

How do you deal with never having a sense of belonging?



Hi RV Henretty-Jornales's!

You ask:

How do you deal with never having a sense of belonging?

(For example, as a half-breed, neither culture accepts me as understanding what it means to be whatever they are.)

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As a person who is often perceived as being crazy, we rarely feel any sense of belonging anywhere, not even when we are welcome.

We do not deal with this well.

We withdraw, we get moody, and we wonder why we can't learn to pass for a sane person, but then we remember that we would be lying to ourselves and we would be lying to other people if we could pass for a sane person and get away with it.

So we like to think we have enough integrity to be up-front with who and what we are, and if you don't like us on our own terms then we don't need you on your terms.

Of course sometimes there are people we do need, whether we would expect to get along without them or not, but we do our best to remain honest and hope for the best.

People have a lot of funny ideas that alienate them from other people. A lot of people feel as if they don't fit in, regardless of whether to another observer they appear to fit in just fine.

The hordes of people that make-up large cultural or ethnic groups are rarely composed of uniform, like-minded people, but they can still hide their differences by hanging out with other people who at least superficially resemble themselves.

One thing we try to remember is that even though we can make broad generalizations about how other people might feel about us, and even though we can make cultural associations with particular groups of people that may help us identify whether we may be more or less welcome among them in general cases, the only way to know if we really will be welcome or not is to try to make friends.

Some days we are brave enough to try that, some days we are not.

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Enjoy!

love, the grigs...

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ADVISORY:

If you are using psych meds please do not stop taking your meds without a doctor's supervision.

Many people only learn to thrive once they discover which meds work best for them.

If you are someone who does well enough without meds or who has some other good reason not to use meds then please do not encourage other people to stop using their meds; please do not criticize them for seeking help from a doctor in order to try new meds in search of something that will help them.

Meds save lives, even if they can't help everyone.

We caution people using meds to never abruptly stop taking their meds because the side-effects of quitting may be very dangerous.

Yes, we said that right; for many people on psych meds the side-effects of quitting meds can be dangerous.

Abruptly quitting psych meds may make depression much worse; psychotic episodes may even be triggered.

Only withdraw very slowly under medical supervision.

Let people know what you are doing; have them verify your plan with your doctor if they are afraid for you.

We know medications can work but we also know how often people only want to quit their meds.

Please don't argue the merits of one life choice over the other, instead allow others the courtesy to make their own choices just as you do, and just as you would want them to allow you to do.

Please support each other and stop hurting each other over the issues of whether or not to medicate or how to medicate safely.

Anyone self-medicating should educate themselves about their meds of choice and also find more help from people they trust.

FURTHER ADVISORY:

Gharveyn, by any and all aliases, is not a licensed medical practitioner, nor any other sort of professional care-provider. His opinions, however well-formulated they may sometimes appear to be, are not the products of a formal education; Gharveyn holds no degrees of any sort.

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GRIGORI RHO GHARVEYN, BIO:

We identify as a 'multiple personality'. To ourselves we appear to be a collective with many members or associates, some of whom may be avatars of other people we have known, and some of whom are avatars of ourselves at different ages in this incarnation.

Some of our members are avatars of some of our past or future incarnations.

Some of us appear to be machines or cyborgs; many of ourselves appear to come from alternate realities or from different eras of time.

Some of our group's associates appear to be avatars of some of our favorite authors, or the avatars of some of their fictional characters. Some of our associates appear to be mythical beings from ancient Rome, Greece, or Egypt.

It's complicated, but it seems to work well enough for us...

We have no degrees or titles, nor are we an authority of any sort.

We have been partially or acutely disabled by chronic pain for more than 35 years.

We have lived with depression for more than 50 of our 60+ years in this incarnation.

We need physical therapy and exercise but we can scarcely walk or afford transportation.

We wish we could go swimming every day, like we used to do at Ocean Beach in San Francisco.

We currently reside with our girlfriend Tina, roommate Sid, houseguest Jenny, 2 dogs and 2 cats in a small apartment in Gaskill, a small neighborhood in Oakland CA.

We have been almost desperately poor; keeping well fed and keeping the lights on is sometimes a challenge. It's been about 12 years since the last time we were homeless.

To learn more about us or some of our work please visit gharveyn.com

Cheerio!

Keywords:

alienation, loneliness, apathy, depression, suicide, healing, cognit, mental illness, psychology, psychiatry, psych meds, hope, help, hotline, marginaliz, ostraciz, conditioning, shunning, defense mechanism, inner voice, conflicted, repressed memor, self medicating, kill myself, Deepak Choprah, ptsd

Some keywords have been 'short-spelled' to match multiple forms of a word.

For instance: cognit == cognitive, cognition

Theory: searches for either of these longer words will be matched by the short-spelled form.