

## CASE 2

**Psychiatrist:** Good morning, Mr. Smith. I understand you're here because your GP has raised some concerns that you might have ADHD. How are you feeling about that?

**Patient:** To be honest, I'm a bit worried. My son was diagnosed a few years ago, and I've noticed that I've struggled with similar things my whole life. But I'm not sure if it's really ADHD or just... me.

**Psychiatrist:** I understand. ADHD can often go undiagnosed in adults, especially if they've learned to manage certain symptoms or adapt in their own way. Could you tell me a bit about what you've been experiencing lately?

**Patient:** Sure. Well, I've always had trouble staying still or feeling relaxed when I'm not actively doing something. My mind just seems to keep going, even when I want it to stop. And at work, I come up with lots of ideas, but it's hard to actually finish them. I start with a lot of enthusiasm, but that fades quickly.

**Psychiatrist:** That must be frustrating. Have you always felt this way, even as a child?

**Patient:** Yes, I think so. I was a pretty hyperactive kid. I'd always be fidgeting or moving around, and teachers used to say I was like a "motor running." I'd get into trouble for talking out of turn or for just not sitting still.

**Psychiatrist:** That sounds familiar for many people with ADHD. It's interesting that your son was diagnosed at the same age when you started noticing your own symptoms. How has it been, seeing him go through it?

**Patient:** It's been eye-opening, actually. Watching him struggle with focus and impulsivity made me realize I went through the same thing. He's constantly forgetting his assignments or making little mistakes, and I remember being exactly like that in school.

**Psychiatrist:** And how are things outside of work and family? Do you have any habits or behaviors that might make you feel restless or easily bored?

**Patient:** Yes, actually.

**Psychiatrist:** That must be challenging. It sounds like there's a lot going on for you – difficulty focusing, restlessness, impulsivity. Do you feel these things are affecting your relationships as well?

**Patient:** Absolutely. My wife is very patient, but it's wearing thin. She says I don't listen, that she has to repeat herself all the time. And, honestly, she's right. I try to focus when she's talking, but my mind just drifts off. She's been frustrated lately, even said she feels more like my personal assistant than my wife.

**Psychiatrist:** I hear you. ADHD symptoms can have a big impact on relationships, especially if they're not addressed. Have you tried any strategies to manage these feelings or behaviors?

**Patient:** Not really, aside from reading up about ADHD online. I've tried setting reminders for things or making lists, but I still end up missing deadlines or forgetting things. I guess I just get easily distracted or lose interest.

**Psychiatrist:** It sounds like you've done quite a bit of self-reflection, which is a good start. If it turns out that ADHD is the cause, there are a range of treatments – from behavioral strategies to medications – that could help manage the symptoms. How do you feel about exploring these options?

**Patient:** I'd definitely be open to it. I've lived with this for a long time, and if there's a way to make things easier for myself and my family, I'd want to try it.

**Psychiatrist:** That's a good mindset to have. We can start by conducting a more detailed assessment, and from there, we'll discuss the best course of action. For now, just know that there's support available, and you don't have to manage this alone.

## CASE 6

**Psychiatrist:** Good afternoon, Mrs. Taylor. I understand you've been having a really difficult time with some intense physical symptoms and anxiety recently. How are you feeling today?

**Patient:** I'm scared, honestly. I feel like I'm losing my mind. This is the fifth time in just a few weeks that I've ended up in the emergency room. I keep thinking I'm having a heart attack, but they just tell me it's a panic attack. I don't understand how something so terrifying can just be anxiety.

**Psychiatrist:** That sounds incredibly overwhelming. Panic attacks can be so intense that they mimic physical symptoms of other serious conditions. Tell me more about what happens during these episodes.

**Patient:** It always starts out of nowhere. I wake up suddenly, drenched in sweat, my chest feels like it's being crushed, and my heart races so fast. I can't breathe, and I feel like I'm choking. It's like... like I'm dying. Last time, I felt numbness in my left arm, and that convinced me it was a heart attack for sure.

**Psychiatrist:** I can understand why that would be terrifying. With the numbness, chest pain, and difficulty breathing, it must feel very real. How have these episodes affected your day-to-day life?

