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ARTICLE ONE

EROTOMANIA



When you think someone is in love with you but they aren't, you have erotomania. It is a psychological delusion in which you believe that

someone is in love with you when they are not. It could be someone you've never met or someone you've met before. They might even be famous, like a politician, an actor, or a religious leader. You can be so sure of this love that you think you're in a relationship with this person, and you may not be able to accept facts that prove otherwise.

Erotomania is a type of delusional disorder. And it seems to be a little more common in women. But some studies show men are just as likely to experience it. The condition can show up after puberty, but it usually happens around midlife or later.

Erotomania, also called de Clérambault syndrome, is rare. It can happen on its own. But it's usually linked to another mental health condition, like

schizophrenia or bipolar disorder. It can last for weeks or years. We have psychotic depressive erotomania, in which the individual gets depressed and begins to contemplate suicide, and the only route is for you to hook them up with the individual they are in love with.

It's important to get help if you have these symptoms. Because if you don't, you might do things that aren't safe for you or the other person.

A psychologist and therapist can help you figure out the best treatment after a comprehensive clinical assessment. Have you seen someone who is in love with a celebrity or a figure who might not be aware of them? Do you believe the fascination has gone beyond the ordinary and has become a life-threatening obsession?

How about if you book a session to discuss it?

ARTICLE TWO

SEXUAL DISORDERS

Rated 18 +



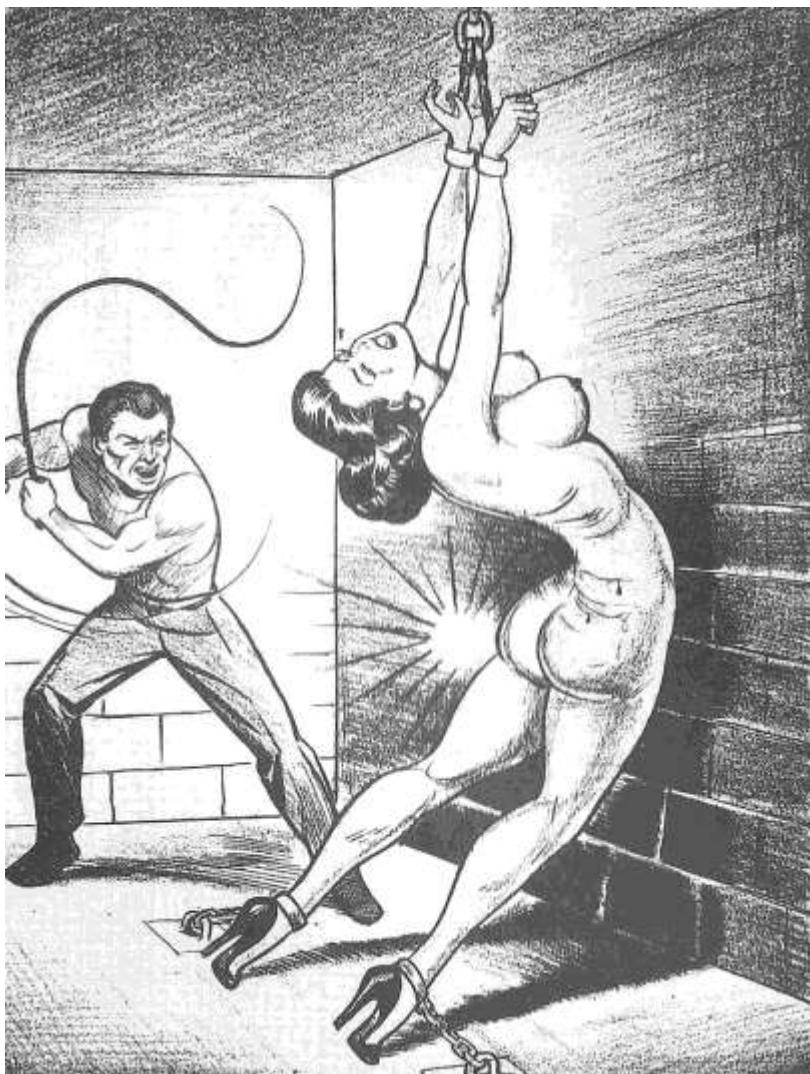
Sexual Disorders

What does sexual disorder mean to you?

Speaking from the perspective of a psychologist and a therapist, a disorder is an action that is not in general conformity with the acceptable norms and values of society. They tend to inflict discomfort on society and the individual. Sexual disorders are defined as sexual behaviors that are not generally acceptable in society or to your sexual partner.

**There are several types of sexual disorders,
and they are:**

- **MASOCHISM**



Masochistic behavior is when an individual can't be aroused or enjoy sex without being physically and emotionally hurt or abused.

Masochists derive pleasure from sex when you handle them roughly and brutally.

They don't believe in or enjoy soft sex or romantic foreplay. Their definition of romantic foreplay is beating, gagging, choking, chaining of the legs and hands, and blindfolds.

Masochist Ray is married to Jane, but Ray always leaves bruises on her; this is what turns him on to have sex with her and make love to her.

Masochists enjoy giving and receiving pain. People in this category are sadomasochists and sadism.

● FETISHISM



Fetishistic disorder refers to recurrent and intense sexual arousal from using an inanimate object or focusing on a non-genital body part that leads to arousal and sexual satisfaction.

A few examples of non-genital body parts are:

Feet

Legs

Cheekbone

Inanimate objects are:

Panties

Shoes

Bras

Clothes worn.

Ray derives sexual satisfaction from inhaling Jane's pants. The thing is this: the pheromones secreted and mixed with sweat on the inanimate objects turn on the fetish individual.

● VOYEURISM



Voyeurism is the practice of gaining sexual pleasure from watching others naked or engaged in sexual activity. This group of people doesn't need to mate with you before they derive sexual satisfaction; all they need is to peep at you while you're having sex with your partner. Jane's neighbors are her acrobatic sexual partners; the air even knows they are having sex because it comes with several shocking displays. What Jane does is

go and peep through the window. The scenes playing before her arouse her, and she can have an orgasm in the process.

● EXHIBITIONISM



Exhibitionism is a form of paraphilia. Exhibitionists are often males. What they do is expose their genitals, usually to unsuspecting strangers, and become sexually excited when

doing so. They may be aware of their need to surprise, shock, or impress the unwilling observer. The victims are almost always women and children.

Abu is heading to Kano from Katsina by road; Sara is sitting beside him, and she suddenly notices a rod-like object. Looking to her left, she notices Abu's aroused manhood standing erect and looking her in the eyes.

Four things are bound to happen:

Either she freezes

She flees by alighting or changing her seat.

She scolds him with visible anger.

She pretends not to see him and looks elsewhere.
(Denial)

You may have come into contact with any of the sexual disorders mentioned or not mentioned. Would you love to share your experience with me?

Would you like to know more about personality types and psychological disorders? Kindly click the link below now!

<https://selar.co/u1h1>

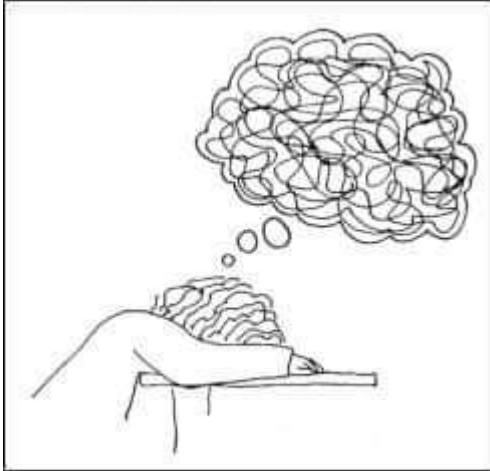
ARTICLE THREE

WHY DOES CHILDHOOD TRAUMA RESURFACE IN ADULTHOOD?

