

Beating Mental Illness
My Five Steps to a Peaceful and Normal Life

克服心理疾病

让我获得平静正常生活的五个步骤

[美] 郝安迪 (Andy Hogan) 著



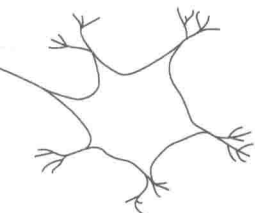
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内容简介

克服心理疾病：让我获得平静正常生活的五个步骤

郝安迪的著作就是他本人战胜过心理疾病并找到乐观，有好的结果甚至快乐生活的故事。第一章描绘出亲身经历躁郁症波涛般的内心激流。第二章到第六章描述五个步骤远离“心理疾病的激流”。步骤一的重点就是“察觉”真正症状的病因而看透所谓的表面症状。步骤二“承认”自己的疾病并不代表软弱或羞耻，反而表现着勇气以及负责任之心。步骤三“明白”疾病所带来的坏念头和习惯并不是病患个人的特质而是可以被治疗的症状而已。步骤四“控制”疾病的过程包括专业心理辅导，适当服药，以及培养健康关系。步骤五是设计并努力走向现实梦想而提升你的生活方式。

第七、第八章就是写给病患以及照顾他们的人的自助手册。



推 荐

北京工业大学人文社会科学学院法律系主任，一桥大学法学博士：张荆教授

中国目前有 1600 万重症的精神病人，还有大量的中轻度精神病患者，安迪的著作会对这些人和他们的家属有所帮助。该书是中英文对照本，对学英文的读者也有帮助。我尽力推荐！

Dr. Zhang Jing, Professor Dean, Beijing University of Technology

Currently there are 160 million people with severe mental illness in China, and a great number more who suffer from mental illness in lesser forms. Andy's book will be a great help to these people and their families. The book is in Chinese and English, so it can help those trying to improve their language skills as well. I whole-heartedly recommend this book!

瑞查·大卫森 MD, 董事证明的心理医生

安迪在《克服心理疾病：让我获得平静正常生活的五个步骤》提到的五个步骤挺优秀的。这部简明易读的著作来自一位“有经验”的人。有时候小事情也可以很深刻。安迪的指教就是别人常忽略深刻的小事。我相信有心理疾病的病患以及他们的照顾者能从研读和遵从这些步骤的过程中而获益。

Richard S. Davidson MD, Board Certified Psychiatrist

The five steps Andy outlines in *Beating Mental Illness; My Five Steps to a Peaceful and Normal Life* are excellent. They are presented in clear, down-to-earth language from one who has “been there.” Small things are often profound. Andy’s book gives practical advice regarding small things often overlooked by others. I believe people with bipolar disorder, as well as their caregivers, can benefit greatly from reading and following them.

NAMI 犹他州 (全美心理疾病联盟)

您读完此书最后一页之前，郝安迪已经成为您的儿子或兄弟了。他精彩和幽默的写法使得此书易看易懂。读者会很难忘安迪是如何度过躁狂症事件的。虽然安迪现在已经康复了，但他一辈子都会受这一疾病的影响，他感人至深的这本书证明了心理疾病是可以治疗的，而且病患者还能找到有意义的生活。

NAMI Utah (National Alliance for the Mentally Ill)

Long before you have reached the final page, Andy Hogan has become your son or your brother. His eloquent writing skills and his sense of humor make this book very readable. The reader will hardly forget the anguish and horrors Andy's book describes both from his recollections and from those who were present during the episodes. Even after recovery, Andy's life will remain overshadowed by his illness, but as his impressive book proves, a meaningful life can be found because mental illnesses are medically treatable.