**Patient:** They've taken over my life. I can't be alone. I made my husband take leave from work to stay with me because I'm terrified another attack will happen when he's not there. I won't even go to bed – I stay in the armchair in the living room because most of these attacks have happened in the bedroom. I just... I feel trapped by my own mind.

**Psychiatrist:** It sounds like these experiences are having a huge impact, not only on you but also on your husband. Have you noticed any specific thoughts that come up during these episodes?

**Patient:** The main thought is that I'm dying. I think, "This is it. I'm going to die, and no one can save me." And then, when I try to calm down and remind myself that the doctors keep saying it's just a panic attack, another thought creeps in – what if they're wrong?

**Psychiatrist:** Those are very common thoughts in panic attacks, especially the fear of dying and doubting the reassurance from doctors. It sounds like this uncertainty is making it harder to trust that you're safe. Have there been any recent stressors or events that might have contributed to these feelings?

**Patient:** I don't know. Maybe. My dad had a heart attack last year, and my mom had a stroke. I'm constantly worried about my health now, thinking I'll end up like them. I try to relax, but it just doesn't work. I don't even know if I can handle this anymore. It feels like my body and mind are turning against me.

**Psychiatrist:** That must be very unsettling, especially with your family history. Sometimes, underlying anxiety about health and loved ones can heighten our awareness of physical sensations, making them feel much more intense. The good news is that we have effective treatments that can help manage these attacks and the thoughts behind them. Would you be open to trying a few different approaches?

**Patient:** I don't know. I just want it to stop. I'm so exhausted. I don't know how much more I can take, but if there's something that can help... I'm willing to try.

**Psychiatrist:** I can understand. One option is cognitive-behavioral therapy (CBT), which focuses on identifying and managing the thoughts and behaviors that trigger these episodes. There are also some medications that can help reduce the frequency and intensity of panic attacks. We can work together to find a treatment plan that feels right for you.

**Patient:** I think I'd like that. I can't keep living like this – my husband is so worried, and I feel like I'm putting so much pressure on him. I just want to feel normal again.

**Psychiatrist:** That's a very understandable goal. With the right support and strategies, you can regain that sense of control. We'll take this one step at a time, and I'll be here to support you through it. You're not alone in this.

## CASE 9

**Psychiatrist:** Hello, it's good to see you up and alert. How are you feeling right now?

**Patient:** I don't know... I guess I'm okay, considering everything. Kind of ashamed, really. Didn't think I'd end up here again.

**Psychiatrist:** I understand. It's common to feel a mix of emotions after something like this. You're not alone in feeling that way. I'm here to listen and to help however I can. Do you remember what happened before you lost consciousness?

**Patient:** Yeah... I remember using, but I didn't think it would be this bad. I've been trying to stop... I've tried so many times, but I just keep going back.

**Psychiatrist:** It sounds like you've been through a lot already, and I can see you've made efforts to quit. That takes strength, even if it hasn't worked out the way you hoped yet. What do you think makes it hardest to stop?

**Patient:** Honestly... it's everything. The cravings, the loneliness... my girlfriend is the only person I have, really. My parents are gone, and I don't have anyone else. I guess using helps numb things for a while.

**Psychiatrist:** It makes sense. When you're dealing with loss and loneliness, those feelings can be incredibly heavy, and sometimes people turn to substances to cope. Have you been able to talk to anyone else about these feelings before?

**Patient:** Not really. I don't think people would understand... or they'd just judge me. My girlfriend tries to help, but I don't want her to feel burdened by all this. It's hard enough as it is.

**Psychiatrist:** It sounds like you care a lot about her and don't want to put more pressure on her. That's understandable. But you don't have to go through this alone. There are people who can support you, without judgment. How would you feel about talking to someone regularly, maybe finding some extra help to get through this?

**Patient:** I... I don't know. I'm not sure it'll make a difference. I've tried before, but nothing seems to work. I just end up back where I started.

**Psychiatrist:** I hear you. It's frustrating when it feels like you're making an effort but still end up back in the same place. Recovery is often a journey with ups and downs, and it's completely normal to feel discouraged. But with the right support, it might feel a little easier. Have you ever considered trying a different approach, like a support group or therapy focused specifically on addiction?

**Patient:** Maybe... I guess I haven't really tried those. I've always thought I could handle it on my own. But clearly, that's not working.

