

What's an 'appropriate' presentation look like when:

- You're being stalked but can't prove it definitively?
 - You've been threatened but police won't act
 - You're medicated against your will with drugs that are harming you
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- No lawyer will defend you
 - Every avenue of help makes things worse and jumps to conclusions due to a mental illness diagnosis

This is a genuine request to ask an expert in human behaviour – what should I have done differently that wouldn't have been labelled as further evidence of illness?

Speak calmly? Labelled as 'flat affect', evidence of schizophrenia.

Show emotion? Labelled as "agitation", evidence of lack of insight into mental illness.

Provide evidence? Labelled as "obsession" and "ruminations".

Accept diagnosis? Proof they were helping and that drugging was the correct course of action and shouldn't be revoked.

And the funniest part is that in her statements she insisted she never threatened to send me to jail, never called me delusional, and that everything she'd ever done was above reproach.

Which would be impressive, if it wasn't printed right here in her own email doing exactly those things.