



Saathi ki guide

✿ ANOKHE ANUBHAV

Anokhe anubhavon mein kisi ko pyaar karna

Us pati, patni ya saathi ke liye guide jiska apna koi anokhe anubhavon se guzar raha hai: bahas kiye ya sahmat hue bina kaise jawab dein, apna khayaal kaise rakhein, aur jaldi madad kaise lein.

Yeh kiske liye hai: us patni, pati ya saathi ke liye jiska apna koi anokhe anubhavon se guzar raha hai, kisi mushkil daur ke dauraan bhi aur uske baad bhi.

Hawaalon ke saath: NICE, NHS, Cochrane, aur peer-reviewed shodh, jismein Bharat ki ek study bhi shaamil hai.

Bhashayein: English, Hindi, Marathi, aur Kannada.

weave.clinic/family par muft padhiye

1

✿ KYA YEH HUMARI BAAT HAI

Jab unhein duniya alag dikhne lage

✿ CHHOTA SA SAAR

Agar aapke saathi ko aisi cheezein sunaai ya dikhaai dene lagi hain, ya ve aisi baatein maanne lage hain jinmein aap unke saath nahi ho paate, to yeh aapke mann ka veham nahi hai. Aap zaroorat se zyada bhi nahi soch rahe. Kuch sach mein ho raha hai, uska ek naam hai, aur aap dono ke liye madad maujood hai.

Sunita ne sabse pehle chhoti-chhoti baatein dekhin. Rahul ne sona chhod diya. Woh der raat baar-baar khidki se baahar jhaankne laga. Phir ek shaam usne bahut shaanti se Sunita se kaha ki padosi unki phone par hone wali baatein sun rahe hain. Sunita kuch bhi kehti, woh yakeen tas se mas nahi hua, aur use laga jaise uske apne pairon tale ki zameen khisak gayi ho.

Aapki kahaani alag dikh sakti hai, par uski shakl aksar wahi hoti hai. Ho sakta hai aapke saathi ko koi aawaaz sunaai de, jabki wahaan koi na ho. Ho sakta hai unhein kisi aisi baat ka pakka yakeen ho jo aapko dikhti hi nahi. Unke liye yeh bilkul asli lag sakta hai, aur yeh aap dono ke liye daraawna ho sakta hai.

Is pattern ko naam dene se raahat mil sakti hai. Naam ka matlab hai ki ise samjha ja sakta hai aur iska ilaaj ho sakta hai, bas jhelte rehna nahi padta. Doctori naam jo aap sun sakte hain, woh hai psychosis. Yeh laagu hota hai ya nahi, yeh sirf ek doctor hi bata sakte hain, aur yeh kitaabcha aapke saathi par koi label nahi lagaata.

Aap dono

isse guzarte hain, sirf ek nahi

Jab ek saath anokhe anubhavon se guzarta hai, to unki dekhbhaal karne wale pati ya patni par bhi apna ek sachcha bojh pad sakta hai.

Ise padh lene se aap unke doctor ya unke therapist nahi ban jaate. Isse aap ek aise saathi bante hain jo thoda aur samajhta hai. Yeh un sabse pyaari cheezon mein se ek hai jo aap ghar la sakte hain.

2

✿ YEH KYA HAI

Yeh kya hai, aur yeh kya nahi hai

✿ CHHOTA SA SAAR

Ye anubhav sehat ki ek samasya hain, aapke saathi mein koi khot nahi. Yeh bartaav bimaari ki aawaaz hai. Yeh is baare mein koi sandesh nahi ki ve aapse kitna pyaar karte hain, tab bhi nahi jab woh yakeen aapke hi baare mein ho.

Ise samajhne ka ek tareeka hai, dimaag ke andar chupchaap chalne wala ek khatra-aur-matlab samajhne wala system. Yeh tay karta hai ki kis cheez par dhyaan dena hai, aur cheezon ka matlab kya hai. Jab yeh bahut tez chalne lage, to aam cheezein bhi kisi gehre matlab ya khatre se bhari lag sakti hain. Bhaari tanaav, neend ki kami, bahut zyada sharab ya nasha, kuch logon mein koi mushkil daur shuru kar sakte hain.

Yeh koi bhoot-pret ka saaya, saza ya kamzor charitra nahi hai. In anubhavon se guzar rahe logon mein hinsa kaafi kam hi hoti hai. Is baat ki sambhaavna zyada hai ki doosre unhein chot pahunchaayein, bajaye iske ki ve khud hinsa karein.