**Psychiatrist:** It's tough to do it alone. A lot of people find strength in connecting with others who understand what they're going through. Sometimes, knowing that you're not the only one can help make things feel a bit more manageable. Would you be open to exploring some of these options, maybe just to see if they could be helpful?

**Patient:** I think... yeah, I think I'd be willing to try. I don't want to keep doing this to myself or to my girlfriend. I owe it to her... and maybe to myself, too.

**Psychiatrist:** That sounds like a really positive step. You've been through a lot, and it's okay to need support along the way. We can take it one step at a time, and I'll be here to help you find the resources you need. You're not alone in this.

**Patient:** Thank you... I appreciate it. I've never really had someone say that to me before.

## CASE 10

**Psychiatrist:** Good morning, Ms. Jones. I understand things have been really difficult for you recently. Could you tell me a bit more about how you've been feeling?

**Patient:** I don't even know where to start. I just feel... empty, like there's nothing left in me. I'm so tired all the time, and I have no interest in anything. Even getting out of bed feels like too much.

**Psychiatrist:** That sounds very draining. How long have you been feeling this way?

**Patient:** It started about a year ago, but it's gotten worse over the past two months. I've taken time off work because I couldn't handle the pressure anymore. My manager and I would argue, and it felt like every day was a struggle to stay calm. Now, I'm just at home, lying in bed most of the time.

**Psychiatrist:** I can see how that would be very hard. It sounds like this has affected many areas of your life. How has your boyfriend been managing with all of this?

**Patient:** He's trying to be supportive, but I can tell he's frustrated. He keeps encouraging me to get up or go outside, but it just irritates me. I feel guilty for snapping at him because he's only trying to help. But then I worry that he'll get tired of me and leave.

**Psychiatrist:** You're feeling a lot of pressure from all sides – the work stress, feeling exhausted, and worrying about your relationship. It's understandable that all of this would leave you feeling worn out. Do you remember a time when you felt differently?

**Patient:** Honestly, it feels like a lifetime ago. I remember times when I was more energetic, even outgoing, but that feels like another person. Now, I just watch TV, but I'm not even really watching it. It's like my mind is numb. I don't feel anything anymore.

**Psychiatrist:** It sounds like there's a lot of emotional numbness there, along with the exhaustion. Have you noticed any changes in your sleep or daily routines?

**Patient:** Yeah, I'm staying up late, watching TV until I can't keep my eyes open, and then sleeping in until noon. There are days I don't even shower or brush my teeth – I just don't see the point.

**Psychiatrist:** I can see how this could feel very isolating. And it sounds like there's also some worry about losing your boyfriend or being a burden to your mom. Have you shared these feelings with them?

**Patient:** Not really. I don't want to scare them or make them worry more. I think about how my mom is still dealing with my dad's death, and I don't want to add to her stress. But sometimes, I wonder if they'd be better off without me.

**Psychiatrist:** Thank you for sharing that. It's important that you don't have to carry these feelings alone. Sometimes, when people feel this way, they have thoughts about not wanting to go on, or that others would be better off without them. Has anything like that come up for you?

**Patient:** Yes... I've thought about it. But I wouldn't do anything. I don't want to hurt my boyfriend or my mom. It's just that sometimes, it feels like it would be easier if I didn't have to feel this way anymore.

**Psychiatrist:** I'm really glad you shared that with me. Feeling like this can be very painful, but it's important to know that you're not alone in it. There are treatments and strategies that can help. We can work together on this, if that sounds okay to you.

**Patient:** I'd like that. I'm tired of feeling this way. If there's a way to feel better, I want to try.

**Psychiatrist:** That's a really good step forward. We can start with small goals to help you regain a sense of routine and energy, and explore therapy options that can address the deeper feelings. With time, things can feel more manageable, and you don't have to face it all alone.

## CASE 11

**Psychiatrist:** Hi, it's nice to meet you. I understand you've been feeling quite stressed and burnt out recently. How have things been for you lately?

**Patient:** It's... it's been tough. I feel like I'm just barely keeping up. Work is overwhelming, and I'm constantly worried I might lose my job.

**Psychiatrist:** That sounds really challenging. It must be exhausting to feel that pressure all the time. Do you find work has always felt this way, or is this something that's changed recently?

