

## stigma-part-02

00:00:00 speaker\_01: OK. So I want to start um with um uh the attitudes, the, the common themes of the attitudes and the, that, that um that people had to me as a result of this stigmatization. OK. Uh The first um um theme of the attitudes that people had um is fear and misunderstanding. OK. Uh The, the, that people perceive me, like, like, like I'm, I might be a dangerous person because I have a history of um you know, of, of history for treatment of mental health, mental illness or quote unquote, I've been to a quote-unquote mental institution and misunderstanding uh where they didn't understand me um at all.

00:00:49 speaker\_01: Um And that their perceptions of me uh were um dramatically um off um relative to reality. Um And that was um the misunderstanding of component was extreme. Uh The fear component was much, much less a component for most people. Um And then um um the, the, the second um is, is, is, is people have a perceived superiority um that um the, the way that they act to me around me, the way that they talk to me um is the way that you talk to someone um, when it's like, um, um, um, you know, it's, it's like, um, well, it's how, you know, the people talk to me.

00:01:39 speaker\_01: I, as if they're better than me. Ok, I, it, it's like, because of my history of all this and all the perceptions they have of me. Um, you know, the, there's, there's, there's never any kind of social interaction or any kind of, um, anything that happens that would justify them believing they're superior to me. It's like an automatic reaction. Uh They think they're superior to me. Um And that was a very, very strong um elements um of uh of the, of the attitudes that were directed at me.

00:02:08 speaker\_01: Um And you know, the, the resulting behaviors. Um and then um this is a major one, dehumanization and objectification. Um And um um I, I was treated as an object of storm. Um There would sometimes be a patronizing pity. Uh And I was also treated as, as someone um curiosity. Ok. Well, like I've got a mental health history and this makes me some kind of circus freak that people want to ask me questions. Um You know, so, so people would ask me that the most of it ridiculous boundary crossing questions.

00:02:54 speaker\_01: That was another element of, you know, of this general theme of disrespect um as people treated me as if I have, I know boundaries, the things that they will never ask of anyone else. Um You know, that they would ask extraordinarily intrusive um um questions. Um And so, um I have to give an example of this kind of um of the kind of stuff that the people would do is you would have um like um Derek Derek, the police officer I told you about he was, he was bad for, for doing stuff like this where he asked me about my illusions and um um iii I forget, but um I, I guess, I guess these people get the picture when I describe this.

00:03:34 speaker\_01: It's like, I'm, I'm, I'm out of curiosity. Um I have, I have no, um II I, I'm not important, I'm not to be taken seriously. Um I'm just like this thing. Uh you know, like, like this, you know, circus freak of curiosity, uh uh you know, so people, people can learn all about me and um they would, you know, talk about different, different um things and this attitude of storm. And I got this um a lot.

00:04:06 speaker\_01: Um and um you know, the, the dehumanization and the um objectification were huge parts of this and there's also related to, to this moral superiority. Um Now let me go to the behavior, OK? I have the common themes of the behaviors that were directed at me. Um One of his devaluation, inferiority, OK. And this, this relates to the attitude that the general attitude of being a

superior. Um And as I'm treated as I'm inferior, less capable and less worthy of respect and consideration.

00:04:52 speaker\_01: Um And I would be dealt with disres disrespect, contempt and assumptions of incompetence. Ok. So, so people would talk to me as if I'm extremely, I'm stupid, you know, that they were to explain stuff to me. Like I would have having conversations with people for instance, like, um I remember one time I was in my early, um or um mid-twenties might be my early twenties. But what, what is an example? Um, is, is this guy, I, I was talking to him about, um, some, some kind of rock climbing sports and I asked because he was into this and I asked if the people make a lot of money.

00:05:34 speaker\_01: He says, well, no, people, people don't make that much money that, you know, there's, there's not, you know, the competitions don't pay that much and, you know, people, people, people get, get paid through sponsorships and he's like a sponsorship. What that is, is, that's where, um, you know, some athletics company, you know, or some company pays you, uh, uh, to endorse their brand. Ok. Again, I'm in early twenties.

00:05:56 speaker\_01: Um, you know, I know what a sponsorship is. I'm not sure if I ever known anyone in the early twenties that doesn't know what a sponsorship is. Um, and different things of, you know, a little like, like this. Um, um, you know, they, they would treat me, um, um, you know, like I'm like, I'm stupid. Um, although, um, that, that particular elements that this treat me like I was a stupid, it would be more sporadic because it's a small town town and people knew me as being a very, very intelligent, you know, I was kind of widely known for that from being a small town from, you know, my years in school, I was intelligence and so, you know, people, um, yeah, I was characterized as a genius my whole life, um, in going to school and then after school, people characterized me the same way.

