

Lessons in Psychology from Total Experiences

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Compiled from 2020-2022

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Table of Contents

Introduction.....	4
Survival is Winning.....	5
Introduction.....	5
How to Live Through.....	5
Social Distress.....	5
Cultural Distress.....	5
Emotional Distress.....	6
How to Survive.....	6
Specific Behavioral.....	6
Behavioral / Philosophical.....	6
Personal Cognitive.....	6
Institutional Cognitive.....	7
Cognitive / Philosophical.....	7
Conclusion.....	7
Strategies for Coping With Schizophrenia. .	8
Insights into Schizophrenia.....	8
Using This List to Lower Stress.....	8
Skepticism.....	9
Avoiding Pain.....	9
Freedom.....	9
Internal Transformation.....	10

Lessons in Psychology from Total Experiences

Self Control.....	10
Thank God.....	11
I Have the Privilege of Experiencing.....	11
Location.....	11
Family.....	11
No Burdens.....	11
Purpose.....	11
Safe.....	11
I Only Had to Experience Once.....	12
Army.....	12
Mental Illness.....	12
Housing.....	12
I Never Experienced.....	12
Bad Living Situations.....	12
Army Issues.....	12
No Combat.....	13

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