**Patient:** I've always worked in a high-stress environment, but I used to be able to handle it better. Lately, though, it's just... everything feels like too much. And I don't have the energy I used to. I end up staying in bed all weekend just to recover.

**Psychiatrist:** That sounds like you're carrying a very heavy burden, with no real break. Sometimes, when we're under a lot of pressure, it can feel like there's no room left for anything else. Have you felt like this affects other parts of your life too?

**Patient:** Yes, definitely. I've... I've been single for a long time now. I broke up with my boyfriend almost seven years ago, and since then, I haven't really been able to connect with anyone seriously. And I keep having these... these casual relationships, but they just make me feel worse about myself.

**Psychiatrist:** I hear you. It sounds like there's a lot of pain around those relationships and maybe some complicated feelings. Can you tell me more about what they bring up for you?

**Patient:** I just... I feel like I messed up with my ex. I was always focused on work and didn't give him enough attention. And now, I'm angry at him for leaving me, but I also blame myself. I guess part of me feels like I wasn't good enough. And now... I just feel so alone.

**Psychiatrist:** That sounds incredibly painful. It seems like there's a mix of emotions—some guilt, some sadness, and perhaps some self-blame. It's not uncommon to feel that way after a breakup, especially one that had a big impact on you. Do you find these feelings come up often?

**Patient:** All the time. I cry myself to sleep most nights, and even though I get up and go to work, it just leaves me drained. I don't really enjoy anything anymore.

**Psychiatrist:** That's a lot to carry alone. It sounds like these feelings are weighing you down and impacting so much of your daily life. I'm also hearing that you're feeling pretty down on yourself, especially about your appearance and personality. Would you feel comfortable talking more about that?

**Patient:** Well... I just don't like who I am. I feel too dependent, too clingy. I hate the way I look. I think I'm too fat... I even think my friends see me as this critical, humorless person. It's like... no matter what I do, I don't like myself.

**Psychiatrist:** I can see how much this is affecting you, and I'm so sorry you're feeling this way. It sounds like there's a lot of self-criticism and maybe even a lack of self-compassion. Do you remember when you first started feeling this way about yourself?

**Patient:** I think it goes back a long way. My father left when I was 13, and... I haven't really been able to forgive him. My brothers have, but I can't bring myself to meet him. I feel like... after that, I became more pessimistic, like I couldn't trust people to stick around.

**Psychiatrist:** That's a lot to go through, especially at such a young age. Losing a parent that way can definitely shape how we see ourselves and others. It's understandable that this could leave you feeling wary of trust and connection.

**Patient:** Yes, it probably does. But I don't know how to move past it. I even tried therapy before—CBT—but I just couldn't... it didn't feel right for me. It focused on the present, but I wanted to talk about my father and other things that still bother me.

**Psychiatrist:** Thank you for sharing that. It sounds like those past experiences are still very much alive in your mind, and they need a place to be heard and worked through. Maybe this time, we could try a different approach that would allow us to explore some of those unresolved feelings.

**Patient:** Maybe... I think that could help. I'm just so tired of carrying all of this on my own.

**Psychiatrist:** I completely understand. It sounds like you've been holding onto so much, and I'd be honored to help you find some relief. We can take this at your own pace, and I'll be here to listen and support you through it.

**Patient:** Thank you... that really means a lot.

## CASE 12

**Psychiatrist:** Hi, it's nice to meet you. I understand you're here to discuss a few things that have been happening recently. How are you feeling today?

**Patient:** Oh, I feel great! Full of energy! I've been working on something big... really big. It's going to change everything in my field. I'm sure of it.

**Psychiatrist:** That sounds exciting. It sounds like you're really passionate about this project. How has it been going?

**Patient:** Yeah, I've been working day and night on it. Haven't slept much, but I don't feel tired. It's like this surge of energy, you know? I'm on a roll. I even took some time off work to focus on it.

**Psychiatrist:** I can tell this project is really important to you. It also sounds like sleep hasn't been easy lately. Is that something you've been struggling with for a while?

**Patient:** Well, yeah... I just don't need it right now, I guess. A few hours here and there, but I'd rather be working. I tried taking more of my citalopram to help, but it's like... I still feel this energy. I thought maybe doubling up would help me stay focused.