00:06:39 speaker\_01: And so, you know, people had heard the grapevine or they directly knew me. Um, they, they wouldn't, they wouldn't do that, but it did happen with strangers who had heard on this stuff. Um, and the, the, the, the way that I describe it is as much of the same as this, um, as I just said here about, you know, less worth of respect and consider the, the, the, the way. Um I've always said it is, I'm a person who is to be subtly disrespected, um, disregard, subtly disrespected and disregarded and whose needs or wishes do not matter.

00:07:15 speaker\_01: Ok. Um, and then, um, let's go to the next theme, um, is exclusion and isolation. And so this is where I would be socially rejected. Um, um, a lot of times in subtle ways or avoided avoidance was a big component. People would avoid me. Um, and, um, you know, all of these behaviors and their aggregates, you know, the, the one common theme among all of them. Um This is meant to show you that you're not important to them.

00:07:49 speaker\_01: OK? It's often in subtle ways. OK. Um And then, um I, I dealt with to some degree, um again, with fear and mistrust uh that people didn't trust me for me for no good reason too because I was extremely honest. Uh That was um a minor theme. Um And then another major theme was invalidation and dismissal. Um And this um is where I, I'm, you know, my, my um my experiences, my, my feelings, my identity, um my confidence, my everything is like I'm invalidated.

00:08:31 speaker\_01: OK. So, so, so um uh you know, they, they invalidate me as a human being, they invalidate my accomplishments, they invalidate my talents, uh They invalidate me um in one way, I'm after the other and also I'm dismissal. Ok. They just, just dismiss my feelings of my experience, um my

needs because my needs, I do not matter. And this is also often be in very subtle ways that, that this is most often other behaviors um that were directed at me.

00:09:02 speaker\_01: Um And the attitudes as well. Um We were not um blatant that they were, they were very, very um subtle. Um But I know what they mean of the person who's communicating to me that way, uh you know, acting that way towards me, they know what it means and the people around and they know what it mean too. OK. And then as a result of this, um you know, it's like I was, I was a marginalized uh person. Um and then, um and, and again, the validation and that was a huge component.

00:09:32 speaker\_01: Uh and then um patronization and overcompensation uh where people um uh would treat me um in patronizing ways, it ties back to, to the superiority and it would be like AAA patronizing that was under the guise of being kind. And you got to remember that, that I'm autistic. And so, and so I'm really slow to learn on social, social, on things. And so I'm not too hip to these manipulation tactics and these political moves that people do. And what happens is when people have like this exaggerated kindness to you, it's like they're talking to you like they're like you're helpless and it's very demeaning and insulting.

00:10:17 speaker\_01: But at the same time, it's, it's like they're, they're doing in a way that there's an overall thing like them, them being nice to you as part of it. It's, it's like it gets under your skin and it's really, really a really good way to take a shot at somebody, especially like me because I don't know how to act. OK. So if they blatantly disrespect me, I, I could talk back to them. OK? But, but they do these tactics and of course you've got to factor into that.

00:10:42 speaker\_01: I created an enormous opposition everywhere that I went because of my ambition, uh, because of, uh, you know, girls liking me that, you know, that people didn't think she'd like me. Um, because of my talents, my intelligence of people, it's like I, I trigger people's hostility, I triggered opposition. I triggered uninhibited, um, um, opposition. Um, and, um, you know, that these people, the same people that are telling people that I'm dangerous and that I've been to the mental of a quote mental institution because I'm a psychopath and whatever the garbage that they tell that, you know, that they seem to be me as a very, a very scar, um, dangerous, um, um, um, person who is manipulative and dishonest.

00:11:23 speaker\_01: Well, it's actually, it's actually they're manipulative and that they, I'm dishonest that men are animals. Um, and men can smell the weakness of other people. Um, and I was full of weaknesses and they could sense every last one of them and they use them against me and it very much related to this, um, uh, you know, or, or a very, very, very significant factor was my social naivety. And, um, the, the way that I, I, I'm not prone to being intellectually manipulated but I'm extremely easy to emotionally manipulate.

00:12:00 speaker\_01: So when they're doing things like me, it's like, I, I feel like it's gonna be like a, um, a faux pas to say something back to them. It's like this is like, I'm almost questioning my mind. Do they understand that they're insulting me when they're talking to me this way? And, um, so that was a demeaning, um, a kind of tactic uh that people would use. Um, and, um, you know, with, with this patronization, um you know, the, the, the, the, the, the superiority of elements, um you know, is, is, is, is palpable, you know, quite, quite, um, you know, palpable, I mean, the interaction.

00:12:35 speaker\_01: Um and some of that, that's, that's, that's that I, you know, the big ones devaluation and inferiority, um exclusion and is and isolation, invalidation and dismissal. OK. So those are huge and then also very big as big or close to as big I as this patronization and overcompensation. And then we had a minor element of fear and mistrust in the next audio, I'll talk about the specific behaviors.