

(MENTAL ILLNESS AND DRUGS: MY PATH TO PRISON)

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PREFACE

TO THOSE OF YOU NOT AFFLICTED, THE DETAILS OF MENTAL ILLNESS WILL SEEM STRANGE. THEY ARE VERY STRANGE, HOWEVER, ALL THE DETAILS I DESCRIBE IN THIS DIATRIBE, ARE VERY COMMON AMONG THOSE OF US WHO SUFFER, AND THAT IS A GOOD THING BECAUSE IT IS THIS 'COMMONALITY' WHICH FOSTERS 'COMMUNITY,' AND COMMUNITY IS THE MOTHER OF 'ALTRUISM'

ALTRUISM CAUSES ONE GET, GET OUT OF ONES SELF AND HELP OTHERS, THE PARADOX OF WHICH IS THAT: HELPING OTHERS CAN BRING YOU A DEEP AND CATHARTIC JOY. THUS, AFFORDING ~~■~~ A RESPITE FROM AFFLICTION.

I ALSO NEED TO STATE EMPHATICALLY THAT WORDS CAN NEVER DESCRIBE THE DEPTH OF HELL AND MISERY CAUSED BY MENTAL ILLNESS. A PERSON WHO DOES NOT SUFFER FROM IT CAN NOT WRAP THEIR MIND AROUND THIS LEVEL OF MISERY. IT IS SO DEBILITATING THAT IT AVOIDS DESCRIPTION. I WILL TRY TO EXPLAIN IT. BUT, EVEN IF I DO A GOOD JOB, YOU WILL NEVER COMPREHEND THE UTER MAGNITUDE OF SUFFERING THAT TAKES PLACE.

IN MY LIFE I HAVE: BEEN MARRIED AND DIVORCED, HAD MY HEART BROKEN (SEVERAL TIMES), LOST LOVED ONES, HAD BEST FRIENDS DIE AND COMMIT SUICIDE, IVE BEEN ABANDONED BY FRIENDS AND FAMILY, BEEN 'FIRED' FROM WORK, BEEN REJECTED.... WE ALL HAVE.

THATS ALL NORMAL STUFF. WE CALL IT "LIFE". IVE ALSO ² HAD MORE 'ESOTERIC' EXPERIENCES: I HAVE BEEN REPEATIVELY SENTENCED TO PRISON. BEEN STABBED, BEEN IN RIOTS, BEEN KIDNAPPED. BEATEN AND LEFT FOR DEAD. HOWEVER, ALL THE PROBLEMS I HAVE MENTIONED DO NOT COMPETE WITH 5 MINUTES OF MENTAL ILLNESS.

MY MENTAL ILLNESS FIRST APPEARED WHEN I WAS 7 YEARS OLD. I WAS WATCHING T.V. LAYING ON THE LIVINGROOM FLOOR IN MY "██████" "UNDER-ROOS" (THE 'SPIDER MAN' ONES) MY MOM HOLLARED FROM HER BEDROOM, "DUANE, ITS TIME FOR BED YOU GOT SCHOOL TOMMOROW"

WHEN I JUMPED UP TO TURN OFF THE T.V. AN INTENSE THOUGHT POPPED INTO MY HEAD. THE THOUGHT WAS THIS: I MUST TURN THE T.V. ON AND OFF 3 TIMES OR MY MOM WILL DIE AND IT WILL BE MY FAULT!!!

HOWEVER, THIS WAS UNLIKE ANY THOUGHT I HAD EVER HAD. IT WAS SO INTENSE IT WAS INCAPACITATING. THERE WERE STRONG, SUPER CHARGED EMOTIONS AND FEELINGS ATTACHED TO THIS THOUGHT. IT WAS OVERWHELMING. I HAD NO CHOICE. I HAD TO TURN THE T.V. ON AND OFF 3 TIMES, SO, I DID. WHEN I DID A EUPHORIC FEELING CAME OVER ME. I FELT AS IF I HAD SAVED THE WORLD

I FELT LIKE I HAD 'SUPER POWERS'... LIKE I WAS SPIDER MAN!!! 3

THIS THOUGHT WAS NOT AN AUDIOTORY VOICE (THE VOICES WOULD COME LATER WITH SKITZOPHRENIA)

THIS ESSAY IS DEDICATED TO: O.C.D. (OBSESSIVE COMPULSIVE DISORDER) I WILL COVER PARANOID SKITZOPHRENIA IN A DIFFERENT ESSAY.

ANYWAY, THERE I STOOD IN FRONT OF THE T.V. DANCING WITH THE DEVIL IN MY "UNDER-ROOS" I WAS UNAWARE THAT I HAD JUST UNLEASHED A DEMON WITHIN. AND THIS WAS A DEMON BEYOND ANY DESCRIPTION. EVEN THE DEVIL (IF HE EXISTS) IS JUST A LITTLE BITCH COMPARED TO THIS DEMON. O.C.D. IS A MONSTER!!!

FROM THAT DAY FORWARD. I WOULD GET THESE SUPER INTENSE, SUPER EMOTION CHARGED THOUGHTS WHICH WOULD FORCE ME TO TURN THE T.V. OR THE LIGHT ON AND OFF, OR TO LOCK AND UNLOCK THE DOOR OVER AND OVER.

THE THEME WAS ALWAYS THE SAME: IF I DID NOT OBEY THE THOUGHT MY MOM WOULD DIE AND IT WOULD BE MY FAULT!!!!

EVERY TIME I OBEYED THE THOUGHT AND EVERY TIME I WOULD GET A NEUROLOGICAL REWARD:

I WOULD FEEL LIKE I HAD SAVED THE WORLD!!! 4

THE LOCK ON OUR FRONT DOOR BECAME MY SLAVE MASTER. MY PARENTS WOULD BE AT WORK I WOULD COME HOME FROM SCHOOL. PUT MY STUFF UP. WHEN I WOULD LEAVE TO GO PLAY WITH MY FRIENDS I WOULD GO TO LOCK THE HOUSE AND I WOULD HAVE TO DO IT OVER AND OVER AND OVER AGAIN. THEN I WOULD JUMP ON MY BIKE AND START TO RIDE OFF. BUT, IT WOULDN'T "FEEL" RIGHT SO I WOULD HAVE TO GO RIGHT BACK AND LOCK, LOCK, LOCK IT AGAIN AND AGAIN.

THIS WAS A TRUE PARADOX. BECAUSE ON THE ONE HAND, I DID NOT CARE IF THE DOOR WAS LOCKED. PLUS, WE LIVED IN A: NICE, SAFE, GOOD NEIGHBORHOOD BUT, THE "FEELING" THAT THE DOOR WAS NOT LOCKED.

THAT FEELING... FELT LIKE MY FAMILY HAD DIED!!!!!! READING THIS YOU CAN NEVER IMAGINE HOW INTENSE THIS WAS. IT BECAME A 24/7 OBSESSION. IT WAS TURMOIL, LIVING HELL. I FINALLY DEVELOPED A WAY TO "PROVE" TO MY SELF THAT THE DOOR WAS LOCKED. I WOULD LOCK, UNLOCK, LOCK IT 3 TIMES. JUMP ON MY BIKE. RIDE TO END OF DRIVEWAY. TURN AROUND GO BACK. AND LOCK