We have a few keywords here, and I will want us to explicitly discuss them.

- Trauma
- Causes of trauma
- Types of traumatic responses
- Types of trauma
- The signs and symptoms of traumatic feelings
- Treatment for trauma
- Childhood
- Adulthood
- Treatment for trauma

TRAUMA-



It is an emotional response to a terrible, frightening, and life-threatening event that happened. It could be an emotional response to rape, domestic violence, an accident, or a natural disaster. Traumas leave an emotional scar.

After the traumatic incident, a lot of people experienced shock and self-denial.

Self-denial is when you try to act strong; by pretending to be fine, you think you can handle it, but what you don't understand is that:

"The mind is like a recycler." It keeps recycling and replaying those incidents in the subconscious, and it gets to a stage where self-denial can no longer suffice. The aftermath of self-denial can lead to strained relationships, unstable emotions, involuntary mobility, profuse sweating, nausea, shock, PTSD, etc.

I want you to know that the initial reaction to a traumatic event includes: exhaustion, confusion, sadness, anxiety, agitation, numbness, dissociation, confusion, physical arousal, and blunted affect.

Trauma may be a six-letter word, but it is emotionally draining and killing.

Trauma can be caused by an overwhelmingly negative event that has a lasting impact on the victim's mental and emotional stability. It could be physical violence, but others are psychological. Some common sources of trauma include rape.

TYPES OF TRAUMATIC RESPONSES

Fight

Flight

Freeze.

DO YOU KNOW THERE ARE THREE TYPES OF TRAUMA?

1. Acute trauma
2. Chronic trauma
3. Complex trauma.

4. Acute trauma often results from one event. It could be the death of a loved one, a one-time rape event, experiencing the brutal murder of an individual, a fire accident that claimed lives, a threatened abortion, a stillbirth, or severe heartbreak. And the list continues.

Bruno was a sight to behold from birth, and everyone loved him. Aunt Maggie's love, however, was called into question. That night, as the seven-year-old lad lay in bed, Aunty Maggie tiptoed to his room and lay beside him. He didn't mind until she pulled his pants down and lapped on his d**k. He was shocked and confused, and the erotic feeling made him shiver in ignorance. She warned him to keep it a secret from his parents, who would arrive by the weekend. But when it comes to his mother, Bruno has a basket mouth, and

that's how he told her what happened while they were gone.

Aunty Maggie was punished and sent packing.

But Bruno's case was handled within the four walls of the family. No one took him to meet with a therapist.

- Chronic trauma is the result of a series of long-term events. Examples include sexual molestation, domestic violence, and a low CGPA that eventually led to a withdrawal from school. e.t.c

Lizan is an orphan; a family adopted her when she was three years old. She thought they were her angels, not knowing her waterloo was waiting.

At the age of 14 years and 9 months, her foster mother passed away, and that was when she knew

the shape of a serpent's tongue. Her foster father raped her on her 15th birthday, and her foster brothers took turns before her 16th birthday. Several times she tried to escape, but it was a futile endeavor because the Chief was a prominent man and hiding was only possible in the sun and not under the sun. Before her 18th birthday, she had lost count of the number of abortions done by the family doctor.

- Exposure to various and multiple traumatic events is referred to as "complex trauma."

Take, for instance, a young girl who began to suffer sexual molestation at age 5, was married off to an old man at the age of 13, had stillbirths, and the third safe birth led to postpartum incontinence, which she suffered for five years.

Her husband, who appeared to be her angel, died six years after they married, leaving her with two children. Her name is Aisha.

THE KEY SIGNS AND SYMPTOMS OF TRAUMA

- Constant tiredness, even after you have had a rest.
- Headaches and general pain in your body
- difficulty falling asleep.
- having restless sleep.
- Strange physical sensations, which could include profuse sweating and tremors,
- Strange medical sensations: these could include pounding of the heart or heart palpitations.

EMOTIONAL STAGES OF TRAUMA

- Shock and denial This is a phase of disbelief and numbed feelings.

the feeling that "this can't be happening to me." It must be a prank; am I dreaming?

- Pain and guilt:

Why did it happen to me? Why did I let it happen to me? I could have prevented it from happening to me. I was too stupid and foolish to have allowed this to happen to me. I wish I had never made that mistake.

- Anger and bargaining:

I don't know if I can ever forgive myself. I'm ready to give anything to turn back the hands of time.

- Depression:

Feeling of acute sadness and emptiness. feelings of helplessness and the lack of motivation to try again. believing that you've been damaged beyond repair. Thinking you're beneath the waters

- The upward turn: Do you think I can ever be better?
- Reconstruction and working through: I am determined to cooperate with my therapist because I also wish to be better. I want to smile genuinely again.
- Acceptance and hope: I can! I will!! I must!!!

Trauma Resurfacing In Adulthood

1. Childhood
2. Adulthood

Childhood can be categorized as a phase from birth until before adolescence.

Adulthood can be evaluated as a phase from adolescence to death.

The transition from childhood to adulthood is like a seedling becoming a tree. If the seedling's life is not terminated, it will someday become a tree. Briers are berries that can grow on the tree.

A tree will yield thorns if the seedling is exposed to unfavorable conditions. But it will bear fruit if it is well nourished.

Let us check out the life of Bruno. He thought he had overcome the molestation experience with Aunty Maggie until five months later, when he began to masturbate. Now he is 20 years old; he has lost hope and is helpless.

The chief and his first son were involved in a plane crash; she escaped being strangled by the chief's last son.

She is now 30 years old and a nurse by profession. Her CMD thinks she is a hardworking lady; what they don't know is that Lizan sees work as an escape route from her hunting past and teary nights.

Moreover, she is 36 years old, and this is the 7th year Chris has been waiting for her. Sometimes I am forced to wonder if Chris is Jacob in the Holy Book.

Lizan sometimes wishes she slept and did not wake; besides, she has nothing and no one to lose. But she does not want to bring pain to Chris just because her foster family inflicted pain on her.

Aisha suffered all through her early years. She was determined to protect her kids, so they wouldn't suffer what she suffered.

Ibrahim and Aliya are now successful and married. Aisha, on the other hand, is trembling due to chronic hallucinations, delusions, and severe tremor. She has been in intensive care for the past 6 years.

On days when she is partially emotionally stable, she sobs and sobs, and she keeps lamenting why her mother married her father and why her mother didn't have a miscarriage because it seems she is only a tool to be used and dumped.

She is 60 years old but has never lived happily with her grandchildren.

Because the transition from childhood to adulthood is a transition, any emotional wound that is not properly handled and treated in childhood can metamorphose into adulthood and lead to post-traumatic stress disorder.

Moreover, the latter is always worse than the former.

IS TRAUMA TREATABLE?

Yes, trauma can be treated! Friends, family, and loved ones can only manage the traumatic feeling, and it can still resurface in adulthood.

Only therapists can treat traumas, and there are several treatment methods.

Are you traumatized?

Do you have post-traumatic stress disorder?

Do you know someone who needs help?

