



## Speaking from Experience *Schizophrenia*

### Transcript for chapter 2 of 8: Seeing, hearing & believing

**Sam:** I was saying very odd things; I was experiencing voices, hallucinations, delusions. It wasn't fun in class at all.

**Richard:** I use to do things such as put little bits of paper to catch evidence from the spies in the chimney, I used to tape the television so I could rewind and watch what they were saying again and that kind of stuff...

**Ross:** Id been watching a bit of TV, and some of the characters on the news were just... mannequins, I could see just these mannequins not real people. And the fear that I was feeling at that stage was intense and overwhelming.

**Mark:** I was very paranoid of everything, I was way over worried about what I was doing with everything... such as talking to people, how I moved, everything I did... I felt absolutely just horrible.

**Richard:** If you could thing right now of the most ghastly and horrendous thing anyone could ever anyone say to you and then it booms in the middle of your mind, that's kind of what its like.

**Sandy:** They were telling me things like, oh bizarre things, like I was Satan's whore and I was the saviour of the world. So there was this real juxtaposition of contrasts - I was horrible on one hand and great on the other.

**Jessi:** It wasn't until my first hospitalisation that I found out the voices I was hearing weren't actually normal. I thought my voices were completely normal and everyone heard voices, and everyone had people in their head telling them to not eat and to kill themselves and stuff.

**Sam:** It was begin off sort of slowly, maybe once a day, once every two days and it would get to the point where my little green man, who was the body behind the voices was there almost every day... as in constantly, 24/7.

**Sandy:** I started to believe that I was this person who was quite untouchable. I was developing delusions of grandeur, I felt like I could do anything, I could say anything, I could do anything to anybody.

**Mark:** Yeah I was feeling, really down and emotional. Very low, like a guilty feeling. I didn't know what it was for.

**Richard:** I often used to think, right if I go to a doctor I'm going to get them to come out and meet me in a park and then I'll tape record them in case they get me and then I can get them for legal stuff. There was all this conspiracy theory stuff going on in my head.