

Life When you Have Schizophrenia: Rebecca's

author:



2026-08

Synopsis

Send a Text to the Moms - please include your contact info if you want a response.

thanks!

Rebecca's Story, Part 2

- What do the intrusive thoughts (aka to some, "voices") say to you?**
- Rebuilding your life, and giving to others - how does that help?**
- Psychiatrists - the good, the bad, the changes, and why it matters**
- Relationships - How were they affected?**
- Whether to disclose your illness? When? How?**
- The ups and downs of recovery. how do you know when you are starting to slip?**
- We talk about 4 pillars of recovery - treatment, structure, purpose, and love/community. Are these important, and how do you get them?**
- What has family support meant for you?**
- Has Covid affected you?**
- Constructive self-talk: What words help you? What's next in your life?**
- What message would you give to those with Schizophrenia, their families, and practitioners?**

Quotes:

"So much of this is...not only are we dealing with this illness, but we have to keep up with 50 million pills, or it may cause weight gain, or tardive dyskinesia, and it's so..frustrating."

-Rebecca

"When I take my meds, it's not just for me. It's for my family, my friends. Not just for me. That was a real big turning point."

-Rebecca

"The same types of thoughts haunt me when (the meds) start wearing off."

Rebecca

"Four pillars of recovery (treatment, structure, purpose, love/community): these are not "mental illness needs" - these are human needs."

-Randy

"When you have a mental illness such as schizophrenia, there are a lot of secrets...or shame...it's hard to understand, and I think we need to give each other grace."

Rebecca Lyn Phillips -

Rebecca Lyn Phillips, 43, is a published author, speaker, and mental health advocate. She regularly shares her story of trial and recovery to help others who need hope.

She wants to shine a light on a dark subject and show that life can happen again.

LINKS:

Mindy and her book:

<https://mindygreiling.com/>

Randy and her book:

<https://benbehindhisvoices.com/>

Miriam and her book:

<https://www.miriam-feldman.com/>

Rebecca's book, *Heart* to Heart

https://www.amazon.com/gp/product/0840792190/ref=defs_a_def_rwt_hsch_vapi_taft_p1_i0

Living with Schizophrenia

Documentary:

<https://youtu.be/48YJMOcykvc>

LEAP Foundation (Dr. Xavier Amador):

LEAP® (Listen-Empathize-Agree-Partner) is an evidence-based approach that shows you how to quickly gain the trust of someone you are at odds with.

<https://lfrp.org/home>

Dr Harriet Lerner :

<https://www.harrietlerner.com/>

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Randy Kaye

Mindy Greiling

Miriam (Mimi) Feldman

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