Yeh bartaav bimaari ki aawaaz hai, is baare mein koi sandesh nahi ki ve aapse kitna pyaar karte hain.



*Jab usne mujh par ilzaam lagaaya ki
main uske khilaaf saazish kar rahi hoon,
to mera dil toot gaya. Maheenon baad
usne bataaya ki woh poore waqt buri
tarah dara hua tha. Asal mein yeh kabhi
mere baare mein tha hi nahi.*

Kavita, patni, 38 saal

Kabhi-kabhi woh yakeen aapke hi baare mein hota hai. Aapka saathi aap par shak kar sakta hai, aap par ilzaam laga sakta hai, ya aapke haath ke khaane ya aapke phone par bharosa karna chhod sakta hai. Yeh aise chubhta hai jise kam hi log samajh paate hain. Yeh yaad rakhna madad karta hai ki dar pehle aaya, aur aap uski kahaani mein khinch aaye.

Yeh aapki wajah se nahi hua, aur aap ise akele theek nahi kar sakte. Par aap jo karte hain, usse madad mil sakti hai. Jab parivaar ilaaj mein hissa lete hain, to haalat ke dobara bigadne ki naubat kam baar aa sakti hai. Ilaaj ke saath theek hona aksar mumkin hai, aur jaldi shuru hua ilaaj zyada asardaar ho sakta hai.

Aur jaanna chahein to ^

Bimaari ko insaan se alag karne ka matlab har baat ko chhoot dena nahi hai. Chot sachchi hai, aur bojh bhi. Iska matlab hai ki aap us insaan se ladna band kar dete hain jise aap ab pehchaan nahi paate, aur ek aisi samasya par kaam karna shuru karte hain jise aap dono saajha kar sakte hain. "Yeh bimaari hai, aur hum dono iske ek hi taraf hain," yeh aisa vaakya hai jiske saath aap dono khade ho sakte hain, jab haalaat thode shaant hon.

● YEH KARKE DEKHEIN

Kuch dinon tak, bas dhyaan dijiye, baat uthaaye bina. Ye anubhav kab zyada tez lagte hain, aur kab dheeme? Kisi mushkil din se pehle neend, tanaav aur akele bitaaye waqt ka kya hota hai? Aap abhi kuch theek nahi kar rahe. Aap bas us cheez ki shakl seekh rahe hain jiske saath aap dono jee rahe hain.