Why linger when you can seek the help of a mental health therapist today?

To continue reading and to know more about the psychological and physiological pathways of psychological disorders, click the purchase link below:

<https://selar.co/y9gc>

ARTICLE FOUR

MEN ALSO CRY



I've watched grown men (both single and married) cry during my sessions.

Please be mindful of how you speak to people because you have no idea what such an individual is going through.

Never let your words be the reason someone wishes to commit suicide.

Hello, dear friends, and how is your day going? I was a bit stressed, but I feel better now.

Do you know many things that can lead to anxiety, depression, or suicidal thoughts?

The truth is, "Rome wasn't built in a day." Likewise, behavioral and mental disorders weren't built in a day.

It is also easier to destroy than to build, and that is why it is straightforward to fall into depression than to fall out.

ARTICLE FIVE

**WHAT ARE THE EARLY SIGNS THAT
YOU ARE TREADING THE PATH OF
DEPRESSION?**



- Worrying more about the past that can't be changed
- often remembering the wrongs that you or others have done.
- Life isn't filled with roses, but when you begin to think more of the thorns than the roses, then you're gradually sliding into depression.
- Always remember that the N500 you think is too small is someone else's prayer point. So, regardless of what has happened, be grateful for what you have as you anticipate the best.
- more of a wish than action. For example, I wish I had married my first ex so I wouldn't be in this mess with this beast known as my husband.

Taking action means visiting the welfare center to seek solace from the beast or going on sabbatical to cool your head and re-strategize.

Another example is

If that lecturer hadn't been my boss, I'd be serving alongside my colleagues right now.

Comparison is deadly! By the time you begin to see yourself comparing yourself with your childhood friends, neighbors, classmates, etc., you'll know that danger is looming.

Your childhood friend got married at 22; that doesn't mean you won't get married now that you are already 32.

The fact that Mrs. A conceived precisely nine months after her wedding doesn't mean you won't have your child.

PS: My mother got married in her 30s, but if I didn't tell you, would you have known?

She was consistently chief bride's maid to about 3 or 4 of her friends until the 4th or 5th one, and one grandma told her to find her husband and stop besting her friends up and down. *Isn't that a big word?*

She cried; she did. But she refused to allow those words to weigh her down.

But today, it is a story we talk about and laugh over.

Comparison generates envy if care is not taken, and chronic envy can lead to a heart attack.

A few hours ago, I read of a lady on my LinkedIn timeline who bagged her Ph.D. at the age of 27.

Imagine someone reading this who is 27 years old but still an undergraduate. How will such a person feel?

Bad, right?

Feeling bad is allowed, but don't forget that regardless of the time spent, both noodles and beans will get done and will be served.

So, instead of feeling bad and feeling too bad, why not celebrate success so you too can be celebrated soon?

Don't forget that comparison does more harm than good.

Indications That You Are In The Early Stages Of Depression.

- Reduction in the number of sleeping hours If you used to sleep for 8 hours at night before, you now hardly sleep for 4 hours.

- Difficulty sleeping. If it used to take you 10 minutes to fall asleep, it now takes you 30 minutes or more. This can generate insomnia.
- Severe and consistent headache and hyperthermia.
- Loss of interest in those things that used to make you happy. For instance, table tennis is your best sport, but during the mild stage of depression, you will lose interest in table tennis. The sport becomes an extra burden for you, and you keep hissing and hissing.
- You begin to question the Supreme. You begin to ask more about "why."
- Loss of appetite sets in. You're either not feeling pangs of hunger or your taste buds are not ready to welcome anything.
- Chronic fear sets in. We're all bound to experience fear once in a while. But at this

stage, you are afraid of the day and the night. I am afraid of everything because the day is pregnant with tears and the night is pregnant with nightmares.

- Either you become extremely emotional (tears flow down your cheeks unconsciously) or you become extremely calm. (Or you develop a common effect: no matter the funny stuff going on, it can't make you smile, and that is because an unconscious bulletproof has been erected in you.)
- You want to be alone. You try to cut yourself off from the outside world.
- You become dependent. You are scared of staying alone or being in the dark.
- Drastic loss of weight You can lose up to 5 kg in two weeks.

- You get fixated on the mouth, and all you want is to keep putting something in your mouth.
- You begin to engage in illicit vices. (e.g., sex, alcohol, drugs, and smoking).

SIGNS THAT YOU ARE IN THE CHRONIC STAGE OF DEPRESSION

- Suspicion. Being suspicious to a certain degree is allowed, but at this stage, you become highly suspicious of everything. The lizard's nodding has another meaning for you.

The cockroach in the toilet has another meaning for you. The cock's crowing at 3 a.m. instead of 5 a.m. has another meaning for you. Reading and listening to the news becomes difficult because you believe the information is about you.

- Your room or bed begins to smell awful, and you also begin to produce body odors that can be likened to those of the dead. (I have met a woman in this stage before; it was hellishly bad.)
- Hallucination sets in. You begin to see double and hear triple. Take, for instance, a man who sees his hand entering the wall. There is nothing you tell him; he believes his hands are entering the wall. You begin to receive commands and hear the voices of the invincible.
- And then suicidal thoughts set in. You begin to see that there is no reason to be alive. You believe nobody in the world cares about you, and your absence will mean nothing to anybody. Besides, they will only pretend to miss you by shedding a few crocodile tears

and writing stale condolences and obituary comments. At this juncture, you see absolutely no reason to keep fighting, and your mind keeps telling you to find solace by ending your life.

Anxiety gives birth to depression.

Depression is real!

Suicide is real!

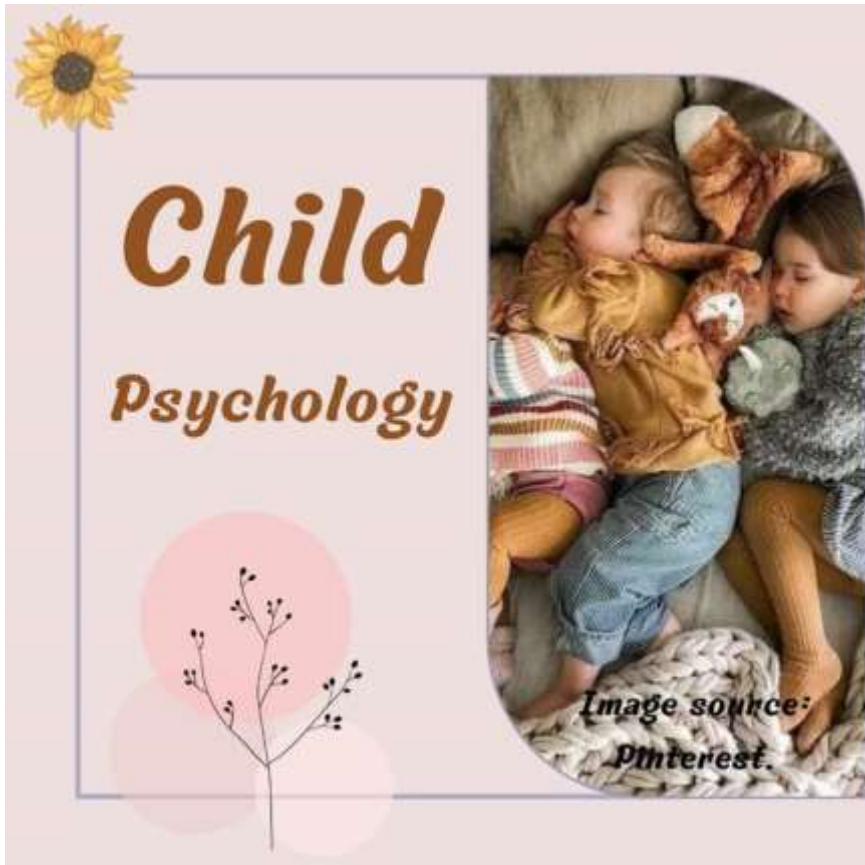
Book a session right away to speak with a psychologist or therapist.

