people who need it, but they are afraid to go seek those resources due to the bad reputation the ones gave who choose to abuse the system that is supposed to help others.

Growing up I had an amazing childhood with my mom, however when I was with my dad in El Paso having to go for the summer due to a court order, it was anything but amazing. He was a very angry man, still kind of is but he made me learn how life can go from good to bad the hard way with his abusive marriage, verbally abusive parenting style and absence through all but one of my life's milestones. From him I learned how to be angry at the world. From him unfortunately I received anxiety through fear.

On my mom's side, I inherited OCD, and depression, but my ADHD I have no idea where I got that from, I just learn to live with it since its literally in my genes. With suicide I had a cousin kill himself when his girlfriend broke up with him. To this day I wish he would've talked about it with someone even if it wasn't in the family, we all wish we knew the why, but I guess everyone thinks that when they lose someone dear to them in this way.

I have seen alcoholism it can turn an amazing and smart human being into someone who hated life itself as well as himself. In the end he couldn't beat his illness and drank himself to death at the age of 44. In that same terrible illness I have seen an amazing and goofy man beat it and live a sober life till the age of 81.

My fear is regression, I've fought hard to get to where I am mentally and emotionally. In seeing everything just unfold and be explained as to maybe why I ended up like this mentally, I would just bottle the emotions and end up exploding at some point. One of my triggers I say would have to be people coming at me with a confrontational or angry tone. I tend to let my rage get the better of me and lose my calmness.

A concern I have is me not being able to reel in those emotions and showing weakness to my classmates, which goes against everything my dad taught me. Which was to always be tough and that we don't cry. I don't have a healthy outlet and I'm concerned that if something triggers me, I won't know what to do, especially in a classroom or clinical setting.

I expect to learn about other disorders aside from the ones I've seen and lived with in my life. I hope this portion of class will help me find a better way to let out my emotions and to not bottle things up so much. As for the other two questions I'm not sure I know of anymore but I do know once it presents itself it will be because I had found the answer to it.