

## Schizophrenia Reflection

1. When I first turned on the video and started doing the word search, I was able to kind of drown the noises and voices out for the most part, however it took me a little while to actually find a word. When it really started to impact me was when all of the voices started to speed up and it seems like there was so much going on at the same time. It was hard to focus on trying to find one word as there was so much going on in my head when it came to this part of the video. I was able to find nine out of the twelve words, however it was not easy to do.
2. I heard lots of different voices throughout the entire video. Some would come and go, while others seemed to just be in the background the entire time. Most of them were fairly quiet, but there were times when there was like a screeching noise, which was pretty distracting. I remember some one of the voices saying that I touched something and everyone saw, and another saying that she sees me and to turn and look away quick. It was actually hard for me to not listen to what the voices were saying or telling me to do, and by the end, I found myself trying to turn and move my head around to try to refocus myself and not listen to the voices and noises I was hearing.
3. I was able to listen to the entire video while completing the word search, but like I said, it was super difficult. Some of the voices did not really seem to affect my thinking and focus, while others made it hard to find even one word. I wanted to get through the whole thing even though it might have been uncomfortable because I wanted to have a glimpse into what it is like to be someone who has to deal and cope with hearing these voices and noises on a daily basis.
4. After doing this activity, it will definitely change the way I will care for a schizophrenic patient because I think often times, when people say they might be hearing someone talk to them, it might be overlooked. Listening to this video gave me a different perspective on what it is really like when they say they are experiencing voices in their head.
5. I think the biggest thing that doing this activity has taught me is to try to be patient and understanding when communicating with a patient with schizophrenia. Since we cannot hear or see what is going on in their mind, it is important to stay calm when we are around them and believe them when they say they are hearing voices. I can see how someone who has to cope with these things on a daily basis can get very frustrated and agitated because even in the short period of time I was hearing the voices, I wanted it all to stop, and that was only about four minutes.