前 言

人们对于心理疾病的了解，应当说还处于初级阶段。虽然如此，在过去的十几年中，人们通过医生、社工以及其他心理专家出版的著作，对心理疾病的了解有了很大的进步。不过在心理疾病的教育过程中一直缺少一部重要的著作，那就是病患本人战胜心理疾病并找到方法，乐观、有好结果甚至快乐生活的故事。

我就是这样的人。我叫郝安迪，而我二十多年前被诊断为精神病，更准确地说是抑郁躁狂症或躁郁症。我从小就有抑郁以及躁狂的症状。经过好多年的痛苦（这痛苦并不只是我自己的，我的家庭和朋友们也因我的疾病而受了苦），我才察觉、承认、明白和控制自己的疾病，从而提升生活方式。

Preface

Understanding of mental illness is still in the elementary stages. Great strides forward have been made over the last decade as publications from doctors, counselors, and other medical professionals have come available. Still, there has always been one lacking element desperately needed in the education process: the personal triumph stories from those with the illness who have found a way to live

positive, productive, and even pleasurable lives.

I am such a person. My name is Andy Hogan and I have been diagnosed with mental illness, specifically bipolar disorder, for over 20 years. I have had symptoms of depression and mania since childhood. It took many years and a lot of heartache, not just to myself but also to my family and friends, to discover and move through the process of identifying, authorizing, understanding, and controlling my illness, and then living a heightened life where dreams could once again come true.

我相信学习和遵从这五个步骤可以帮助您或您所爱的心理疾病的病患者找到更平静的生活，回归正常生活状态。我希望与您分享这些步骤可以让您很快地发现，虽然我自己患了严重精神病的一种，但还能学会过好生活，那么您或您所爱的病患者也可以。

我的这本书的后面还包含一个自助手册。手册的第一部分是写给抑郁躁狂症患者的。第二部分是写给病患的家人、朋友还有照顾者。这些手册提供活动，启发思想的疑问，还留有空白地方写日记。

I believe learning about and following these five steps can help you or your mentally ill loved one to find a more peaceful and normal life. I hope that sharing these steps with you can help you quickly realize, if I can find a good life despite my chronic mental illness, you or your loved one can too.

I have also included a self-help workbook which comes in two sections; one for those suffering from bipolar disorder, and one for their friends, family, and caregivers. These workbooks provide you with activities, thought - provoking questions, and areas for journaling.

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第一章 远离心理疾病激流的五个步骤

当我的志愿服务领导者肯特抵达中国台湾的潮城镇（屏东）时，情况已经很棘手了。他一接到我的同事惊慌的电话：“我们不知道怎么回事，安迪突然疯了！”便立即开车由台中南下。当时没有任何一个人——包括我自己在内——知道我得了严重抑郁躁狂症（心理疾病的某种）！几年后，肯特告诉我，当他抵达潮州找到我的时候，我“看起来好像刚跟人打过架——头发凌乱、衣衫不整、全身汗湿、慌乱又激动，而且精疲力竭”。肯特说当时的情形让他感到震惊惶恐：他试着和我说话，但我没有回答，反而哭了起来，跪在他面前，想亲吻他的双脚。

Chapter 1 Five Steps Out of the Mental Illness Rapids

The situation was desperate when my volunteer service leader, Kent, finally arrived at the scene in Chao Chou, Chinese Taiwan. He had immediately driven down from Taichung following a frantic phone call from my colleagues stating that, “We don’t know what’s wrong; Andy just flipped out.” No one, including myself, knew I was suffering a bipolar (a type of mental illness), manic psychosis episode. Kent later told me, that when he got to Chao Chou he found me, “looking like you had been in a fight - completely disheveled, sweat soaked, rumpled, flushed, and out of gas.” Kent said it was shocking and frightening. He tried to talk to me. Instead of responding, I burst into tears, fell down on my knees before him, and tried to kiss his feet.

