

Autobiographical psychosocial history essay



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The five concepts that I have chosen to write about are; perception, coping with stress, instinct approaches, mood stabilizers and development. Shortly after my father died when I was nine years old, my perceptions on life changed drastically. I went from being an everyday average child to over thinking just the smallest things. Now as I have grown into an adult and a mother this has not changed but in most cases gotten worse than what it was. However, I have not considered this a bad thing at all I have learned to analyze things around me in order to grasp the complete understanding.

This has helped me through some very tough times as a single mother, and is a skill so to speak that I have encouraged my son to do as well. Now not everything has been peaches and rainbows, I have lost people that I once loved dearly because of the way I perceived their actions with my over thinking every little thing someone does. Although I have learned that analyzing, things without the facts can hurt many people I still find this to be a unique skill.

I have learned through the years that the way that I perceive things also helps me with my every day stress. As I have mentioned before I have an 11-year-old son that has been diagnosed with bipolar, ADHD, OCD and ODD, dealing with a child that has to have mood-stabilizing drugs in order to function in a manner that society considers normal is stressful with in itself. I have learned over the years to take everything on day at a time and not to over load my plate with too much, because I am known for over thinking, stressing out and shutting down.

When I get over stressed I have high anxiety attacks that can last for hours, sometimes days this is not a progressive way to live your life in fact it can be completely debilitating at times. I have found that the smallest things can push my stress level to the point of a complete melt down. However, since I work with a therapist for my anxiety; I have been able to learn different ways of dealing with everyday stressors by simply giving myself a break from the reality for a moment in time to just breathe.

This may be as simple as stepping outside, going for a walk or going to a quiet place and coping with what is stressing me out at that point in time. Not to think of everything that stresses me out just that one thing at that moment in time. While I love my son very much, I have to say that learning what he diagnoses meant for everyday life was a true challenge for me. I took becoming a single mother at 17 years old a lot better than I took my sons diagnoses. Becoming a teen mom was hard for me, there was so much I still wanted to do, but as the years went by, I could not see myself doing anything greater than being a mother.

My son was five years old when I learned that he needed to take medication every day for his condition, over the next few years I felt as if he was a test subject for medications because he had been on so many different kinds. All of them having their own side effects, some barely noticeable and others getting to the point of hospitalization something no mother wants to face with their child. I think that it is important for a parent to be there for their children as an unbreakable support system, I cannot say that I was that lucky after my father passed away my support system went with him.

I no longer had someone to turn to and ask questions, or talk to about things I was going through. This is the main reason I am so determined to give my son a better life and show him the love that I never got. I can honestly say that the way I was raised has made me who I am today, and now I would not change a thing but when I was younger I dreamed of guidance, love, understanding and stability. I know that my autobiography psychosocial history, may sound like a sad and depressing one and I guess from the outside looking in that I could see how that is possible.

However, I honestly would not change a thing about my life, the stress, my perception of things, my son's diagnoses, and my childhood. Because all of those things have given me the drive that I have to not only succeed but to prove everyone wrong who passed judgment on me for the things I have been through in my life that were out of my control. I have the drive to be the very best I can be at everything that I do, this includes dealing with my personal weaknesses, which by now I have considered strengths.