Having Mental Health Means Sleuthing Magical Perceptions Sometimes

Posted on December 15, 2010 by Sara Johnson-Conde MD

Self-Care Tip #134 — Looking past the dark magic in your life might require medication. Be a friend to yourself.

Much of what psychiatrists do at work to help with misperceptions. Seeing something one way does not make it true.

In Scientific America, there was a great article, “Magic and the Brain: How Magicians Trick the Mind,” By Susana Martinez-Conde and Stephen Macknik | November 24, 2008. It tells us that we misinterpret things so easily, that people use that quality to entertain others. Magicians use it to entertain and exploit the limits of cognition and attention.

Magicians aren’t the only ones to exploit that. We do. We exploit ourselves. Too. Not too friendly and not generally as entertaining.

How is having our misperceptions a form self-exploitation, you say? Because we nurse them and drive our own selves into the ground with them. No one else is doing it when down to the last trick.

It comes to me that when we feel disconnected from others, we are mistaken. Some magic turns us away and we don’t see the gullible links touching us all around.

When we feel worthless, when we think we are disabled, when we feel stripped for suffering, that be black magic my friend. When we think our lives are so hopeless that we would be better off ending them, look for the mirrors. Look for the rabbits and top hats. We aren’t seeing things right.

When I move the curtains across my clinic day, I often find medical diagnosis hiding behind. Some sort of biology giving us the slip.

My dad often told me, “Things are never as bad as they seem.” I realize he was talking about this kind of magic.

Question: How have you gotten past self-harmful misperceptions? How have you seen another do it? Please tell me your story.

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"When You Are Hurting, Remember Why You Want To Live, And Live For That The Presences of Stress Doesn’t Make The Diseases Process Any Less Important."

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Do You Feel Pleasure?
Lack The Ability To Feel Pleasure Leads To Suffering.
Connection Is Part Of Self-Care
On Well. That's How Things Go.