In Part 2 of my transcript, I highlighted several key themes of stigmatization that I experienced:

1. Fear and Misunderstanding: People's fear-based reactions, rooted in a lack of understanding about my condition.

2. Perceived Superiority: Others acted as if saw themselves as superior to me because of my mental health history.

3. Dehumanization and Objectification: Being treated as less than human or as an object of curiosity.

4. Devaluation: My abilities and worth being diminished in the eyes of others.

5. Invalidation: Experiences of being dismissed or not taken seriously by those around me.

These themes reflect the complex and multifaceted nature of the stigma I faced.