Also get my e-book titled "Smiling in Pain" and start reading it now!!

<https://selar.co/y9gc>

ARTICLE FIVE

CHILD PSYCHOLOGY



One of the explicit psychologists' theories is Erik Erickson's theory on child development. He is a

German-American psychologist and psychoanalyst. He postulated his theory, which comprises eight stages encompassing child development into adulthood.

Erikson believes that our ego identity is under constant change, which is due to our new experiences and the information we accumulate daily as we interact with others and our environment. These experiences and information can either make or mar our childhood development.

In one of my lectures with mothers and prospective mothers, I made it clear that Rome was not built in a day and child development begins in the womb. A lot of parents get so carried away during pregnancy that they forget to bond with the fetus before its birth. This simply means

that bonding begins in the womb, and bonding is more than occasionally rubbing the tummy with your palm or hissing when the foetus causes you discomfort with its movement.

The second stage of bonding begins after birth, and all things being equal, it is expedient that a mother extensively breastfeeds the neonate for 6 months. Aside from the health benefits, it also creates a strong bond between the child and the mother. Most often than not, we live in a society where childcare is left to the mother alone. It is wrong, and it can be very time-demanding. For as long as both parents are alive and living as husband and wife, then child development is a common goal that should be practiced by both parents.

The challenge now is: how can a parent practice what he or she does not know? The truth is, a lot of parents are practicing what their ancestors and aging parents taught them, while others are practicing what they went through during childhood. And for as long as this cycle continues, we will continue to have an influx of psychological disorders among kids, tweens, teens, adolescents, and adults.

There are eight stages in child development, but I will focus on the first two.

The basic trust vs. mistrust battle occurs during the infancy stage. When the development is favorable, there will be trust, but when it is unfavorable, the child will mistrust people. The question now is, "How can that be?"

I want you to know that the mother's touch and attention to her baby from birth to 18 months are critical in developing an attachment between mother and child. It also determines if the child will learn to trust other caregivers or live in suspicion and fear.

Therefore, in the first 18 months of a child's life, if there is not enough attention from the mother, mistrust will develop in the child.

The child sees everyone as a hunter, while he or she is the prey. He grows in fear and suspicion of future events. This simply means that when babies are neglected or their needs aren't met, they develop mistrust. If trust isn't established at this stage of development, it's more difficult to establish later in life. And they may feel a sense of hopelessness when faced with crises. A mother or

caregiver who deprives her child of touch, care, and attention is creating a vacuum that may never be filled or healed.

The second is the toddler stage, which is autonomy vs. shame and doubt. This stage begins at 18 months and lasts for two or three years. At this stage, the child is learning how to do a few things for themselves, and your reaction to the child goes a long way. When you praise and commend the child on every milestone attempted or crossed, this builds confidence, increases self-esteem, and establishes a foundation for autonomy. But, when you discourage the child on every attempt or try to do everything for the child, then the child will be dependent, discouraged, ashamed, have no belief in himself or herself, and doubt their abilities.

Just imagine a child having an unfavorable condition during the first three years of his or her life. No wonder, there are several distorted personalities among growing children. With the help of a child psychologist and neurolinguistic programmer, some therapies can be administered that will rewire the child's personality framework.

Would you love to consult the services of a child psychologist and NLP master today?

ARTICLE SIX

DO NOT PASS THE JUDGMENT



Never judge anyone by your yardstick. I know you've been through a lot and are still going through a lot, but you're still acting strong. But do not talk down on those who do not know how to act strong or who no longer have the strength to act strong. I wish I could explain how depression grows using a voice note, but I will try to explain my thoughts in words. I used this illustration during one of the therapy sessions with one of my clients. I am a mental health therapist.

This is the illustration:

10 years ago, Mr. Zac, who is a farmer, went into crop farming, but unfortunately, there was a flood that swept away half of his produce. He comforted himself and was comforted by others, who said, "It is well; God understands."

Three months later, he remembered his crop and said he would have been harvesting a hundred bags, but here he is with thirty bags because of the flood. Twelve months later, his subconscious travels back to the incident, and he says, "Kaii!" That would have been a bountiful harvest, but the flood destroyed his plans. And then, with a deep breath, he said, "It is well; God understands."

Four years later, his younger brother was implicated in a crime he did not commit, and all members of the family were in disarray. In the long run, his younger brother was vindicated after a lot of sweat and money had been spent. Eight years later, his wife had a forced abortion that almost claimed her life. It was so painful because they had been expecting the child after ten years of being diagnosed with secondary infertility. "It's all right; God understands," he was reassured. A

year later, his wife conceived twins, and people came to rejoice with the family, saying God had done them well.

Last year, his wife died in a motor accident, and Mr. Zac began to exhibit some strange and unpleasant symptoms. People say it is because of the death of his wife. Several widowers came to comfort him, saying he should be strong because they understand his pain and will tell him how they were able to heal.

I say NO!

You can't tell him to use your yardstick to heal. Working for you does not mean it will work for him, and you do not understand his pain because it began ten years ago.

Also, the death of his wife wasn't the cause of his depression; rather, it predisposed him to depression, stroke, hallucinations, and high blood pressure. Everything began 10 years ago. Ten years ago, a seed was planted, and instead of that seed being uprooted, it was denied access to growing, so it stayed in the earth of the mind, waiting for a time to grow. Mr. Zac kept living in self-denial through every one of those disappointments and heartbreaks, and instead of seeing a mental health therapist for help, he kept taking deep breaths and saying, "Well, God understands." He was deceiving himself that it was well, but his mind knew it was not well. The day a jab happened to his heart beyond self-denial, his mind broke into pieces in rapid deterioration, and the tree that was planted ten years ago sprouted like the speed of light.

A lot of us are living in self-denial; we keep deceiving ourselves, forgetting that our minds cannot be deceived. I want you to know that it is easier to diagnose and treat a physical illness compared to an illness of the mind. When compared to an individual suffering from acute mental illness, an individual suffering from acute malaria can be easily identified by others. The fact that such an individual always laughs does not mean he or she is happy. The laughter could just be a coping mechanism, but it is not the healing therapy needed by the mind. A physical illness is different from a mental illness; doctors are trained to diagnose and treat physical illnesses, not mental illnesses or psychological disorders. And the earlier we understand that in this part of the world, the better!

I have a client that is still battling the aftermath of a doctor's treatment of him when he was having a mental illness, which was anxiety disorder and PTSD, six years ago. His symptoms were said to be similar to those of someone with hypertension, so he was put on HBp medications. He went through hell and back, but he is gradually getting better now. You don't expect a seamstress to do the job of a designer as well. Though they may appear similar, they are absolutely different.

Treat everyone right!