肯特见我的状况十分严重，便一口气冲到后面的房间，打电话给我在美国的父母。肯特告诉我父亲情形之后，才得知我母亲也有躁郁症病史；肯特立即安排我与一位在高雄凤山的心理医生午夜急诊。打完了电话，肯特请我那两位精疲力竭的同事——亚伦和麦克，把我弄上车。我相信他们一定很高兴终于可以离开，因为在他们努力照顾我的那几个小时里，我给了他们不少麻烦及折腾：我以为亚伦是耶稣基督，想好好拥抱他并亲吻他的脸；又以为麦克是魔鬼，尖叫着试图命令他离开。当他们想带我上车时，我还猛力去咬麦克的大腿，最后把我安顿在车子后座的中间位子上，他们分别坐在我的左右两边以防止更多问题发生。

Seeing the severity of the condition I was in, Kent rushed to the back room to make a phone call to my parents in America. He spoke with my dad, who informed him of my mother's history with manic-depressive, or bipolar disorder. Kent also set up a late night, emergency visit with a psychiatric doctor in the neighboring city of Feng Shan. After finishing his phone calls, Kent told my frazzled colleagues, Aaron and Mike, to get me in the car. I'm sure they were grateful to be leaving. While trying to contain me for the past several hours, I had put Aaron and Mike through everything from extended hugs and kisses when I thought Aaron was Christ, to attempts at casting Mike out when I became convinced he was Satan. As they tried to pull me into the car I bit Mike's leg as hard as I could. They finally got me into the middle of the back seat. There they could sit on both sides of me and try to prevent other problems.

午夜时分，我们抵达了凤山，罗医生已在那儿等着我们。他问了我一些问题，例如：“What is your name? Where are you? Is it nighttime or day? (你叫什么名字？你在什么地方？现在是晚上还是白天?)”我无法回答他的问题，因为当时我心里只想搞清楚：究竟一个华人跟我说英语有何深刻意义和结果？当罗医生与我说话时，麦克卷起他的长裤，查看我在他腿上咬出的伤：紫黑色而且还流着血的一圈齿痕。于是麦克离开病房，请一位护士替他包扎伤口。回来的时候，有个强壮的护士（麦克的日记里写着她足足有 300 多磅）和他一起回到病房，看到那护士，我的头脑中随即响起一个声音命令我说：“你必须娶那女人为妻！”在惊惧中，我大声尖叫着跳起来并试着逃跑。他们想抓住我时，我狠狠地对他们又踢又抓，最后他们三人一起抓我才没有让我跑掉。

We arrived in Feng Shan around midnight. Dr. Luo was waiting. He asked me some questions like, “What is your name? Where are you? Is it nighttime or day?” I couldn’t answer because my mind was too boggled trying to figure out the deep meaning and eternal consequences of a Chinese person speaking to me in English. While Dr. Luo spoke to me, Mike rolled up his pants to look at his leg where I had bitten him. There was a dark purple and black mouth mark that was still bleeding. He left the room to ask a nurse for a bandage. When he returned, a very large nurse (300 pounds, as Mike recorded in his journal) followed him back. When I saw her, an impulse in my head commanded, “You must marry that woman!” In sheer terror, I screamed, jumped up, and tried to run away. When they tried to restrain me, I kicked and clawed viciously. It took all three together to keep me from fleeing.

他们把我按倒在地，麦克抓着我的一只手臂，亚伦抓着另一只手臂，肯特则压坐在我的肚子上。我激烈地前后摇晃着头，并用中英文大声地呼喊，要耶稣基督来救我。

此时，罗医生给我打了一针——亚伦在日记中所说的“怪物镇静剂”，才让我好好地睡着——一睡就是好几天。他们把我带回车上，连夜开车到台北，以避免清晨拥挤的交通。虽然三位相关朋友的日记与回忆中都表示我过了一两天后就醒了，但我对此印象非常模糊。我记得的第一件事，就是在一间很小很暗的房间里醒来，脑中清醒的解放感犹如涸鱼归渊——我是那尾被捕上岸后又放回水里的鱼。当时我睁开眼，一位陌生人坐在我床前，他看到我望着他时，微笑着对我说：“我叫哈维，我是台北地区的志愿服务领导人。我会陪你直到肯特帮你办好一切手续并送你回家。”

