

# How do I get over the fact that I have schizoaffective?

0 upvotes | 10 July, 2017 | by Iiiiiiiiiiiiiii

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I've been around for a bit, so I know all the lingo. I've turned just about everything of myself around. Masculine presence, in shape, but this last hurdle has been causing me grief.

Is this mine and mine alone to figure out? Fuck, I'm looking for opinions and options if anything. The stigma and self-victimization are holding me back and I know it, but I haven't figured out how to break through all that.

For the record, I don't present in any way like I have this mental illness. Which is what makes the mental stigma that much more demoralizing.

So I'm coming here for a sharp pointed stick of truth, what the fuck do I need to be doing or understanding to get moving to where we all want to be?

Replies appreciated in advance.

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## Comments

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[deleted] • 2 points • 10 July, 2017 02:02 AM

Are you going to be schizoaffective or are you going to be schizo effective?

Do what you need to do to manage your symptoms and maximize your potential the best you can. That's all any of us can do.

trp\_sidepiece • 2 points • 10 July, 2017 03:33 AM

lmfao u tried

IIIIIIIIIIIIII[S] • 1 point • 10 July, 2017 02:34 AM

I don't quite understand the distinction you're making.

I'll keep on that path though, damn am I glad this place exists.

[deleted] • 2 points • 10 July, 2017 02:42 AM

I was making a pun. My point is that you can either dwell on it or you can go be awesome.

IIIIIIIIIIIIII[S] • 1 point • 10 July, 2017 04:40 AM

Yea, I hear that. On with it then.

[deleted] • 1 point • 11 July, 2017 05:06 AM

Not enough puns in my life. Good stuff

GreenPiller • 1 point • 10 July, 2017 12:46 AM

I'm kind of autistic and it is tough so I can't have an LTR without going into an autistic rage and breaking frame. My only options are spinning plates, that way I can hide it better, although I still fuck up sometimes. There are people who lose their legs or have vitiligo and they pretty much learn to live with it. The only advice I can give you is to spin plates and try to live life as normal as possible. Are you taking any meds or therapy?

IIIIIIIIIIIIII[S] • 1 point • 10 July, 2017 02:33 AM

Man, that does help. Really looking at it from the perspective of non-permanence, because trying to wrap my head around anything long term seems like a heavy weight to put on anyone.

No meds, regular therapy. I present incredibly well, and live a reasonably functional life. There's only a couple rough edges I've got, sometimes my emotions don't parallel reality very well, and it can seem very alien to others.

My therapist often mentions of the hundreds of cases he has had, mine is the most peculiar due to how well I'm able to adapt to most situations I go through.

I'm glad to know there are those with mental difficulties here who overcomes.