Treat yourself right; the same way you visit the hospital, you should seek the services of a psychologist or therapist. It is high time we stopped the stigmatization of mental health. I want you to know that mental health disorder is different from mental health psychosis, and

psychological disorder is different from psychological psychosis. Stop stigmatizing mental health therapists as only caregivers to mad people, and stop seeing those who seek help as mad people. It is time to stop this stigmatization!

Are you having unpleasant psychological symptoms? Why not consult a mental health clinic and enjoy the services of a mental health therapist? The earlier you seek help, the earlier you heal, because delaying treatment for mental health is always very dangerous and detrimental to your physical health. And that is because depression can cause hypertension, stroke, heart attack, death, suicide, and hallucinations. The doctor will be focusing on hypertension and stroke, but since the root cause is in the mind, tell me how there can be

lasting healing. Rather, it will be on-and-off, and the individual will become a specimen. all because you consulted the wrong profession!

Stop procrastination and seek help now!

ARTICLE SEVEN

Almost everyone thought she was proud; only a few assumed she was shy. She would rather wait to reply to your greetings than be the first to greet you. She would rather you show an interest in her than be the first to seek friendship. Even after seeking friendship, she often gets skeptical about you. It is almost always edgy, and her defensive mechanism is always on alert.

What is her defensive mechanism?

"Enter your shell, now!"

No wonder she has little or no one she can call her friend. Her cycle consists of her alone. You will hardly see her on any social media platform, and whenever she visits, it is to read timelines and go off. She didn't like this phase of her life, but it

seems she has no control over it. One good thing is, she knew she needed help, but who would she confide in? That night, she took the risk, searched for a mental health therapist, and was referred to one.

Hello, ma, I need help!

This was her line to me that morning. After filing the assessment form, I understood her emotional challenges, and I assured her that she now has me and would not walk the journey alone. From the assessment, she was diagnosed with "avoidant personality disorder," and several factors contributed to it.

Examples are-

- She was often shunned by her parents and loved ones during her childhood.

- She was being compared to her siblings and colleagues. And she always hears those lines: "Look at your mate!" Can't you be like so-and-so?
- Her academics were affected, and the teachers never took caution in their words and actions.
- Nothing she did was ever right; even if it is 99% right, the 1% wrong will be amplified more than the right.
- She lost her self-esteem.
- She gradually began to like her own space; she avoided people for fear of rejection. She knows if she does not get close to you, you cannot reject her, so it is better to be safe than sorry.
- And gradually, she began to build a wall around herself until it began with a hard brick,

which is being referred to as "the avoidant personality disorder."

The best curative measure I could give her as a psychologist was "systematic desensitization." The idea is for me to first rebuild her psyche and then, step by step, help her handle and overcome her fear.

The fears are:

- a) Fear of rejection
- b) Fear of the crowd
- c) Fear of events and people that remind her of the past.

It was not a day job, nor was it one-month therapy. But I am glad she is now a better version of herself than she used to be.

An individual's personality cannot be called "personality" or a "disorder" until the child is 18 years old or older. But there are several signs and attitudes to look out for in growing kids, as it is easier to correct unwanted behavior than when it becomes fully blown and rigid.

I believe you found value in my post. Please don't be the reason why your kids, students, or someone else will develop a personality disorder.

To read extensively on personality disorders, click the link below now to read everything you need to know about personality types, psychological disorders, and emotional intelligence.

ARTICLE EIGHT

WORDS TO AVOID SAYING TO SOMEONE WHO IS DEPRESSIVE, HAS PTSD, ANXIETY DISORDER, OR PANIC ATTACKS

Make sure you read all the points, especially number 4. When there is prolonged sadness, depression, suicidal thoughts, or feelings of not being good enough or worthless, some things should not be said, and some jokes should be avoided. Those words you attribute to being kind may be another predisposing factor.

A distorted mind is like a turbulent wave; the ripples cannot be stable. You may throw bread, and it falls on the wrong side; another may cast a stone, and it will fall on the fair side. Where those

words and actions fall will determine the cognitive interpretation and reaction of the individual. He may choose to smile, walk away, or lock up. The fact that they smiled does not mean your words were cool with the cognition; it is just that the shaking of the head already happened in the mind.

- God will heal you, or have you prayed about it?

It depends on the spot these words hit, on the depression stage, and on the individual. Most often than not, an average individual's mind will say:

"So you think I have not prayed about it?"

"Oh, so you think you are the only one who knows God?"

"Oh, you think I am happy with the way I am?"

These interpretations by the mind alone can precipitate ongoing mood disorders.

- I wish I could feel your pain!

Response by the mind: "Mtcheew, can't you learn to shut up?" Must you talk? Besides, you aren't even smart enough to feel my pain. Moreover, you have not been there before, so you can't feel my pain.

- Shake it off!

Response by the mind: "Argh!" I wish I could exchange how I feel with you; I want to watch you shake it off, then I will know how swiftly those words of yours can be put into action.

- Pretend to be fine; the more you do it, the stronger you get.

You know what? Pretending to be strong means you live in self-denial, and living in self-denial adds extra weight to your emotional health.

Moreover, those words have made some people shut their mouths, and even if they meet with a mental health therapist, they may not easily speak because they are tired of hearing rubbish, all in the name of encouragement, from people.

- We are in this together.

Response by the mind: "Uh oh, I knew it!"

I know it is because of me that you are not living the life you want.

I know I am a burden to you, and I don't want to burden you again. Don't worry; I will soon painlessly end my life. At least I will no longer be depriving you of a better life.

And someone is like, "Gbese re oo" (this is another challenge).

So what do I say?

- "Sending you loads of love and hugs."
- Do you need a friend to talk to? Someone who won't judge you?

Someone who will make you feel better? Always know you can count on me. But ensure that you are ready to be that friend, because a commitment you can't keep will make the individual feel worse than before.

Thank you for your time. I believe you got value from my piece. Would you love to share those worries with a psychologist or therapist today?

Note that mental health is different from spiritual health. To avoid complicating matters for the

emotional health of others, spiritually capped people should try to strike a balance between the two.

ARTICLE EIGHT

Mtche.ew.w..w



For better or worse,

Isn't it supposed to be stale on their tongue by now?

How could you have told me to do so?

Why on earth did I agree to do so?

I used to think I was smart.

I used to think I was intelligent.

Besides, who wouldn't have thought me intelligent?

Below is my story:

I earned my first degree in medicine at the age of 24.

I possessed three master's degrees:

One in the field of public health

Another in child psychology

I finished third in clinical psychology and received my PhD at the age of 37.

Though I was a successful lady in my career,

And when I diverted into music, I was the voice everyone loved. Even the angels stand in awe whenever I hold the microphone to sing.

But,

I was smiling in pain.

I was acting to be happy; I was an actress, and my husband is an actor.

People saw me and thought all was well.

I've cried countless times while holding the microphone.

Some of those tears were of regret.

Regrets of

Why?

How?

Why did I miss it in marriage?

How did I miss it in marriage?

If only I had loved myself as much as I loved society.

If only I had borrowed myself some common sense and left for good.

If only I had listened to my psychologist and therapist instead of my religious leaders.

If only..

If only...

Sobs...

I would have still been alive.

But

It is too late.

All I can do now is regret that I allowed my glory to be crushed prematurely and my body to die a useless death.

Now I know that separation is better than staying in an abusive marriage.

Now I know that separation is better than suffering and smiling.

Now I know that separation is not divorce, and it won't stop me from going to heaven.

Now I know...

But it is too late.

