

Alexithymia: *The Silence Inside Of Me*



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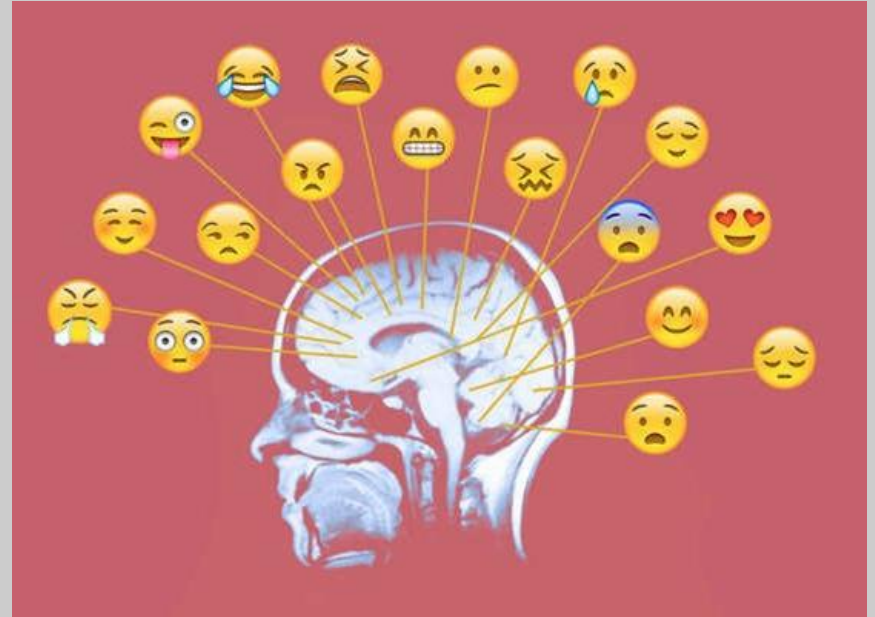


Image courtesy of Quora

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Introduction

- Inability to understand emotions (healthline)
 - Both themselves and others (healthline)
- Causes
 - Genetics, brain damage-insula, trauma (NCBI)
- Symptoms
 - Confusion
 - Discomfort
 - Emptiness
 - Lack of affection
 - Difficulty 'reading faces' (NCBI)



Image courtesy of Spectrum

Introduction continued

- 1 out of 10 people have it (NCBI)
- 50% of people with autism (MNT)
- 32-51% of people with depression (MNT)
- Isn't widely known
 - Studied for 4 decades

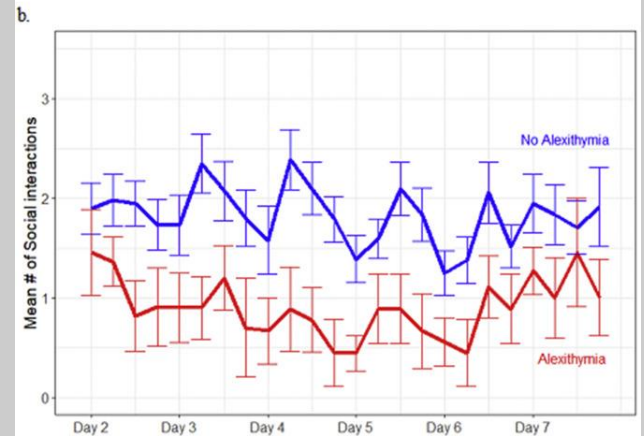
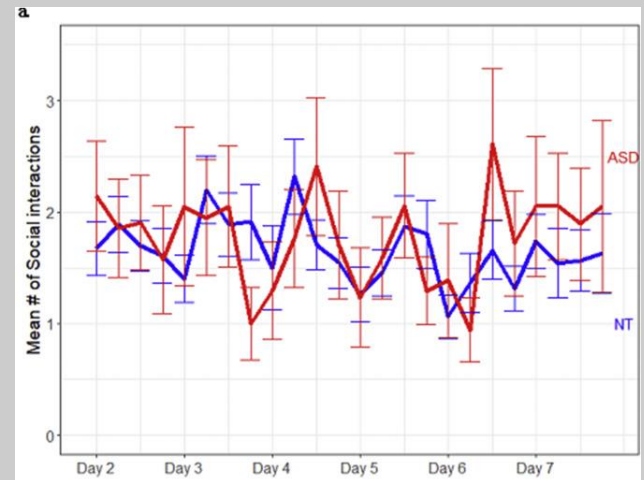


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Interview Answer

Q: If alexithymia happens to a person and others around them see it too, will going to school be worse or better for a person with alexithymia?