**Psychiatrist:** I see. Sometimes, when we're really focused on something, sleep can feel less important. But taking double your dose of medication can have some effects. Have you noticed any changes in your mood or how you're feeling overall?

**Patient:** Hmm... maybe. I guess I've been feeling... bigger. Like, more confident, you know? I've even been buying a bunch of gifts for my girlfriend. She's been amazing, sticking by me and all, so I thought she deserved it. Maybe I've been a little more... I don't know... impulsive?

**Psychiatrist:** It sounds like you're experiencing a lot of highs lately. Feeling more confident, more energetic, and treating your girlfriend to gifts. Sometimes, when our energy is so high, it can be tough to know when to slow down. Has your girlfriend mentioned anything about these changes?

**Patient:** She... yeah, she seems worried. Keeps saying I'm "acting different." But she doesn't understand! This is my breakthrough! It's going to revolutionize phlebotomy. She doesn't see how important this is.

**Psychiatrist:** I understand. It sounds like you're really driven, and you want people around you to see how much this matters to you. Sometimes, when we're in this intense state, it can feel hard for others to relate. Have you noticed this high energy before, or is this a new experience?

**Patient:** Well, I've had lows... I've been on citalopram for a while because I get these depressive episodes. But this... this is different. I feel amazing. But now that I think about it, there were a few times in the past when I had these bursts of energy, but nothing like this.

**Psychiatrist:** That's helpful to know. It sounds like these episodes are a bit different from what you've felt in the past. Sometimes, changes like this can be connected to how our brain chemistry reacts to stress, medication, and even certain habits. You mentioned using a bit more of your medication recently; could we talk about that?

**Patient:** Yeah... I thought taking more would help keep this energy going. I didn't think it'd be a big deal. I mean, it's been helping, right?

**Psychiatrist:** I understand why you'd want to keep that momentum going. But sometimes, changing your medication dose can have unexpected effects, especially if it's not under medical guidance. I'd like to work with you to find a balance that keeps you feeling good but also safe and stable.

**Patient:** I guess that makes sense... It's just hard to slow down right now. I feel like if I stop, I'll lose this feeling, this energy.

**Psychiatrist:** I understand. This energy is fueling your passion and your work, and I'd never want to take that away. But maybe there's a way we can help you stay energized without sacrificing your health or well-being. We can explore some strategies together and possibly look at your medications with your GP's input.

**Patient:** Yeah, maybe that could work. I just don't want to go back to feeling low again. That's the worst.

**Psychiatrist:** Absolutely. We'll do our best to find a path forward that keeps you feeling motivated and balanced. Thank you for being open about this. I know these things can be hard to talk about.

**Patient:** Thanks... it's actually a relief to talk to someone about it.

## CASE 14

**Psychiatrist:** Hi, it's nice to meet you. I understand you've been feeling quite tearful lately, even though things have been going well overall. Would you like to tell me more about how you've been feeling?

**Patient:** I don't even know where to start... I feel like I should be happy. I just had my first baby, and everything went well, but... I'm just constantly on the verge of tears. I don't understand why.

**Psychiatrist:** I can hear how confusing this must feel for you. You had a healthy pregnancy and birth, and you were looking forward to this moment. But now, these unexpected feelings have come up, and they don't seem to make sense. Is that right?

**Patient:** Yes, exactly. I was so excited to meet my baby, and I thought I'd be over the moon. But instead, I'm just... sad all the time. And then I feel guilty because I should be feeling grateful, but I just... I can't help it.

**Psychiatrist:** That sounds really difficult. It sounds like you're putting a lot of pressure on yourself to feel a certain way. Many new mothers go through similar emotions, especially after giving birth. Have you noticed any specific times or situations that make the feelings stronger?

**Patient:** I don't know... I think it's mostly when I'm alone with the baby. I feel overwhelmed, and sometimes I feel like I don't know what I'm doing. Feeding has been a challenge, and it's made me feel like... maybe I'm not doing this right.

**Psychiatrist:** It sounds like feeding has been particularly stressful for you. Many new mothers struggle with that, and it can be frustrating and exhausting. It doesn't mean you're doing anything wrong—learning to feed is just one of those challenges that can take time.

**Patient:** I know... I keep telling myself that, but it doesn't help. I feel like I should be able to handle this. I have a lot of family support, and my husband's been great, but even with all that... I still feel so alone sometimes.