Gradually, I shake my head at my body, carelessly
lying with a wound in the heart.

A wound inflicted on me by the one who was
supposed to be my balm and shoulder...

As I walk into eternity, I shake my head...

It is better to walk out than to die too soon.

Say no to domestic violence.

Mental health

Emotional health

It is better to be separated than to be killed in marriage.

Book a session right away and speak to the psychologist and therapist.

ARTICLE NINE

STOCKHOLM SYNDROME

It is a psychological response to being held captive. People with Stockholm syndrome form a psychological connection with their captors and begin to sympathize with them. In Stockholm syndrome, there's a bond between the abuser and the person being abused. This condition applies to situations, including

Child abuse

Coach-athlete abuse

Relationship abuse and sex trafficking Treatment includes psychotherapy ("talk therapy") and medications if needed.

Many medical professionals consider the victim's positive feelings toward their abuser a psychological response and a coping mechanism that they use to survive the days, weeks, or even years of trauma and abuse.

A few psychological conditions in Stockholm syndrome include:

- a. Trauma bonding.
- b. Learned helplessness.
- c. Syndrome of the battered individual

Psychological symptoms among people who have Stockholm syndrome include:

1. Positive feelings toward the captors or abusers
2. Sympathy for their captors' beliefs and behavior

3. negative feelings toward police or other authority figures.

Other symptoms are similar to PTSD, and they include:

1. Flashbacks.
2. feeling distrustful, irritated, jittery, or anxious.
3. can't relax or enjoy things that you previously enjoyed.
4. Trouble concentrating.

WHY DOES THE STOCKHOLM SYNDROME OCCUR?

Researchers don't know why some captives develop Stockholm syndrome and others don't. But what we know is that the prey believe that bonding with their captors increases their chances

of survival. The shocker is this: when the individual is not harmed by their abuser, they may feel grateful and even view their abuser as humane.

Stockholm syndrome is a rare psychological reaction to a captive or abusive situation. Psychotherapy can help you or a loved one recover and move forward with your life.

Seek quick and urgent help from a psychologist or therapist now!

ARTICLE TEN

First and foremost, I want you to know that depression is not an illness; it is rather the aftermath of one.

Shocked, right?

Would you allow me to explain?

Good!

Now, back to my sentence:

Depression is not an illness; it is rather the aftermath of one.

Now, how do you know you have a headache?

It is because you can feel it, right?

How do you know you are tired?

It is because your body says so, right?

Now,

Depression is like a tree growing because a seed has been planted.

The seed can be a disastrous event that happened years ago.

The seed can be the death of a loved one.

The seed can be a heart-wrenching breakup.

The seed can be a disappointment.

The seed can be betrayal.

The seed can be an academic failure, a business failure, or any type of failure.

The seed can be bipolar disorder.

The seed can be a multiple personality disorder.

The seed can be a personality disorder.

The seed can be a panic attack.

A trauma can be the seed that gives birth to post-traumatic stress disorder.

The seed can be your past mistakes.

The seed can be your present position in life and where you think you should be by now.

All said and done,

The next should be:

- Admit the fact that you are beginning to be depressed. enough of living in self-denial and being dogmatically faithful to your religious beliefs.

Admitting that you are depressed does not mean that you are not religious. Besides, depression has no respect for religion.

- Be submissive enough to seek help. A lot of people are proudly inclined and will not want to be submissive to seek help. Unfortunately, they tie their pride to having faith.
- Be ready to speak up! You can't expect an engineer to know what is wrong with your car if you don't permit him to assess it.
- Seek the services of a mental health therapist.

A lot of people are ignorant, while others are receiving themselves. If not, why will you take your faulty ride to a carpenter? Is a carpenter a mechanic? Why are you going to a barrister about your mental health? Is the barrister a therapist?

- How will you tell your religious leader about your psychological problems and expect psychological expertise? Don't you know a spiritual disorder is different from a psychological disorder?
- Don't let anybody stigmatize you, and don't stigmatize yourself.

A disorder is defined as anything that deviates from the norm.

Malaria is a disorder.

Typhoid is a disorder.

Prayerlessness is a disorder.

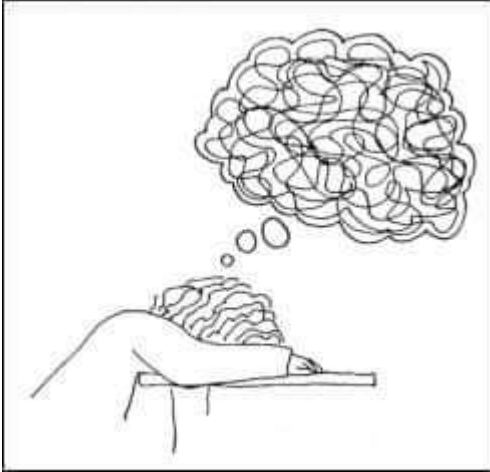
Depression is also a disorder.

Psychological disorders are simply those that have to do with the mind.

- Be ready to pay for the services of a mental health therapist. Except that the doctor is rendering a charity service, we all know that you need to pay for the consultation. Except that the chemist or pharmacy is a charity organization, we all know that you need to pay for the product. Unless the psychologist and therapist run a charity, you must pay for consultations.

ARTICLE ELEVEN

I DESPISE NEW YEARS!



These were her words as she screamed in pain.

People around her threw shade at her. Her social media followers referred to her as a witch and questioned why she did not stay the previous year.

Some said she is a fanatic, and fans hate the new year. The list went on...

As a psychologist, therapist, and NLP master, I will tell you a story while keeping the client's identity private. (Permission was granted.)

They were referred to me, and it was an eclectic therapy (comprising several types of therapies).

The couple had been married for six years, and all efforts to bear children appeared futile until God favored them. The 12th of *** month always holds a sweet memory for the family, and this has been a tradition in the in-law's house. A tradition that has been going for over 10 years. The couples were happy, the in-laws were super excited, and they wanted this expectant, bountiful joy to add to the color of the 12th day.

The EDD was a few days after the happy memory-filled date, and they decided that she should give birth through CS so their wish could

become a manifestation. She lay on the theater bed on the 12th of ***, full of hope and surrounded by loved ones in the waiting room, and the surgery was a success.

But,

There was a congenital disorder.

Everyone swung into action!

A pediatrician was called to attention immediately!

The baby and the mother were transferred to a more sophisticated hospital.

Unfortunately,

They lost the baby.

The child who was supposed to bring color to every 12th of *** now brought darkness, gloom, depression, and regrets to the occasion.

Where did I go wrong?

Where did we go wrong?

Should I have refused surgery to please my in-laws?

Who is at fault? The surgeon, my family, my in-laws, me, or God?

Tears flowed unhindered as she and her husband sat transfixed before me.

Everyone has a story and reasons for their decisions, actions, words, and reactions.

You were able to go through the fire and did not get burned; this does not mean those who got burnt in the smoke are weaklings.

We all have differences in our psychological immunity, and our breaking point varies.

It is a new year,

I don't know how you feel at the shout of "Happy New Year," but I want you to know that there is someone who understands your pain and will not judge you.

Are you grieving? Do you want to heal with ease?
Kindly click the link below now!

<https://selar.co/o6xl>

I'm sending you loads of love, hugs, healing, and peace. This year will be a healing balm for your soul, mind, spirit, and body. Amen.

