

While listening to the video, I was on edge and felt a bit jumpy because certain words would come out of nowhere. I was not able to focus on the activity because it impacted me so much. I'm a person who needs total silence to be able to put my whole attention on something, so I wasn't able to finish the word search as fast as I could if it were silent.

I heard a lot of unintelligible sounds and words, then it started going into insults, then a totally different woman's voice started saying insults, then there were breathing sounds that were heard. There were many different voices I heard, some were male and others were female. Some sounds were quiet while others were louder. There were bits of information, curse words, sounds, and unintelligible whispering.

I was able to listen for a couple minutes, but it was almost giving me anxiety, especially when the female voice came in. I stopped listening because it was too many sounds and voices at once, and I felt like I was getting overstimulated.

This changes how I would care for a schizophrenic patient because it has to be so difficult to be able to do anything while this is going on in your head every second while you're awake. I know that growing up, in movies, schizophrenic people were portrayed in a negative light due to them being painted as "crazy." The stigma of schizophrenia is still here today, but I can say that I'm much more comfortable with the term than I was as a child. I thought these types of people were out to kill anyone they could, but now I know, most just have voices in their heads that they can't control and are just the same as you or me.

My communication would involve asking them how they are feeling, or if they are hearing any voices today and how they feel about that. I would use a lot of questions to gauge what mood they are in. If they are telling me that they hear voices telling them to hurt others, I would say something along the lines of, do you feel anger specifically towards anyone? Or another question like what can you do to calm those voices in your head? My attitude has changed because I feel more empathy with these people. I didn't realize that there were many different voices that they heard, I was thinking it was only one. I had also thought that schizophrenic people only had thoughts about what was happening at that very moment, not pulling other information that they may have heard in other conversations or while watching tv. I feel like it's almost a form of ADHD with the voices that are all mixed together in your head, the person is not able to focus on one thing. Also, if a schizophrenic patient is not able to focus on an activity, I would give them leniency because it's not their fault that the voices are throwing them off.