**Psychiatrist:** That's understandable. Becoming a new mother can feel very isolating, even when you have people around you. It's common to have these feelings as your body and mind adjust after birth. Sometimes, hormonal changes can also impact how we feel emotionally.

**Patient:** I didn't think about that... I just feel so lost. I keep wondering, "Is this normal?" I see other moms, and they seem so happy with their babies. I feel like I'm failing somehow.

**Psychiatrist:** I want you to know that what you're feeling is very normal, and you're not alone in this. Many new mothers experience tearfulness, sadness, and even guilt after giving birth. This doesn't mean you're failing as a mother—it just means you're going through a big transition.

**Patient:** Thank you... it's such a relief to hear that. I was scared something was really wrong with me.

**Psychiatrist:** You're doing the best you can, and it's okay to feel this way. Adjusting to motherhood is a huge change, and it's natural to feel a mix of emotions. How about we take things one step at a time? If you're open to it, we could explore some strategies to help you feel a bit more supported during this time.

**Patient:** Yes, I'd like that. I just want to feel like myself again.

**Psychiatrist:** We'll work on it together. I'll be here to support you as you navigate this. Remember, it's okay to reach out for help—you don't have to do it all on your own.

## CASE 15

**Psychiatrist:** Hi, it's good to meet you. I understand you've had a rough time recently. How are you feeling today?

**Patient:** (sighs) Honestly, not great. I feel like I'm constantly being watched, and it's exhausting.

**Psychiatrist:** That sounds really difficult. Can you tell me more about what it feels like when you think you're being watched?

**Patient:** Well, it's not just a feeling. I *know* I'm being watched. There's this voice... it's like it's giving a running commentary on everything I do, everything I think. And I think... they're using it to keep track of me.

**Psychiatrist:** That must be overwhelming. When did you first notice the voice?

**Patient:** A few months back, I think. At first, it was just here and there, like a faint sound. But recently, it's been almost constant, even when I'm trying to sleep.

**Psychiatrist:** That must be incredibly exhausting. Has it been affecting your sleep?

**Patient:** Yeah. I feel like I can never really shut off my mind, you know? Even when I try to sleep, the voice is there, commenting on what I'm thinking. It's like I can't get away from it.

**Psychiatrist:** I can only imagine how tiring that must be. And you mentioned that the voice says things about your thoughts. Can you tell me more about what it says?

**Patient:** Sometimes, it's just... it's like it's judging me. Like it'll call me stupid for giving away my thoughts for free. It feels like it's always saying something negative, making me feel small.

**Psychiatrist:** I'm so sorry you're experiencing that. It sounds really distressing. And you mentioned earlier that you think government agencies might be involved?

**Patient:** Yes, I'm certain they're after me. They're using technology to monitor my thoughts. Any machine could let them in – even an X-ray machine. That's why I didn't want one when I hurt my thumb. I don't want them knowing more.

**Psychiatrist:** That must feel very frightening, and it sounds like it's made you cautious around technology. How have other parts of your life been affected by these experiences?

**Patient:** I lost my job a few weeks back. I used to work as a kitchen assistant, but I'd get so distracted... I couldn't focus with everything going on in my head. They said I was leaving things unfinished, but... it's hard to keep up.

**Psychiatrist:** I can see why it would be difficult to focus with so much happening in your mind. I'm here to help you through this, and together, we can work on understanding what's happening. You're not alone in this.

**Patient:** I hope so. I don't know what to do anymore. I just want some peace.

## CASE 16

**Psychiatrist:** Hello, I'm glad you're here today. I understand things have been very tough for you recently. How are you feeling right now?

**Patient:** (looks around nervously) Honestly, I'm scared. I don't know who to trust anymore. I feel like people are watching me, planning something against me.

**Psychiatrist:** That sounds really frightening. When did you first start noticing this?



**Patient:** It's been getting worse over the last few days. When I'm out, I can see people looking at me, talking about me. I think... I think they want to hurt me. I feel like my life is in danger.

**Psychiatrist:** I can only imagine how scary that must feel. Can you tell me a bit more about what makes you feel that way when you're out in public?

**Patient:** It's the way people look at me, like they know something about me. I can hear them talking, plotting. Even my friends... I can't be sure about them anymore.