I love you, and I care

ARTICLE TWELVE

TIPS AND STRATEGIES FOR MANAGING STRESS AND ANXIETY



- Practice mindfulness: Mindfulness involves focusing on the present moment and being aware of your thoughts and feelings without judgment. You can practice mindfulness through activities such as meditation, deep breathing, or yoga.

- Exercise regularly: Exercise is a natural stress reliever and can help reduce anxiety. Aim for at least 30 minutes of moderate-intensity exercise, such as brisk walking or cycling, on most days of the week.
- Get enough sleep. Getting enough sleep is important for managing stress and anxiety. Aim for 7-9 hours of sleep per night and establish a consistent sleep routine.
- Eat a healthy diet: A healthy diet that includes plenty of fruits, vegetables, and whole grains can help reduce stress and anxiety. Avoid relying on sugary or unhealthy foods as a way to cope with stress.
- Find ways to relax: Taking breaks and finding ways to relax can help manage stress and anxiety. This could include activities such as reading, listening to music, taking a warm bath,

or practicing deep breathing or progressive muscle relaxation.

- Seek social support: connecting with others and seeking support from friends and family can help reduce stress and anxiety. You can also consider joining a support group or seeking professional help, such as through therapy or counseling.
- Practice stress-reduction techniques: There are many stress-reduction techniques that can help manage stress and anxiety, such as cognitive-behavioral therapy, relaxation techniques, or mindfulness-based stress reduction. You can try different techniques to see what works best for you.

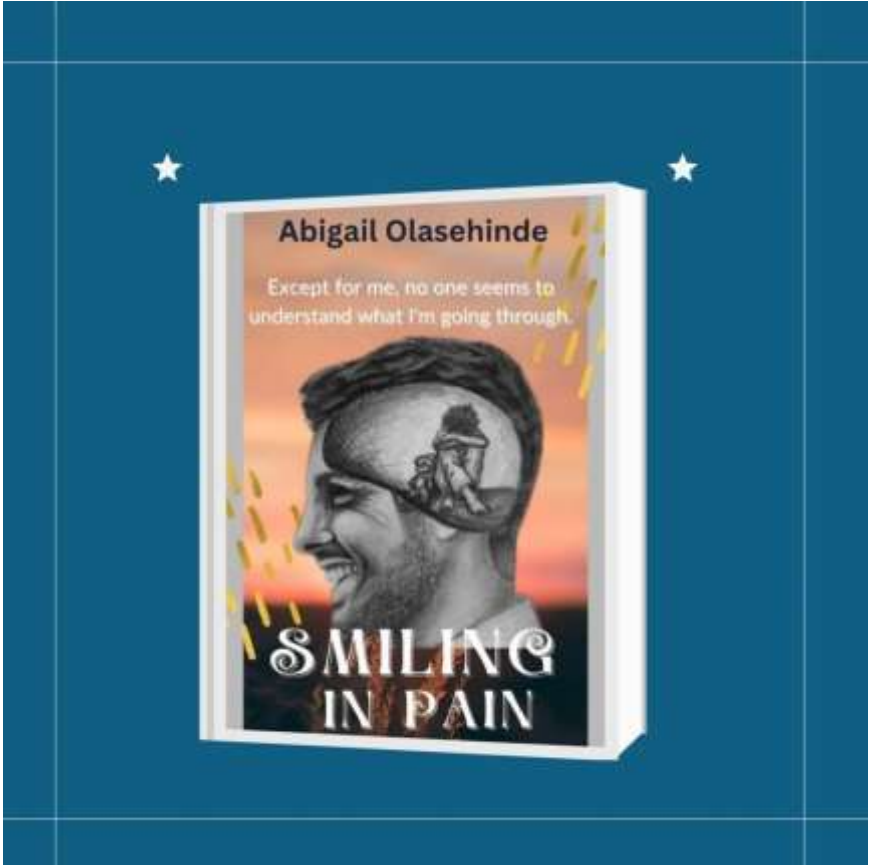
I hope these tips and strategies are helpful for managing stress and anxiety. Remember to also

seek medical help from a therapist if your stress and anxiety are severe or disrupting your daily life.

Want to exceptionally know other ways to manage stress as you prevent anxiety and depression? Click the link below.

<https://selar.co/an9o>

ARTICLE THIRTEEN



Just like the man in the image, a lot of people are

1. They are in emotional and psychological pain, but they are pretending that all is well.

2. They are living in self-denial; they don't want to accept the truth and seek help.
3. Others have been in search of a therapist but have yet to find one that their mind and spirit click with.
4. Some people are unaware they have a disorder; they have lived with it their entire lives and now believe it is normal.
5. Others fear being judged and do not want to speak out to a therapist or psychologist.

And a lot more...

Which of the options best applies to you?

You can get this book on Selar by clicking the link below:

<https://selar.co/y9gc>

My name is Abigail Olasehinde, and I am the founder and lead therapist of the Belwet Mind Clinic. At the mind clinic, we assess, diagnose, and treat the psychological problems and behavioral dysfunctions resulting from or related to physical and mental health. In addition, we play a major role in the promotion of healthy behavior, preventing diseases, and improving our clients' quality of life.

ARTICLE FOURTEEN

THE AVOIDANT PERSONALITY DISORDER

The previous discussion was on "Dependent Personality Disorder." If you haven't read it, please do so by getting my book on personality using the link below.

<https://selar.co/u1h1>

- They have avoidant personality disorder, and as the name implies, they try to avoid anything that will lead to any form of discomfort. They believe they are good just the way they are and don't need any form of entanglement.
- They fear being rejected and would instead maintain their lane.

An example is

Jane walks into a classroom, but instead of saying "hi," "hello," or "good morning" to others in the room, she walks straight to her seat.

People often misjudge this person as being proud, but the truth is that they are afraid and hyper-worried about being snubbed.

- They worry too much about the unknown; they fear tomorrow.
- They are very reluctant to get involved with people, except that they are certain of being liked. The truth is: "Everyone can't like you." Even the prophets in the Holy Book had enemies; what makes you think you are special?
- They try to avoid any form of social gathering. Some people often judge them as introverts, but being an introvert is not a disorder

- Avoidant personality disorder is worse than being an introvert. These people try to avoid anything that will lead to interpersonal contact.
- You hardly see them maintaining relationships, and that is because they are always afraid of being seen as foolish by their partner. They also don't like the concept of change. "They believe you should love them the way they are and don't try to shape them into what you want."
- Do you also know that this group of people suffers from low self-esteem? They may, fortunately, be brilliant, but deep within, they have very low self-worth.

Guess what?

When they eventually connect with you, and you shun them or break their heart, then they may

never come out of their shell. They begin to see everyone as the same. In the case of a relationship, it will be very difficult to win the heart of such an individual, regardless of how much you profess your undying and genuine love.

- They are not leaders. Do you know why? They would rather keep managing than start something new or take the bull by the horn.

Do you know why?

It is because they fear being embarrassed.

Shocker-

Do you know childhood emotional neglect can lead to avoidant personality disorder? The truth is, most of what we exhibit today has roots in our childhood and upbringing.

Being the best parent to your children might be difficult, but it is doable! Uh huh, but how can I be the best parent when I still have trouble sorting the pieces of my life?

Book a session now to speak with a psychologist or therapist.

ARTICLE FIFTEEN

WHAT AM I HERE ON EARTH FOR?

My Purpose, Dream, Goals, and Ambition



It's easier said than done.

These were the words of Halima as she stared at Christiana.