A: “...However, school is an important social setting for many reasons and contributes to normal social development. I would think that going to school would be better, as long as the person does not experience bullying, social isolation or other negative treatment by their peers. That is, an accepting school environment could be helpful.” (Mordecai)



Image courtesy of Kaiser Permanente

How It Affects Victims

- Feel no emotions (MNT)
- Difficulty recognizing and communicating emotions (MNT)
- Confusion(healthline)
- Can cause aggression (NCBI)

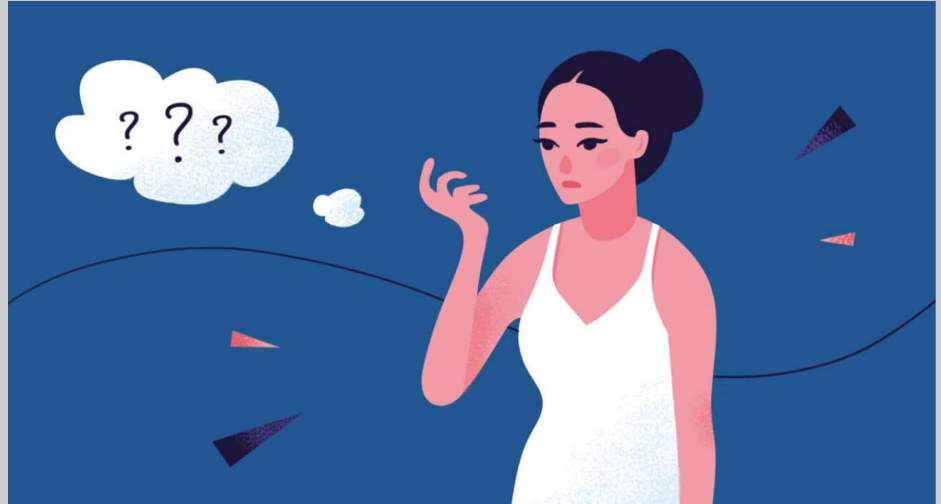


Image courtesy of Calm Clinic

How It Affects Others

- Misunderstandings (NCBI)
- Can't communicate well (NCBI)
- Seem odd or unfeeling by peers (Mordecai)



Image courtesy of Self

Treatment

- No individual treatment (GBEOBAA)
- Psychodynamic therapy (LB)
- Treat co-occurring disorder (MNT)

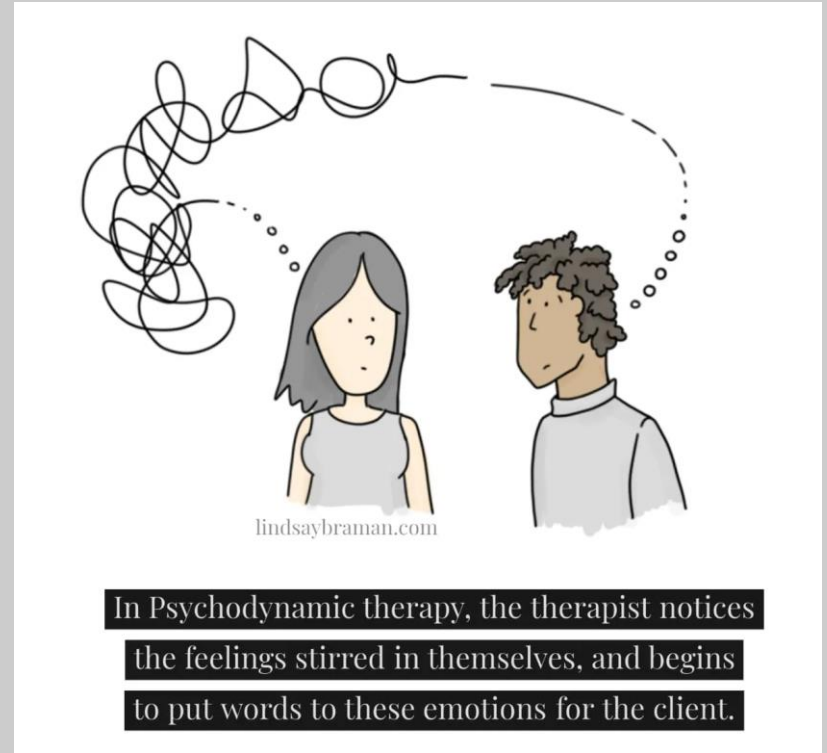


Image courtesy of Lindsay Braman

How This Project Affected Me

- New perspective on those challenged
- Gained awareness of condition
- Go into the victims' shoes
- Respect formed
- Everyone is a person

Mental pain is less dramatic than physical pain, but it is more common and also more hard to bear. The frequent attempt to conceal mental pain increases the burden: it is easier to say "My tooth is aching" than to say "My heart is broken."

C.S. LEWIS

HealthyPlace.com

Image courtesy of HealthyPlace

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