3

✿ WOH LOOP JO AAP BAAR-BAAR DOHRAATE HAIN

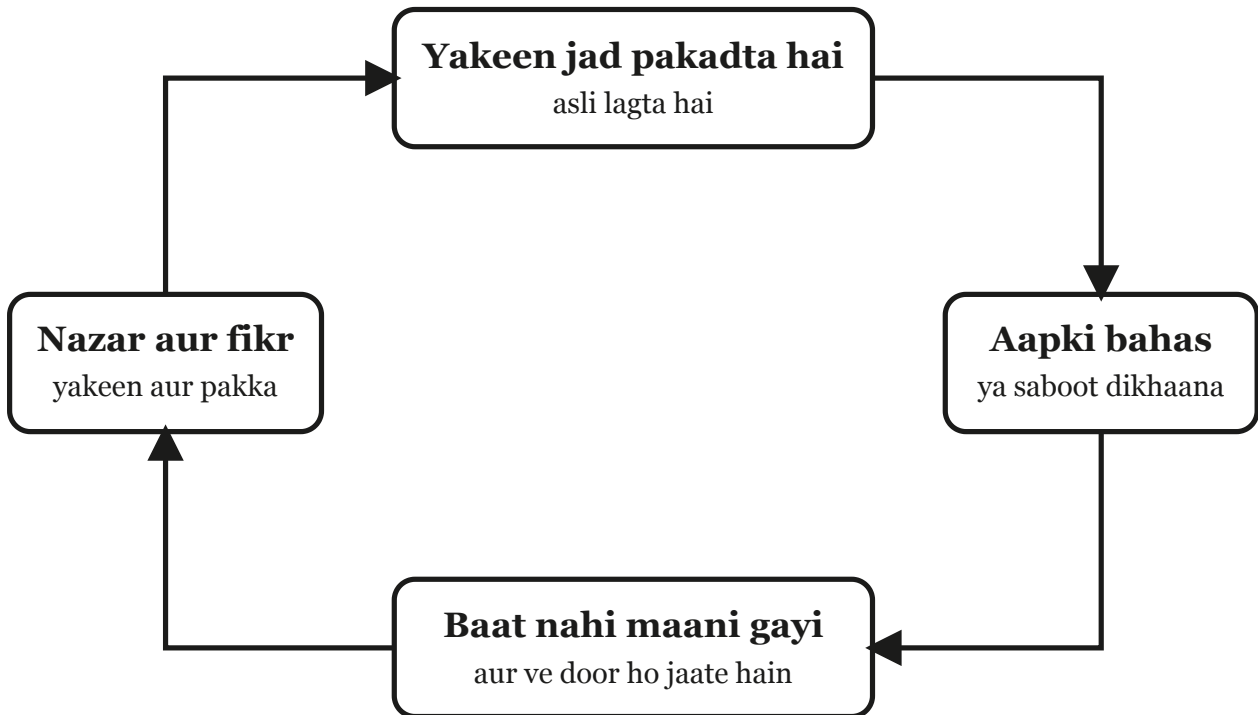
Woh loop jo aap baar-baar dohraate hain

✿ CHHOTA SA SAAR

Bahut se jode ek hi loop mein phisal jaate hain. Koi yakeen jad pakadta hai, aap usse bahas karte hain, aapke saathi ko lagta hai ki unki baat nahi maani gayi aur ve aur akele pad jaate hain, aur woh yakeen aur pakka ho jaata hai. Is loop ko koi nahi chunta, aur aap mein se koi bhi isse baahar nikal sakta hai.

Yeh loop pyaar se shuru hota hai. Aapka saathi kuch aisa kehte hain jo sach nahi ho sakta, aur aap use theek karne daud padte hain. Aap saboot dikhaate hain. Aapki aawaaz thodi oonchi ho jaati hai. Aap unhein apne paas waapas laane ki koshish kar rahe hote hain.

Par us anubhav ke andar se dekhein, to woh asli lagta hai. Isliye aapki bahas un tak aise pahunchti hai, "tumhein meri baat par yakeen nahi", ya isse bhi bura, "tum bhi ismein mile hue ho". Aapka saathi aur akela mehsoos karta hai, aur zyada chhupaata hai, aur yakeen aur gehra dhans jaata hai. Phir aap aur baareeki se nazar rakhte hain, aur zyada fikr karte hain, aur ghar ka maahaul aur garam hota jaata hai.



Woh loop jo ek dare hue saathi aur ek fikrmand saathi ko ek-dosre ke aamne-saamne khada kar deta hai. Ise kisi ne chuna nahi, aur aap mein se koi bhi ise tod sakta hai.

Koi yakeen ya anubhav jad pakad leta hai, aur aapke saathi ko woh bilkul asli lagta hai.

Aap bahas karte hain, use theek karte hain, ya saboot dikhaate hain, kyunki aap unhein waapas chahte hain.

Unhein lagta hai ki unki baat nahi maani gayi aur ve akele hain, isliye ve baat chhupaate hain aur door ho jaate hain.

Aap aur baareeki se nazar rakhte hain aur zyada fikr karte hain, aur yakeen aur pakka ho jaata hai.

Ghar ki yeh garmi maayne rakhti hai. Shodh mein saamne aaya hai ki ghar mein bahut zyada toka-taaki, talkhi, ya fikr mein har baat mein zaroorat se zyada dakhla ka naata haalat ke zyada baar dobara bigadne se hai. Yeh dosh dene ki baat nahi hai. Yeh kisi bhi dare hue, pyaar karne wale parivaar mein ho sakta hai jo dabaav mein ho. Iska matlab hai ki shaant ghar ka naata haalat ke kam baar bigadne se hai, aur shaant ghar aisi cheez hai jise aap bana sakte hain.

Ek doosra jaal bhi hai. Shaanti banaaye rakhne ke liye, kuch saathi us yakeen se sahmat hone lagte hain. Yeh dayaalu lag sakta hai, par iska matlab hai kuch aisa kehna jis par aapko khud yakeen nahi. Baahar ka raasta beech mein hai: aap bahas nahi karte, aur aap sahmat bhi nahi hote.

● **YEH KARKE DEKHEIN**

Agli baar jab aapko lage ki loop shuru ho raha hai, to use theek karne se pehle rukiye. Ek saans lijiye aur kahiye, "Mujhe dikh raha hai ki yeh aapke liye kitna daraawna hai." Dhyaan dijiye ki jab aap yakeen ke bajaye bhaavna ka jawab dete hain, to kya badalta hai.