Tiana, as she is popularly called, is a beautiful damsel to behold, with the shape of a model and skin like that of Beyonce. At the age of ten, different modeling companies desired to have Tiana in their magazines, but her parents never permitted it. She was yet to know what she wanted to become in life. Besides, it wasn't all her fault. She was excellent at virtually everything, and that was because she was a fast learner.

At twelve, she could weave beautiful bags, sew in endless styles, and bake cakes of various designs. Life at the university was what Tiana describes as "schooled." Being a student of medicine and surgery, she chose the course not because she had an undying passion for it but because, being a

brilliant child, her parents knew she would be a prominent surgeon.

Good morning, resident doctors. Today we will be pairing ourselves into fours, and each group will be assigned a task. Tiana was made the head of the group, and her team members were Halima, Israel, Frank, and Salem. Their duty was to take delivery of Mrs. Akpota Helen.

Akpota Helen is pregnant with a twin formed from the same ovary. The labor appeared to be successful, but as soon as the doctors left the resting ward, there was an alarm from Nurse Kate. One of Helen's kids had a mucus-like substance in both nostrils. His breathing began to dwindle in no time. Mrs. Helen didn't know what was going on, but she discovered all the hairs on her epidermis were dilated. And this, in her opinion,

was a warning sign. Not knowing what to do or what exactly was wrong, she resorted to the prayers of Mercy. All the medical staff in Amenity Four were in an uproar. What is happening is unexplainable. It is strange for a mucus-like substance to be in both nostrils of a twenty-minute-old neonate.

Nurse Aminat was confused; all she could mutter was "Allah, show us, Mercy." What made Mrs. Helen's case stand out was— Mrs. Helen has been married for twenty years with no children. There was neither a miscarriage nor a stillbirth. Engr. Akpota and his wife have done about eight IVFs, but all have failed. His wife wanted them to adopt, but Engr. Akpota wasn't buying the idea. Mrs. Helen noticed she hadn't had her period in three months on September 20th***. She thought it resulted from anxiety, but her joy knew no bounds

after Dr. Iyke told her the scan revealed she was three months pregnant with two fetal lives.

Get me the aspirator, said Dr. Sarah; that is our last option to suction this mucus-like substance off both nostrils. Unfortunately, the mucus-like substance defiled all medical knowledge, and the baby was beginning to grasp for air.

Tears ran down Dr. Tiana's cheeks as she held the grasping baby in her fair-skinned arms.

What do I do, Dear Lord?

I'm sorry; all I'm asking is that this baby not perish. He must live to declare the works of the Lord in the land of the living.

Though it looks like mucus, it's not mucus. What is inside his nostrils is feces.

Oh, Lord, how did it get there?

Is knowing how it got there the solution, or getting it out?

Getting it out is the solution, dear Lord.

To get it out, you need to suck the substance out of his nostrils with your mouth within the next 200 seconds; if not, this generation will die in your arms.

Ahhh!!

Dr. Tiana, what is it? You just screamed...

What is in this baby's nostril is not mucus but feces.

How did you know?

OMG!! What do we do?

I will suck it

How?

With what?

with my mouth.

How can you?

This baby has 150 seconds more. There is no time for analysis, please.

Bringing her mouth to his nostrils, she said a few words of prayer, and it was, "Dear Lord, please have mercy."

After spitting the substance out of her mouth, the baby was cleaned and placed in an incubator for the next eighty-four hours.

Engr. And Mrs. Akpota Joy knew no bounds. On the day of her son's naming ceremony, she christened her son Jeremiah Christian Mercy. Eyes popped at the name, but she said God's mercy and Dr. Christiana is the reason why this baby is alive.

Sitting at the beach, Dr. Tiana held her diary as she stared at it, emotions flooding her heart.

These were the words of her childhood friend, Dr. Halima. Congratulations, Dr. Tiana, for all the awards you have won, even as a resident doctor. But can you please tell me what your purpose and ambition are?

Looking sideways, Dr. Tiana looked Dr. Halima in the eye and said,

That question sparked a flood of emotions in me. My mind is clouded now, but give me a few more days, and I'll tell you my answer.

What a deep question, but unfortunately, many are yet to discover their purpose. Others can't even differentiate their purpose from their ambition.

We await Dr. Tiana's response in a few days.

WHAT AM I HERE ON EARTH FOR?

My Purpose, Dream, Goals, and Ambition (Final Part)

All protocols have been duly observed. My name is Dr. Tiana, and I will be responding to the question Dr. Halima asked me a few days ago.

After the question, I couldn't concentrate at the beach; I had to enter my black-colored Toyota Camry and was heading to no definite destination.

Coming to a halt, I placed my head on the steering as I looked into space.

Taking a retrospective look at my life, I know I am where I am by God's grace, but the question Dr. Halima asked me touched a soft spot in me and opened a wound I thought could be concealed forever.

Like I earlier said, I would have been an excellent model by now if my parents had allowed me. But the question now is: what do I want for myself?

Being a practicing and exceptional surgeon makes me happy, and the title greases my shoulder in the crowd. But what do I want for myself?

Confusion hit me like a volcano as I banged my hand on the wheels.

And then I heard my mind calling out to me.

Dr. Tiana, if life went as you wanted or your parents didn't impose their wishes on you, what would you have loved to become?

Out of my subconscious mind, I said, "I would have loved to be a model." By now, I will have owned my modeling firm, and my magazine name will be DeOak Stiletto.

Wow!! That's sounding romantic, so what's stopping you?

Sigh, I don't know.

I don't know? That is not a response.

Many are successfully wrong; they live life but they wish they could turn back the hands of time.

Do you remember the words of Barrister Jason? He said he is successful today; he is wealthy and well respected, but he knows he would be more fulfilled if he were an electrical and electronic engineer. In any case, the best compensation he can give his first son is to ensure that he studies electrical and electronic engineering.

Ahhh,

Was it not the same Jerry that told me he would love to become a nurse in the future? So it means he may end up studying a course to heal his father's wound while he creates a wound for himself that will be covered by his unborn child? And the cycle continues...

So, Dr. Tiana, what is your plan?

What do you derive more fulfillment from doing? I know you love your job and are dedicated to saving lives, but how would you feel if a part of you became a practicing model?

Wow!! It will be spectacular!

Then go for it, because it is never too late.

Really?

Yes!!

According to one of therapist Abigail Olasehinde's books titled, "**What on Earth Am I Here For?**" <https://selar.co/kdt1>

Purpose means the original intent behind something's creation.

Why do you do what you do?

The question now is, "Why were you created?"

Many don't know why they were created. Many want to know why they were created, but who will guide them and provide them with the correct answer?

Others know why they were created, but they find it difficult to achieve the reason for their creation. It is as if life takes them two steps backward anytime they manage to go three steps forward.

Ambition denotes your "what?" What is that thing you want to do because of the benefits attached to it?

Many have replaced their "what?" with their "why?" forgetting that they can intertwine their what with their why and achieve fulfillment.

If you want to know everything about purpose, ambition, and other icing on the cake, then don't hesitate to get your copy of the book by clicking the link below.

<https://selar.co/kdt1>

Hello, Dr. Halima; thank you for asking that question because you just opened my eyes to the wound I thought I could conceal. I believe my response will also help many discover themselves. However, the process will be easier and more

enjoyable if you accompany it with the book
listed in the link below. Winks

<https://selar.co/kdt1>