

Articles by a human being. Heal, Help And Hi! :-)

Posted by Human being - 11 Dec 2022 06:03

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Please don't respond to this thread. Instead,

please send any responses to the responses thread, titled "Comments to "Articles by a human being"

I'll be honored if you take the time to respond!

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Re: Articles by a human being. Heal, Help And Hi! :-)

Posted by Human being - 11 Dec 2022 06:07

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### **Are strange/less common desires a "Mental illness" or just an unhealthy desire in a healthy human being?**

-This is where we fundamentally disagree. I believe from a lot of personal experience, that looking at it like a mental illness, is very very detrimental for a few reasons. A) That is the exact reason why people don't reach out. When someone is told they have a "condition" we are labeling them as sick. No one and I mean no-one will want to self label themselves a sick person. It is not like cancer. Cancer is a physical illness. Therefore, regardless if we classify or don't classify cancer as a sickness, it is in the open because of its physical symptoms.

Someone coughing up blood will have no embarrassment going to the ER for a cancer screening, because they are not turning themselves into someone sick. *They were already turned into someone sick.* When the blood comes coughing out, regardless if they want to be called sick, they are already called sick. It was not them reaching out to make themselves sick.

By someone who has an emotional challenge, to turn themselves into a sick person with all the "I'm different" that it comes along with, won't happen to the overwhelming majority of people.2-But that only tells us why we shouldn't "call it" a mental illness. That doesn't address whether *it really is a mental illness or not*. Now I'll proceed to tell you why it's not a mental illness in the first place. The whole concept of "Mental illness" is really a scam. By a physical

illness we are treating the body. Not the behaviors associated with the body. Let me give you an example. If someone has a broken foot, We dont treat his behaviors associated with a broken foot. In other words, the doctors are not focusing on healing his inability to play football, or walk with his wife or work as the manager of a store. We heal what caused his inability to play football and walk with his wife and what caused his inability to continue being a store manager, aka his broken foot. The definition of illness is, ill-ness/?iln?s/[Learn to pronounce noun](#)

1. a **disease** or period of sickness *affecting* the body or mind

1. Aka a **disease** (A) affectingthe **body or mind** (B ). is considered an illness.

Now let's talk about mental illness. In behavioral approaches to mental health we focus on symptoms. If you look at the DSM-5, in order for one to be diagnosed, they need to have at least "X" amount of "X" amount of symptoms. Here's the problem. Symptoms are the effects. So mental illnesses are diagnosed by how they are affecting you. Aka, if you have affect "A" and affect "D" and affect "G" you can be diagnosed with "Anxiety" for example. But what about the *disease*? What about what's *causing the symptoms*? That's something that we call tranua, abuse, neglect, shame, guilt, disconnection etc. etc. etc. So saying a person "has" anxiety as if it's a "disease" is like diagnosing someone that broke their foot as "inability to play, work or walk disorder" (IPWWD). So it's not helpful, but also more importantly, it is not true.

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Re: Articles by a human being. Heal, Help And Hi! :-)

Posted by Human being - 12 Dec 2022 20:41

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## **Cognitive behavioral approaches vs feelings and attachments approaches**

I want people to understand how the brain works so they can get out of the 1980s and into 2022, where research has shown that focusing on behaviors or focusing on getting someone a diagnosis in order to medicate him, isn't helping heal depression, anxiety, strange desires or any other mental health problem, but rather it just helps manage the problem, but does not heal the problem.

There is a ton of new research from the past 20 years that has focused on healing and changing our minds. Not just managing symptoms, but rather healing. There is IFS, somatic, The polyvagal theory. The mind-body connection. Neurofeedback, updated study's on attachment theory and the needs of humans to be connected safely to at least one person.

Which can be done through a parent who raises a child -emotionally based. Which can also be done through therapy. There is EMDR. There is new research explaining how our body's hold feelings until we release them. And that's why so many people who have a mental health issue have IBS. And back pain. And a host of other physical problems. And a shorter life expectancy.

Study's show, it usually take about 20 years for research -that is shown as more affective-, to begin gaining widespread use. I urge everyone on Gye, to begin updating themselves. CBT DBT ABA all focus on behaviors and thoughts. Yes, we always need to start with behaviors and thoughts, but nowadays in 2022, we should never settle for behavior oriented approaches that cant heal us, and instead just mitigates and manages the damage. Lets start healing.

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Re: Articles by a human being. Heal, Help And Hi! :-)  
Posted by Human being - 12 Dec 2022 21:28

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### **Cognitive behavioral approaches vs feelings and attachments approaches**

I want people to understand how the brain works so they can get out of the 1980s and into 2022, where research has shown that focusing on behaviors or focusing on getting someone a diagnosis in order to medicate him, isn't helping heal depression, anxiety, strange desires or any other mental health problem, but rather it just helps manage the problem, but does not heal the problem.

There is a ton of new research from the past 20 years that has focused on healing and changing our minds. Not just managing symptoms, but rather healing. There is IFS, somatic, The polyvagal theory. The mind-body connection. Neurofeedback, updated study's on attachment theory and the needs of humans to be connected safely to at least one person. Which can be done through a parent who raises a child -emotionally based. Which can also be done through therapy. There is EMDR. There is new research explaining how our body's hold feelings until we release them. And that's why so many people who have a mental health issue have IBS. And back pain. And a host of other physical problems. And a shorter life expectancy.

Let me give an analogy,

Think about a leak in the ceiling that is ruining your dining room floor and rug. There are 2 approaches we can take to make sure your floor and carpet don't get ruined. 1) Get buckets and capture the water spilling from the broken pipe, or 2) Fix the pipe. Getting buckets won't fix the broken pipe, but it will help catch the water at least. CBT ABA and relationships based on

behavior and thoughts, are like the buckets. Its damage control (if we use behavioral approaches in the right way). And yes we do need damage control. And we need to start with putting a bucket under the leak, before we try fixing the leak. We don't want water getting all over the carpet and floor while we fix the leak. But the bucket will not fix the pipe. Once we have a bucket underneath the leak, the next step is to fix the leak. If we neglect to fix the leak, we will constantly be running back and forth to empty the buckets when they get full, and bring new empty buckets in their place. Also sometimes a bucket doesn't catch all the water, or the bucket overflows.... we need to fix the leak. That has to be our focus. So too with relationships, healing and growing. We can focus on behaviors/thoughts and mitigate the damage. But then we need to heal the feelings and emotions that are broken causing our thoughts and behaviors.

Study's show, it usually take about 20 years for research -that is shown as more affective-, to begin gaining widespread use. I urge everyone on Gye, to begin updating themselves. CBT DBT ABA all focus on behaviors and thoughts. Yes, we must always include CBT and work with our behaviors and thoughts, but nowadays in 2022, we should never settle for *just* behavior oriented approaches that cant heal us, and instead just mitigates and manages the damage. Lets start healing.

You can look up the data, study's, articles and books of the following experts, that have been the primary contributors to all things neurological and phycological in the past 20 years. Allen Schore, Bruce Perry, Bessel van der Kolk, Peter Levine, Janina Fisher, Pat Ogden, Ruth Lanius, Jonice Webb, Richard Schwartz, Francine Shapiro, Dan Siegel And so many more.

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