

Why Do I Want First Person Singular Style of Posting Here?

I want to create a comfortable and non threatening, but also non “people pleasing” place for the psychiatrized to express our **own** point of view on our personal experiences, our feelings about those experiences, as well as creating a way of sharing that point of view with the **public**. This is something that is rarely heard (although we are gaining more power to do so lately) as most of us have our “ventriloquists” (*she* says this, *he* wants that, *she* feels, *he* thinks etc.) speaking **FOR** us, often against our will or 'covertly.'

I do not want anyone else using this board, as a means of sharing, to feel **either**; that s/he **must** get others to accept his/her way as a universal answer, **nor** to feel overpowered **by** anyone **else** trying who is trying to control other individuals to feel or experience his/her reality the same way. Staying in the **first person singular** allows for three things to take place simultaneously without creating more distress for anyone.

1. It allows the one speaking to **self** define and express a **personal** point of view without being stopped or 'corrected' by someone who is sure s/he understands the speakers concrete experience **BETTER** that they do. When we do this we create our own **personal boundaries** and they tend to get stronger with practise. That is actually an assertive technique for change.

2. It allows others currently listening, and perhaps being moved to post here also, to do the **same**, and to feel s/he can be different in some things, have a somewhat different experience, and different feelings about it also, without being 'corrected' or straightened out by others posting in that 'personally corrective' kind of way. This is about **mutual** respect for **personal** boundaries.

3. It creates a true **sharing** space as a potentially vast resource for individuals to find what will work **for them** without being pressured by **anyone** to accept **anything**. That in turn may keep more people coming with even **more** great ideas.

So let's share within good personal boundaries and just see what develops from the **method** used to do it. The method is not new by any means and as I have said, is used often in assertiveness training. (Of course we who are psychiatrized have to **modify** it a bit to keep ourselves from being 'helped.' I think we may be surprised to discover some unexpected benefits.

One of the problems I have had myself is like that which others have also shared with me over the years and it is often stated something like this:

*"I did not know how to deal with the people causing me distress without becoming JUST LIKE them. I could not explain enough, or reason with them or get them to hear me, nor could I get them to just leave me **alone**."*

Many of us were offered a choice of being passive or aggressive and we wanted **neither**. The third choice is assertive and rather than choosing **between** aggressive responses **OR** putting up with aggressors (a choice between polar opposites) we can practise **self** definition, **self** protection, **self** determination and individuation from **within** our own personal space.

We can also change external reality to **some** extent by using psychological mirroring, which is something I do on the personal local pages of my site. Much of what we experience as the psychiatrized is because the people who put us **through** it are deluding themselves that **WE** are too stupid, crazy, or unconscious to be aware of **them** or to understand them. Our public discussions can go far in changing that all too common group delusion. An awakening is in order. Groups **won't** change what is not seen and heard. Here we dump the ventriloquist act which has been forced upon so many of us in the name of help.

So you can talk about all your own problems of relationship and the system here, keeping the subject matter or angle of approach to the topic page and Board you are on but respect the **METHOD** used to do so. In your personal posts keep as many "we"s, "you"s and "they"s out of the posts as you can. Try to stick to ideas and concepts and/or the first person singular i.e. "I had a terrible time with my psychiatrist" rather than "they are all a bunch of ! @##*&&%!" There are many places and groups that will welcome ongoing angry debate. There is nothing wrong with **that** either, in it's place. I just don't want it done here. So no cursing, hatred of individuals, attacks on others posting, overt sexual descriptions (like I hear on the bus everyday) or threats of violence or suicide. I am bound by law to report such threats so DON'T DO IT on these boards.

Please continue to do the same thing when you are moved to **reply** to someone else. Keep the "you's, everybody's", and nobody's" out of it. Don't deny, correct, try to control, invalidate or 'fix' the other person. We can **still** disagree for example by saying, "*That did not work for me, I do not believe in such things, and this is why...here is something that worked for me and it may work for some others also...*" (non threatening, non controlling, ideas attached **directly** to first person concrete experience with the ambiguity removed.)

