

Episode Fifty-Eight - The Mind's Direct Receipt of Images

Post by “Julia” of May 19, 2024 at 9:51 PM

[Quote from Don](#)

<https://dianerehm.org/shows/2016-11-...lk-to-ourselves>

It is important to distinguish [fictive heterodialogues](#) (recall my initial post in this thread) from hearing other selves in high dissociation; while both can be thought of as existing in different places on a spectrum (mere quantitative difference) in *some* particular regards, it shouldn't be glossed over that they're also qualitatively different in a number of ways. It is also important to distinguish the voices heard in delusions, as I've just done with a focus on schizophrenia.

What happens in this show is what still happens all too often: There are only the voices labelled #1 through #3 (see above[1]) - and then there's schizophrenia. What is entirely missing is a proper delineation of dissociative voices (#4 above); if they get mentioned at all, they either get erroneously conflated with the voices heard in schizophrenia, or with the voices heard in so-called “normal”[2] inner dialogue. In my opinion, this oversight is why the topic keeps getting circled without being grasped. Florid schizophrenia is hard to overlook, “normality” is hard to overlook - at the same time, trauma makes people uncomfortable to begin with, trying to research it will ring all kinds of ethical alarm bells, and of course, there is very little money for that type of work.[3]

[1] I made those numbers up to have an easier time referencing things; their order is arbitrary.

[2] There's nothing inherently abnormal about dissociative voices, they're just uncommon now, because we live in exceptionally peaceful, safe and predictable environments.

[3] It's not very attractive to donors, it doesn't make for as good a PR stunt as the children's cancer ward (which doesn't imply I'd want to take any of their care away; I'd give more to both 😊).