

# Paranoia- *introduction*



Year 8



# ***THE MEANING OF PARANOIA?***

**Paranoia is the irrational fear that someone is out to “get you”. This may happen when you have excessive amounts of assumptions about people and getting suspicious at everything they do. This suspicion can be caused from something so little. Paranoia has so much of an impact on someone’s life they may not even realise it. This paranoia and suspicion can lead to **jealousy, depression, anxiety etc.****

(types of paranoia)

Poem about paranoia next

# STATISTICS



- **Over 40% of paranoid people regularly worry about comments of criticism that are made about them**
- **Around 1.5million people will be diagnosed a year**
- **Paranoia is more common in men than women**
- **5% worry that there is a conspiracy to harm them**

# SYMPTOMS & CAUSES

- **Life experiences-** if you have been bullied or burgled, you may feel more suspicious or have your guard up, even when you are safe
- **Experiences in younger life or recent events-** this can cause you to make you feel as if the world is unsafe and mistrustful of others
- **External environment-** if there is a lot of crime, terrorism or violence in the local community this may trigger paranoid feelings
- **Mental health-** if you experience anxiety, depression or low self esteem, you can be more likely to have paranoid thoughts as you worry a lot and interpret things more negatively
- **Physical illness-** if a person has Alzheimer's disease, any other form of dementia or hearing loss, it can trigger paranoia.
- **Lack of sleep-** this may cause feelings of insecurity or unsettling feelings and hallucinations. Fears may develop at night
- **The effect of drugs and alcohol-** drugs such as cocaine, cannabis and ecstasy can trigger paranoia.

# HOW TO OVERCOME PARANOIA

- **Be patient with them (when talking)- paranoid people find it hard to trust people and tell them how they feel, so if they get angry or worried, reassure them.**
- **Talk to them calmly- when they decide to express their emotions do not rush them or shout when they say something you may disagree with or dislike. Instead try to empathise with the person and understand what they are experiencing is difficult.**
- **Husn al dhann- this means to keep a good opinion on people. Abu Hurayrah (ra) narrated that Muhammad (saw) said "Beware of suspicion, for suspicion is the worst of false tales, and do not look for others' faults, and do not do spying on each other and do not practice najsh (offer things at a higher price), nor be jealous of one another, and do not desert (stop talking to) one another. And O! Allah's worshippers- be brothers!"**



# PARANOIA POEM

What is it about the human mind,  
That refuses to sit still.  
Just when you are on cloud nine,  
Thoughts begin to reel in.

All it takes is a simple word,  
a doubt or maybe a fear.  
To knock you right back down to earth,  
And fill your eyes with tears.

When hope sparks high in the brightest home,  
While birds sing in the sky  
Here comes that single drop of rain  
That leaves you asking why .

The mind feeds on its own processes  
Never turns off, never shuts down.  
Feeding till you become obsessive  
And insecurity starts to hound.

You try to turn off crazy thoughts  
That will not leave you alone  
But paranoia strikes again  
To knock you off your throne.

You know you're reading way too  
much  
Into the smallest things.  
Yet still the brain just weeps on  
Feeding, feeding, feeding.

By then you are on the hunt  
And your looking between the lines  
Searching for things not really there  
That the brain will surely find.

Of all the roads you travel down  
The lessons learned and such  
Its all stored up inside the brain  
The brain just will not trust.

By Euageine King

# CONCLUSION

**In conclusion, paranoia is a fear of being watched over and can be overcome, by many things. It is haram to lose hope in Allah- "Allah does not burden a soul beyond it can bear" and people often misunderstand paranoid people to be crazy, although they are not. "Verily with every hardship there is ease." which means although they are going through hard times it will get better for them. Finally we will have a quiz.**

# QUIZ!

- **What is paranoia?**
- **Name 5 causes of paranoia**
- **Name 5 outcomes of paranoia**
- **Name 3 cures for paranoia**
- **State a Qur'aanic Aayah about paranoia**



for listening. 😊