

### Treatment

Not to speak.  
Do I really own the things I say?  
In this world where I am granted a voice,  
it seems all quite unnatural.  
Can one exist without language? Perhaps  
I should be silent.  
because I cloud myself away with words  
sometimes  
because you have taken what I have said  
for your own use.

### Important Disclaimer

Diagnosis  
So you pretend to be sick or pretend to be  
healthy. But most of all don't be responsible  
for your actions, you ought to take care of  
yourself. What are the implications for saying  
to a sick person, 'I am not the answer?'  
Repression and projection.

### Other important stuff

I am the one who is never the  
centre of attention.  
I never have the right roles to play  
in social occasions. awkward.  
"I tried really hard to laugh but I  
couldn't"  
What is my voice like?  
I don't know, I've never heard it.  
"My absence is really only a mere  
shadowy spot on the field of light"  
to quote someone I read.

### Self Care

I sing to myself in the mirror. /to check  
that I am still there  
I believe i am coping well.  
I could feel as though they understood.  
... it was so real.

### Prevention: denial

Who is the I?-memory thought out--cf.  
painting  
Who am I? (to you, gentle reader)  
"and I am not I. This has found me to be  
not me."

**no one said to me, you  
become who you read.**

### What I said when I went to see the doctor:

tell me lies, tell me sweet little lies.

I don't care what you say, you still  
treat philosophy like a religion.

don't apologise for your excuses, I  
still need them.

story of what could have been either  
I am stupid or you are; no answer.  
Cannot answer dumb and mute you  
take your stand.

You're just saying what I want to  
hear.

Or do I hear what you are really  
saying?

you know yourself too well.

There's nothing new about myself  
to tell me is there?

**you you you you you you  
you you you you you you  
you  
you  
you, who claim know who  
I am,  
You Lost me.**

**In which the inanimate  
object blames the other  
object for losing its  
referent coordinates in  
reality.**

### Related Disorders.

LANGUAGE DISORDER  
(CONSTRUCTS)  
In which nothing becomes real  
Everything real becomes unreal  
No statements are taken for  
granted

a labelling disease disorder:  
nomenclaturus viceus.  
hackneyed explanations.  
Analysing the other in terms of  
your own.

Innocence and Madness~next  
to Disorder  
coherence/incoherence, which  
will you choose?

what is metaphor?  
what is boring?

just words.  
the need to define something.

I see many things but say  
nothing it only comes out like  
garbled nonsense of an insane  
person. It is the AMNESIA of my  
speech, of forgetting what I  
have just said, and making  
actions that belong to another  
time, place and person.

~perhaps I give myself too much leeway  
to think  
the truth of which I cannot lie  
.or I have to.  
enjoying waiting.  
not now!  
no, I can't wait any longer. I cannot read  
without getting nervous.

P: waiting for the one answer to end all  
answers/ fears

da'an  
answer

in Chinese

Fig. 14.2.2 Back of ACC Factsheet