

Lessons in Psychology from Total Experiences

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# Introduction

I like and seek challenging projects and clarity in every aspect of life. My greatest journey is an inward one, hand in hand with God. Self mastery and obedience to God is enlightenment. Remember, God has feelings too.

Many like to use logic and science to argue the non-existence of God. I argue that God exists by paradox and intuition. Many of the things people consider anti-Christian I think are more consistent with Christianity than the former.

I am a born again Christian but almost every other view I have is contrary to what most Christians believe in America. There is more than one way to live life and still be a Bible believing Christian.

*Now may the God of hope fill you with all joy and peace in believing, that you may abound in hope, in the power of the Holy Spirit.*

Romans 15:13 WEB

# Survival is Winning

## Introduction

25 Years After Serving in the Military  
Military Prepared Me for My Future and the Future of Life in  
America

## How to Live Through

And Be Productive with

## Social Distress

Lack of Privacy  
No Respect  
No Power  
No Rights  
Lose Lose Situations  
Few to No Options  
Disasters

## Cultural Distress

Different and Hostile Culture  
Bureaucracy  
Invasive and Irrational Rules  
Misunderstandings  
Explanations Irrelevant  
No One Cares about You

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## Emotional Distress

Negativity  
Failure  
Isolation  
Paranoia  
Depression  
Exhaustion and Lack of Sleep  
When God is Silent

## How to Survive

### Specific Behavioral

Follow Rules  
Be Persistent  
Be Self -Motivated  
Be Detail Oriented  
Be a Team Player  
Trust No One  
Be Creative in Problem Solving  
Do Not Volunteer for Things  
Be Careful What You Commit Yourself To

### Behavioral / Philosophical

Take Life Seriously  
Appreciate Simple Things in Life  
Always Learn New Things  
Continually Improve

### Personal Cognitive

People are Not Rational  
Emotions are Important

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How Bad People Are  
How Real God is  
Things Can Always Get Worse

## Institutional Cognitive

How Government Thinks  
America is Not Like the Rest of the World  
Importance of Human Rights

## Cognitive / Philosophical

I am No Better than Anyone Else  
Argument is Futile  
What is Funny and What is Not

## Conclusion

The Army was overall a negative experience, but the training was very useful later in life, for difficult times and situations.

The problem is that you can lose your mind or get burned alive, which are both more common than most people think.

The people in the military are great, while the mission is unthinkable, which makes military life very difficult for highly sensitive people.

The Army does do emotionally testing of its soldiers. This is called Basic Training.

# Strategies for Coping With Schizophrenia

Learned from Philosophy

## Insights into Schizophrenia

In treating Schizophrenia, the two key treatments are taking medicine and lowering stress.

You can actually undo the effects of the medicine by being under too much stress.

The biggest thing that causes people stress is often other people.

With Schizophrenia, this stress is magnified.

But Schizophrenia is still a lonely disease and you still want human contact.

One of my strategies is to avoid conflict whenever possible.

Keep this in mind when using this list to reduce your stress.

## Using This List to Lower Stress

These are not a list of things to do but attributes to strive towards.

They are hard to do and the philosophy does not tell you how.

I would say most are about humility, calmness, and acceptance of limitations.



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Nothing really to “do”. Kind of like a “boring” life.

Don't think. Just do. There is no correct way.

The point of this is to be less stressed not more. Forget trying to do it.

It is not about adding things to do but removing them from your life.

## Skepticism

Realize we are all irrational and there are good things about that

Question reality or have self doubt, ask for help and have a willingness to admit mistakes

See death as the defining part of life and not fearing death

## Avoiding Pain

Be useless or minimize risk by not being too important or an easy target

Reject the pursuit of money or fame as a way to avoid pain

Eliminate all forms of suffering in your life and others

Do not accept pain as inevitable

## Freedom

Be spontaneous in planning things to do to lower stress

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Be creative in solving life problems

Take responsibility with your free choices

## Internal Transformation

Find meaning in life through internal struggle and see life as primarily spiritual

Educate yourself as a way of personal growth by reading and learning from other's experiences

Self-reflect to avoid conflict

Be honest with God as a starting point for your relationship with Him

## Self Control

Understand what you can change and what you cannot change

Be a person of peace within and without

Learn how to have better manners

Self mastery is enlightenment

# Thank God

Thanks to God for the things

## I Have the Privilege of Experiencing

### Location

I was born and lived my entire life in the United States

I have lived mostly independently for 15 years

I have one of the best apartments I can find in town

### Family

I have one of the best families in the world

I get to live very close to family and see them often

All my family is well taken care of

### No Burdens

I have very few responsibilities

I have never been in debt

I have found my way back to a good church

### Purpose

I have enough things to keep me busy

I have time and inspiration to write

I actually have too much content for my website

### Safe

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I never have to travel  
I am not very important  
Nobody important hates me

## I Only Had to Experience Once

### Army

I only had to be in the Army for a little over a year  
I never had to be called back  
I only had to experience the gas chamber once

### Mental Illness

I have only had one paranoid episode  
I only had to be in a psychiatric unit once  
And was committed voluntarily  
And I was able to leave in 10 days

### Housing

I only had to live in a group home for about a year  
I only had to live in a retirement home for about 2 years

## I Never Experienced

### Bad Living Situations

I was never homeless  
I never had to serve prison time  
I never had to have a roommate when living on my own

### Army Issues

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I never had any disciplinary actions in the Army (Article 15s)  
I never had to do POW training  
I was diagnosed with Schizophrenia before 9/11

### No Combat

I never had to breathe in smoke from burn piles  
I was never deployed  
I never served time in combat  
I never had to step foot in Iraq or Afghanistan