

No Title (they are overrated)

Let's have a tour. Close your eyes (oh then you can't read) keep it open, but imagine it to be closed. Now I threw a lizard on you, if you aren't afraid of lizard, it's cockroach. Your eyes are still closed but you can feel it walking up your arms. There is sudden rush of adrenaline (I checked the spelling it is right), to those who don't know it is commonly known as fight or flight hormone. Your reflexes came into action and you just threw it away using the nails of your finger. Keep your eyes closed (ya right, imagine it to be closed). I have thrown another lizard once again, and before you can react, I threw one more and then one more and am throwing one after the other continuously. I am throwing it much faster for you to react. You can open your eyes now (okay, imagine). What will have you done, if this was all real?

You don't need to answer it, your mind already knows what to do. The hormone which was making you safe initially, is of no help now. So, the mind will start to calm you down, cause now there are many lizards on your body and the hormones have already raised your heart rate to max, you are breathing rapidly and hands are sweating.

Different people react differently when frightened, some scream (as to scare back the fear), some might bring their hand in front to fight. And some would just simply go numb. In the lizard case for some people this is what would happen eventually, your mind will trick you to believe that this all is just an imagination (no, now this is when it would be happening in real).

*This is where I'm too tired typing this shit and would go back to bed.

It is a very justifiable response. Being an atheist, I'll quote serenity prayer here- "God, grant me the serenity to accept the things I cannot change... (rest is not required here for my biased view)". You cannot remove all the lizards and being covered with lizards is better than being covered with lizards along with very high heart rate, fast breathing and sweat mixed with the lizard mucus.

Now this, this response is depersonalization. The same response, to the things you can't change. But those things aren't lizards (right, or cockroach).

Those are some unreasonable, unjustifiable things. Like what? Like the sound of footsteps, opening of door (not horror movie type but even in day), notification on phone, checking the time, and ya using calculator, there is no end to the list.

Understood anything? Probably no, but if so, don't read ahead. Congrats you unlocked next level (seriously, either read it all again or just stop).

I once saw a dream that I was falling, and falling continuously (sounds familiar?). Then I woke suddenly, found that it was just a bad dream, drank water and slept back. Next day when I woke up, I was confused if the drinking part was real or the complete thing was a dream. Well, it has no strong relation with these lizards (other than dreams are also imagination), just a promo of my next writing.

Okay so now you have two minds active together, the first one (Alice) knows about the lizards and the second one (Bob) is controlling the hormones secretion by believing that this is all just an imagination. Now comes the third one (yes, Charlie). He talked to Alice and found that there are lizards on the body, then went to Bob and got to know that this all is just an imagination. What would Charlie do? Simple, Charlie would ask Bob to stop imagining. If lizard exists because of imagination, they can vanish by imagining. So instead of controlling the hormones why not simply stop imagining.

Now there are not only lizards on your body, but your different perceptions about the reality are arguing and contradicting each other. Depersonalization which was supposed to help you initially has also given up just like hormones. Now whenever you hear a footstep, a part of you is scared, a part of you is trying to calm you down, and another is screaming "it's all imagination". Now where the fuck is my earphone?

****The entire writing is based on writer's experience with depersonalization. They aren't the complete description and symptoms vary from person to person.**