They laid me on my back with Mike holding down one arm, Aaron the other, and Kent sitting on my middle. I started thrashing my head back and forth, screaming in English and Chinese for Jesus to save me. At that point, Dr. Luo gave me a “monster tranquilizer,” as Aaron recorded in his journal, that finally put me to sleep - for several days. They carried me out to the car and drove through the night to avoid morning traffic in Taipei. Although the journals and memories of those involved all say I awoke after a day or so, my memories are very clouded. The first thing I remember is waking up in a bed in a very small and dark room. The relief of a sane mind felt as welcome as water to a “caught and released” fish. I opened my eyes and saw a strange man sitting on the bed. When he saw me looking at him, he smiled and said, “I’m Harvey, the service leader for Taipei. I’ll be staying with you while Kent gets everything ready for you to go home.”

我小声地“哦”了一声之后闭上眼睛，再次跌入深沉疲倦的睡眠之中。

接下来我只记得坐在机场里的一张四周围绕着花坛的长椅上。肯特手上拿着注射器及针筒对我说：“我们只是要确定你能安全回到家。”我只麻木地点了点头让他们帮我打针。我记得有一位陌生人陪我走下一段狭窄的走廊（肯特的一位美国朋友刚好到台湾地区出差，便自告奋勇送我回美国）。当我再醒来时，人已在飞机上，坐在两个陌生人中间。其中一位手上拿着塑胶花盆，说：“我们在台湾制造这些东西。”

我回答一声“哦”便又倒头睡着了。抵达旧金山时，我记得自己跑向父母亲，并拥抱他们。

Uttering a quiet “Oh,” I closed my eyes and fell back into a deep and exhausted sleep. The next thing I remember is sitting on a bench that surrounded a planter at the airport. Kent, with a syringe and needle in his hand said, “We just want to make sure you get home without any incident.” I numbly nodded and he gave me an injection. I remember walking down a narrow hallway escorted by a stranger. (A friend of Kent happened to be on a business trip in Taiwan. He volunteered to take me back to the States.) The next time I woke up, I was on a plane sitting between two strangers. One was holding plastic flower cases. “We have these manufactured in Taiwan.” the man said. “Oh.” I replied, and fell back to sleep. Arriving in San Francisco, I remember running up and hugging my parents.

我不明白为什么每次当我尝试和母亲交谈时，她总是回答我“我不会说中文，你得和我说英语。”我试着继续和她说话，但她还是听不懂。最后，只要我说完一句话，她便会说：“I don't know, but I love you.”（“我不懂你说什么，但是我爱你。”）

啊，真是一段不可思议的旅程！当我之前离开美国准备前往中国台湾时，我知道生活将会有所不同，但我万万没想到竟会变得如此天翻地覆。我怎能预料到当我返乡的时候，自己会亲身体验到“发疯”的真正感受。

去中国台湾之前，“疯子”只是年少时挖苦人的话，就像朋友告诉我他为他的宠物鱼取名亚力克时，我开玩笑地对他说：“你真是个疯子！”当时纯粹是好笑，然而现在没人笑得出来了。

It was confusing that every time I tried to talk to my mom, she replied, “I don't speak Chinese. You have to speak in English.” I kept trying to talk to her, but still she didn't understand. Finally, after everything I said, she would reply, “I don't know, but I love you.”

Whoa. What a trip! When I left for Taiwan area, I knew my life was about to change. But I had no idea it would turn completely inside out. How could I have guessed I would return home knowing first-hand the answer to the question, “What is it like to go crazy?” Before Taiwan, “crazy” people were only the objects of my youthful sarcasm. “You must be a loony!” I said jokingly to my buddy when he told me he named his pet fish Erik. It was funny then. No one was laughing now. This was serious.