

# Unhealthy Homelife Amplified Illness

by Ken in New York

I think my illness started when I was a child. My parents say it started in high school. Growing up wasn't a bowl of cherries. There was a lot of fighting in the apartment. My parents fought constantly and were physically abusive. This is what I believe caused me to get sick. My peers and their parents treated me better than but not as well as I would've been treated had my parents treated me correctly.

We eventually moved and I then joined some sports teams. I wasn't very good because of the humiliation and abuse I faced at home. My peers were quick to pick it up and they treated me badly also. I continued to go to school and decided to make some money. I got a newspaper route and met many different people on the route. A family friend also had a paper route and gave me a house on that route. At the end of the week, I collected the money for the newspapers and got to the new house that I was given. I rang the bell to collect the money and they insisted that I come in. They took me into the kitchen sat me down and I met their daughters. I continued to deliver newspapers and was invited in each time. I grew fond of one of their daughters. I wasn't very sure of myself at the time and it showed. She, however, started to show interest in other guys I knew. This got me very depressed and my grades began to drop.

The fighting in my household continued, but it wasn't as intense as it had been. I went to college, but wasn't successful because I couldn't think clearly. I ended up going home and breaking windows because I couldn't stand my house. They put me in the hospital where I was drugged and medicated. I then went to a number of community residences. I also went to a number of programs while I was in the community residences. I visited my parents and hung out with some guys I knew from high school.

I have been diagnosed as having paranoid schizophrenia. To this day, I don't think I was totally paranoid. I saw many doctors and now am with my most recent girlfriend who I hope to marry. I still take meds, but am on a minimal dose. I am trained as a nurse's aid.

I am writing this article to let people know that what goes on in the household where you live effects your mental health and that people are fragile and can get sick very easily, if they are not treated correctly. They can even get sick if they are treated well. If I could change one thing about how people think about mental illnesses, I would suggest that they be more sensitive to people who have mental illnesses and try to prevent domestic abuse. It's not an easy thing to stop, but it is possible. My therapist, doctor and girlfriend have helped me to cope better with this disease.