**Psychiatrist:** It sounds like you're feeling very isolated and unsure about who to trust. Have you noticed anyone in particular that you feel is watching you closely?

**Patient:** (hesitates) The police... I think they're behind this. I'm almost sure they've set up cameras in my flat, tracking everything I do. They want to ruin my life because they're jealous of what I know, what I'm capable of.

**Psychiatrist:** That must feel overwhelming, feeling like you're being watched even at home. I'd imagine it's hard to feel safe anywhere.

**Patient:** Exactly! I can't relax. That's why I started carrying a knife... just to protect myself, you know? I feel like it's the only way I can stay safe.

**Psychiatrist:** I understand. You're feeling so threatened that you felt the need to protect yourself. It sounds like you're going through a lot, and I'm here to help you make sense of it. I'd like us to work together to understand these feelings and find ways to help you feel safer.

**Patient:** (reluctantly) I don't know... It's just hard to believe anyone can help when everyone feels like a threat.

**Psychiatrist:** I get that—it's not easy to trust when you're feeling this way. But we can take this slowly, at your own pace. My goal is to help you feel more in control and less burdened by these worries.

**Patient:** (pauses) Maybe... maybe that would help. I just want this all to stop. I want to feel normal again.

**Psychiatrist:** That's a very understandable goal, and I'll be here to support you every step of the way. You're not alone in this, and with time, I believe we can work together to help you find some peace.

## CASE 17

**Psychiatrist:** Hello, it's nice to meet you. I understand you've been going through a difficult time recently. How are you feeling today?

**Patient:** (sighs) Well, I'm here, but I honestly don't think talking will help. The police are the ones who need to take action. They're the only ones who can stop this.

**Psychiatrist:** I see. You're feeling like there's more that needs to be done to keep you safe. Can you tell me a bit about what's been happening that's made you feel this way?

**Patient:** It's my boss and my colleagues. They've been against me for months. It started with them trying to get me fired, but it's gone further now... I'm convinced they're out to kill me.

**Psychiatrist:** That sounds incredibly frightening. When did you first start noticing these things at work?

**Patient:** About six months ago, my boss started acting strangely toward me, like he had it out for me. And then, my coworkers – I can hear them talking about me, mocking me. Sometimes, I hear them from across the showroom. They say things about how I mess up the price labels... they're always criticizing me.

**Psychiatrist:** It sounds like you feel there's a lot of tension with your colleagues and boss. And you mentioned feeling like they might be watching you?

**Patient:** Yes, I'm sure of it. They've even bugged my flat and tapped my phone. Look, there are marks on my phone here – proof that it's been tampered with. They're listening to everything I do.

**Psychiatrist:** I can see that this is causing you a lot of distress. It must be exhausting, feeling like your privacy has been invaded.

**Patient:** Exactly! I can't relax. I've even tried reaching out to the police, but they didn't do anything. They just think I'm being "strange," but they don't understand what I'm going through.

**Psychiatrist:** It must be frustrating, feeling like no one is taking your concerns seriously. And you mentioned that you're worried about any medical exams because of microchips?

**Patient:** Yes, I don't want anyone putting anything in me. I already think my old dental filling might be a transmitter. I can't let them have any more ways to monitor me.

**Psychiatrist:** I can understand why you'd be cautious if you're feeling like people are monitoring your every move. That must make daily life incredibly difficult.

**Patient:** It does. I can barely focus on my work or anything else. I'm constantly on edge, wondering what they'll do next.

**Psychiatrist:** That sounds really overwhelming. I'm here to support you, and I'd like to help you find some relief from all this stress and worry. We can take things one step at a time and see if we can work together to make things feel a bit more manageable.

**Patient:** (pauses) I don't know... I just don't see how talking will change anything. Unless you can guarantee the police will take action.

**Psychiatrist:** I understand that you want concrete action, and that's very reasonable. While I can't make guarantees about the police, I can promise to listen and work with you to help ease some of the distress you're feeling. Sometimes, just having someone on your side can make a difference.

**Patient:** (sighs) Alright... maybe it wouldn't hurt to try. But only if you take me seriously.

**Psychiatrist:** Absolutely. I take everything you've shared seriously, and my goal is to support you in a way that feels helpful to you. You don't have to go through this alone.