4

✿ ASAL MEIN KYA MADAD KARTA HAI

Asal mein kya madad karta hai, aur kya ulta padta hai

✿ CHHOTA SA SAAR

Yakeen se nahi, bhaavna se baat kijiye. Ghar ko shaant aur seedha-saada rakhiye. Haalaat tike hue hon tab mushkil dinon ke liye milkar योजना बनाaiye. Aur ek team ki tarah ilaaj ke saath bane rahiye.

Yakeen se nahi, bhaavna se baat kijiye. Aap keh sakte hain, "Mujhe yeh waisa nahi dikhta, par mujhe yakeen hai ki aapko yeh asli lagta hai. Yeh sunne mein daraawna hai." Yeh imaandaar hai, aur yeh aapko unki taraf rakhta hai. Paas bane rehne ke liye aapko bahas jeetni zaroori nahi hai.

Ghar ki garmi kam kijiye. Chhote, seedhe vaakya boliye, aur ek waqt mein ek hi insaan bole. Jab unhein jagah chahiye to jagah dijiye, aur din ki lay tiki hui rakhiye. Neend ko bachaaiye, kyunki neend ki kami kuch logon mein koi mushkil daur shuru kar sakti hai.



Kisi shaant hafte mein, koi mushkil daur shuru hone se pehle, shuruaati nishaaniyon ko milkar likhna.

Parivaar ke saath hone wale session mein, aage aane wale kisi mushkil daur ko sambhaalne ki yojna banaana bhi shaamil ho sakta hai. Yeh yojna aap khud bhi shuru kar sakte hain. Kisi shaant hafte mein saath baithiye. Ve badlaav likh lijiye jo pichhli baar aap dono ne dekhe the, jaise neend ka tootna, door-door rehna, ya shak ka phir se lautna. Phir tay kar lijiye ki inhein dekhkar aap dono kya karenge, jaise doctor ko phone karna. Jo yojna banaane mein aapke saathi ne khud madad ki ho, woh unhein apni lag sakti hai, na ki koi aisi cheez jo un par thopi gayi.

Ek team ki tarah ilaaj ke saath bane rahiye. Studies mein, jo log haalat tikne ke baad bhi apni dawa lete rahe, unmein dawa chhod dene waalon ke muqaable haalat kahin kam baar dobara bigdi. Guidelines kehti hain ki dawa band karne ka koi bhi faisla doctor ke saath milkar tay ho, dheere-dheere kiya jaaye, aur us dauraan shuruaati nishaaniyon par nazar rakhi jaaye. Agar side effect aapke saathi ko pareshaan kar rahe hain, to chupke se dawa band karne ke bajaye saath milkar doctor se baat kijiye.

Kuch parivaaron ko lagta hai ki khaane ya chai mein dawa chhupaakar dena hi akela raasta hai. Kripya doctor ko saath liye bina aisa mat kijiye. Agar yeh pakda gaya, to bharosa buri tarah toot sakta hai. Ghar mein jo ho raha hai, uske baare mein doctor se khulkar baat kijiye, aur doosre raaston ke baare mein poochiye, jaise har kuch hafton mein injection se di jaane wali dawa.

 YAAD RAKHIYE

Yakeen ka nahi, bhaavna ka jawab dijiye. Ghar ko shaant rakhiye aur neend ko tika hua. Shuruaati nishaaniyon ko zaroorat padne se pehle hi jaan lijiye. Aur ilaaj ka darwaza khula rakhiye, saath milkar, un dinon bhi jab yeh kisi ladaai jaisa lage.

Saath milkar seekhna bhi madad karta hai. Doctor ya therapist ke saath parivaar wale session, haalat ke dobara bigadne aur aspataal mein bharti hone ko kam kar sakte hain. Doctor se poochiye ki kya aap dono ke liye aise session mil sakte hain. Aap unke ilaaj mein bas baithi hui sawaari nahi hain. Aap uska hissa hain.

 YEH KARKE DEKHEIN

Is hafte, woh ek shuruaati nishaani chuniye jo aapko sabse zyada pareshaan karti hai, shayad neend. Milkar ek chhota qadam tay kijiye, jaise neend do raaton tak khiske to ek-dosre ko bata dena. Haalaat shaant hone par banaaya gaya ek saajha sanket, toofaan ke beech saubhaar yaad dilaane se zyada qeemti hai.

