



1. The key pillar of mental balance: Medication

After that, I lived in balance for nearly six years. Yet, I was constantly thinking about leaving medication once and for all. I managed to experience, under professional supervision, what my

life would be like without medication. In my case, it didn't work: it was hell.

Since then, nearly a decade has passed and I've been through several psychotic episodes. However, what's encouraging is that I could live a significant amount of time in balance, thanks to, among others, modern science and my medicines.

I am currently receiving a long-acting injectable on a monthly basis, and each time I thank God for this option. Nowadays, I don't think about the uncertainty of whether I've taken my medicines today? I can simply describe my current balance as more predictable. Thus, I consent to my medication even when I don't seem to need it anymore.

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