Do You Hear What I Hear?

KENNETH KOZI ARRINGTON
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My presentation is not meant to speak in absolutes or pertain to everybody. This barely scrapes the surface of what may be true for individuals. For everything I said, so much more could have been shared. The only person I am an expert on is myself.

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Introduction and My Personal Story

I’m talking about: Causation Theories & Phases of Hearing Voices

Present slides:

Summarize:

I encourage you to use the chat box to ask questions, make comments, and answer questions I may ask during my presentation.

~Always exercise Self-Care. Take care of yourselves!~
Introduction: Personal Story

Name/Age/Pronouns/San Francisco/Parochial School/Work

Extraordinary Experiencer: Voices, Visions, Knowledge, Paranormal, Extra Sensory Perception, Clairvoyance

Voices: God, Devil, Spirit, Good, Evil, Kind, Unkind, Menacing, Humiliating, Debasing, Dire Predictions, Hateful & Harmful

Symptoms/Behaviors: Stress, Anxiety, Isolation, Depression, Confusion, Suicidal Thoughts, Insomnia, Paranoia, Fear

*YouTube Video: Coping with Voices: Being With People*
Coping With Voices: Being With People
What Causes Hearing Voices?

The phenomenon of hearing voices inside the head, which others cannot, can be categorized as a common form of auditory hallucination. Hallucination is the perception or sensation of sounds, noises, or voices that can be heard by a person when they are awake and gives the feeling of being real.

These illusions are created by the brain. People with auditory hallucinations sometimes hear sounds they are familiar with and sometimes they hear unusual noises. The sound(s), noise(s), or voice(s) a person hears may be frightening or pleasant.
What Causes Hearing Voices?  Causation Theories:

1. Brain Damage or Injury
2. Bullying
3. Death of a Loved One
4. Drugs
5. Trauma
6. Isolation
7. Mental Illness
8. Physical Illness
9. Dream States
10. Sexual Abuse/Physical Abuse
11. Sleep Deprivation
12. Spiritual Experiences
13. Starvation
14. Stress  (Can you think of other reasons why a person might hear voices? Answer in chat.)
What Causes Hearing Voices?

These are some of the most common causation theories related to Special Messages. This does not mean that they are the only sources. If you believe that your messages or experiences stem from a different source please let us know by putting it in the chat. Everybody’s experience is valid and personal. We are all as unique as are the voices we hear and their sources as well as other extraordinary events.
I hear voices - I see things - I feel things - I smell things - I talk to....
3 Phases of Hearing Voices ~1. Startling Phase~

During the startling phase many voice hearers are not able to talk about their voices, and are overwhelmed by the experience. The Startling Phase is named this way because of the Hearer’s discovery of the voices often startles them and causes them to deny the experience and withdraw into themselves.

This leads to a sense of isolation, and a fear of madness itself. Most voice hearers describe the onset of the experience as being quite sudden, startling and anxiety provoking, and they can vividly remember the precise moment they first heard a voice.
During the Organization (or Coping) phase voice hearers want to break free from the anxiety and confusion caused by the voices. To come to terms with the voices or to successfully organize them requires some form of acceptance to take place. Denying the voices does not work. In this phase people seek to find meaning and understanding, and to cope with and control their voice hearing experience. Helpful strategies include:

- Ignoring the voices (by using distraction methods)
- Listening to them selectively
- Entering into willing dialogue with them
- Making specific appointments with them (at a chosen time)

Attempts at distraction and ignoring the voices sometimes works, and although this is a strategy many voice hearers attempt, it seems the effort involved can often lead to a severe restriction of life style.
3 Phases of Hearing Voices  ~3. Stabilization Phase~

Once the existence of the Voices becomes accepted, some voice hearers are able move on to make the voices part of their everyday life. In the stabilization phase, with help, a more balanced relationship with the voices is built up. Some people can and do learn to cope with their voices and find an equilibrium, and in some cases voice hearers can even discover that the voices are capable of a positive influence.

During the stabilization phase, an individual may be able to choose between following the advice of the voices or to follow their own thoughts and ideas, and may say, “I hear voices and I’m okay about it. I can cope”.
What Stage Are You In?

Is it the Startling Phase, the Organization Phase, or the Stabilization Phase? Let’s talk about it.

- Accept that voices and visions are real experiences
- Accept that people are not any the less for having voices and visions
- Respect each member as an expert on themselves
- Encourage an ethos of self-determination
- Value ordinary, non-professionalised language
- Are free to interpret experiences in any way
- Are free to challenge social norms
- Sanction the freedom to talk about anything not just voices and visions
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