5

✿ APNA KHAYAAL RAKHNA

Khud ko khoeye bina unke saath khade rehna

✿ CHHOTA SA SAAR

Khaali pyaale se aap kisi ko kuch nahi de sakte. In anubhavon ke saath-saath jeena mushkil hai, aur apna khayaal rakhna swarth nahi hai. Yahi aapko is lambe raaste par baar-baar saath nibhaate rehne ke kaabil banaaye rakhta hai.

Khaali pyaale se aap kisi ko kuch nahi de sakte. In anubhavon se guzarte kisi insaan ki dekhbhaal, kisi bhi parivaar par ek sachcha bojh daal sakti hai. Guidelines kehti hain ki dekhbhaal karne waalon ko bhi, jitni jaldi ho sake, apne liye jaankaari aur sahara milna chahiye. Apna khayaal rakhna dekhbhaal ka hi hissa hai, usse chhutti nahi.

Apni zindagi ko bhi chalte rehne dijiye. Aapka kaam, aapke dost, aapka aaraam, aur ek cheez jo bas aapki apni hai, ye ab bhi maayne rakhte hain. Yahi poori shaadi ko sirf bimaari ke baare mein ban jaane se rokte hain.

Hadein pyaar ka kaam hain. Yeh kehna jaayaz hai ki aap kya kar sakte hain aur kya nahi, paise, neend aur apne aaraam ko lekar. Aapki suraksha bhi maayne rakhti hai. Agar kabhi aap asurakshit mehsoos karein, to wahaan se hat jaaiye, kisi bharose wale insaan ke paas rahiye, aur madad ke liye phone kijiye. Emergency mein 112 par call kijiye.

Kisi mushkil daur ke dauraan aur uske baad, shaadi mein badlaav aa sakta hai. Ho sakta hai kuch samay ke liye nazdeeki, chhoona ya chaahat kam ho jaaye. Iski kai wajahein ho sakti hain, aur unmein se ek yeh hai ki kuch dawaayein sex ki ichchha kam kar sakti hain. Iske baare mein narmi se baat kijiye, aur doctor ke saamne bhi yeh baat rakhiye, kyunki ho sakta hai koi doosri dawa ho jiske side effect kam hon. Chhote se shuru kijiye, ek saath sair ya ek saath khaana, aur baaki ko dheere-dheere lautne dijiye. Ek mushkil mausam ka matlab shaadi ka khatm hona zaroori nahi.

Rishtedaar jhat se beech mein aa sakte hain, aur hamesha narmi se nahi. Kuch aap par ise chhupaane ka dabaav daal sakte hain, is fikr mein ki log kya kahenge. Bharat ki ek study mein, parivaar ke lagbhag aadhe dekhbhaal karne waalon ko doosron ko apne rishtedaar ki bimaari ke baare mein batane mein asahaj laga. Kuch rishtedaar doctor ke bajaye pooja-paath ya kisi baba ka sujhaav dete hain. Agar aastha aap dono ko sukoon deti hai, to woh doctori ilaaj ke saath-saath chal sakti hai, uski jagah nahi. Jo bhi doosre upaay aap aazma rahe hain, unke baare mein doctor ko bataaiye. Ek chhoti, tiki hui baat madad karti hai: "Hum is par saath milkar kaam kar rahe hain, ek doctor ki madad se."

Aur jaanna chahein to ^

Ek aisa insaan dhoondhiye jo aapki taraf ho, ek behen, ek dost, koi jo aapko judge na kare. Mushkil baat ko zor se keh dena seene se bojh utaarta hai. Naaraazgi aur akelapan chuppi mein badhte hain. Aaraam paaye hue, zyada tike hue aap hi is shaadi ki sabse achchi cheez hain.

● YEH KARKE DEKHEIN

Is hafte, ek aisi cheez chuniye jo sirf aapke liye ho: aadha ghanta kisi kitaab ke saath, kisi dost ko ek call, phone ke bina ek sair. Ise bina kisi apraadh-bodh ke lijiye. Dhyaan dijiye ki ghar bikhar nahi jaata, aur aap thoda aur tike hue lautte hain.

6

✿ JALDI MADAD PAANA

Kab aage badhkar sambhaalna hai, aur jaldi madad paana

✿ CHHOTA SA SAAR

Kuch nishaaniyaan kehti hain ki abhi kuch kijiye, baad mein nahi. Agar aapko kabhi unki suraksha ki, ya apni suraksha ki chinta ho, to use gambheerta se lijiye, saaf-saaf poochiye, aur ise akele mat sambhaaliye. Madad aap dono ke liye maujood hai.

Kuch nishaaniyaan kehti hain ki abhi kuch kijiye. Nazar rakhiye ki kahin kai raaton se bilkul neend to nahi aa rahi, ya khaana-peena to nahi chhoot gaya. Nazar rakhiye ki kahin aisi aawaazein to nahi aa rahin jo unse kuch karne ko kahein, ya ve kisi yakeen par jokhim bhare tareeke se amal to nahi kar rahe. Nazar rakhiye ki kahin maut ki baat, ya is duniya mein na rehna chaahne ki baat to nahi ho rahi. Inke apne aap guzar jaane ka intezaar mat kijiye. Usi din madad lijiye.

In anubhavon se guzar rahe logon mein khud ko nuksaan pahunchaane aur aatmahatya ka khatra ausat se zyada hota hai. Agar aapko fikr ho, to saaf-saaf poochiye ki kya ve apni jaan khatm karne ke baare mein soch rahe hain.

Poochne se yeh khayaal unke mann mein nahi aata. Iske baare mein khulkar baat karne se shayad yeh halka bhi ho jaaye.



Paas bane rehna, seedhe-saade shabdon mein baat karna, aur khatre ki nishaaniyaan dikhne par milkar madad tak pahunchna.

Agar khatre ki nishaaniyaan dikh rahi hain, to shaant rahiye aur seedhe-saade shabdon mein baat kijiye. Aap keh sakte hain, "Mujhe dikh raha hai ki aapko dar lag raha hai, aur mujhe aapko surakshit rakhna hai. Chaliye, saath milkar doctor ko phone karte hain." Yeh yakeen se bahas karne ka waqt nahi hai. Agar aapko fikr hai to paas rahiye, aur un cheezon tak pahunch kam karne mein madad kijiye jinse ve khud ko chot pahuncha sakte hain. Agar baat intezaar nahi kar sakti, to unki razaamandi ho to unhein nazdeeki aspataal ki emergency mein le jaiye, ya 112 par call kijiye.

Tele-MANAS, 14416, mann ki sehat ke liye sarkaar ki muft helpline hai, jo din ke 24 ghante khuli rehti hai. Koi bhi call kar sakta hai, saathi ke taur par aap bhi. Ek prashikshit counsellor phone uthaate hain aur aapko aage ki madad se jod sakte hain.

Unhein jaldi doctor tak pahunchaaiye, kyunki jaldi shuru hua ilaaj zyada asardaar ho sakta hai. Sankat ki ghadiyon ke beech, unhein ilaaj se jude rehne mein madad kijiye. Mulaaqaatein nibhaaiye, aur jaise hi shuruaati nishaaniyaan dikhein, madad ke liye haath badhaaiye.

AAPKE SAATH

Agar bojh kabhi is had tak pahunch jaaye ki "mujhse yeh aur nahi hoga", to yeh ehsaas samajh mein aata hai, aur madad pahunch mein hai. Yeh aapki shaadi par koi faisla nahi hai. Tele-MANAS **14416** par, aur neeche jude sankat card par, aise log hain jinse aap baat kar sakte hain, kisi bhi waqt, aap dono mein se kisi ke liye bhi.

Aapko yeh sab akele nahi uthaana hai, aur yeh kabhi aapke akele uthaane ke liye bana hi nahi tha. Sabse mazboot kaam jo aap kar sakte hain, woh hai jaldi, milkar madad ke liye haath badhaana, aur badhaate rehna.



*Wahi saathi jiski duniya daraawni
ho gayi thi, phir se tiki hui zameen
pa sakta hai, jab aap dono kahaani
par bahas karna chhodkar saath
milkar dar ka saamna karne lagte
hain.*

● YEH KARKE DEKHEIN

Aaj raat, apne phone mein do cheezein sahej lijiye. Pehli, Tele-MANAS, 14416, taaki zaroorat padne se pehle hi woh wahaan maujood ho. Doosri, ek shuruaati nishaani jis par aap dono nazar rakhne ko sahmat hue the, aur woh chhota qadam jo aap use dekhkar uthaayenge. Ek qadam madad ki or aur ek ek-dosre ki or, isi tarah lamba raasta aasaan hota jaata hai.

YEH JAANKARI KAHAN SE HAI

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Yeh guide samajhne mein madad karti hai. Yeh nidaan nahin hai. Uske liye doctor se milein.

- Kya sab kuch bahut zyada lag raha hai? **Sankat card padhein.** Madad ek panne door hai.
- Tele-MANAS, muft rashtriya helpline: **14416**. Kisi bhi samay, din ho ya raat. Bharat sarkar ki seva.