

Episode_8_Jacob.mp3

James Fisher: [00:00:01] Please be advised we will be discussing subjects that may not be suitable for all audiences and will include subjects that some will find challenging traumatic or triggering

Keaton Leikam: [00:00:17] Welcome to you don't fight along a podcast sharing the stories of those of us successfully living with mental illness and how we got there.

Jacob: [00:00:29] Yeah so my dad killed himself and then I. That's kind of when it started. And to cope I started drinking like a lot like every day like I'm going to work I'm going to drink three or four beers and then drive to work and then all my lunch maybe I'll have a couple more beers that's fine. And I did that for a really long time. And that just takes a really heavy toll on your body.

Jacob: [00:00:51] Even if you are like 20 something. So that was the first part. My skin was deteriorating and then obviously my mental state was was no good because alcohol makes it worse in the long term.

Jacob: [00:01:09] Jacob diagnosed chronic depressive depression.

Jacob: [00:01:18] I grew up prepare for the pity party.

Jacob: [00:01:22] So I grew up like super poor to the point where like there'd be times we had no electricity no water no cockroach infested drug house.

Jacob: [00:01:30] No one watches me kind of an environment. I turned out pretty well considering. So there's a lot of that and looking back it caused a lot of self-esteem problems especially with like wearing the same clothes for six days and smelling like shit and stuff like that.

Jacob: [00:01:52] I would still like I have self-conscious things. It's really weird but looking back I can see you like Oh yeah. I would seclude myself and you know think that I am not a good person and I shouldn't have friends and I'm a piece of shit. And you know all that kind of stuff which I didn't identify as depression as much as I thought that's just how it was. And then you know you become enlightened and you're like Oh people will wake up every day and hate themselves. Got it. My parents split when I was like three. So I didn't have a lot of contact when my dad was a teenager. And then we tried to build like a relationship of some kind but I was more like friends than he is my dad just because like I'm already mostly grown and most of my experiences have been shitty. So I didn't really consider it. But we tried. And then much much in the same way I did after his passing. Like my whole life he's smoked pot and there was a time where his intellect super heavy drugs when he got past it so that's one part which is whatever. But he went through a bad breakup with his girlfriend at the time he'd been married several times and so on and so forth and he would drink to excess like everyday like not like two or three beers but like a twelve pack and then it was this one of those times where he drank a whole bunch. He was drunk. He was avid weapons collector. He had the means and he had the motivation. So what he did and that's why I don't own a gun. They made me take a six hundred question personality test. And I was like easily identifying the questions to find out if I was depressed. So I answered them falsely. Now you're not depressed. Actually the test was what kind of turned me on to it because I was asking like really weird questions that were super specific. I was feeling and was like That's weird. Like there's questions about like Do you often think about going back in time. I was like all the time actually. And like really really weird very specific questions and like that was the that would turn me on to like that's the thought process that I need to stop in order to function so that it did help inadvertently. And then that's when I started experimenting with medication to just level me out because I would go from zero to 100 like the mood swings are just like outrageous like park my car on the freeway and block

your car and get out and try to get you come out and fight me like that loves doing that I did.

Jacob: [00:04:32] I had no patience for bullshit and it was just like it wasn't a conscious decision we're like.

Jacob: [00:04:40] I'm feeling offended. I'm going to do something about it. It was just like involuntary.

Jacob: [00:04:46] Well fuck me no fuck you like let's do this. I'll give a shit.

Jacob: [00:05:00] So the drinking was my coping before I started the medicine. And when I just like every waking moment thought about killing myself I decided yeah maybe that's not normal. So then I tried to make an effort and it's my belief that you have to want to help yourself in order to overcome some of this stuff. So I applied effort and actually wanted it and it helped a lot. And then I transitioned to do a couple different medications that made it worse which was awful. And then I finally found one that was like pretty level. I got off of it for a couple of years.

Jacob: [00:05:39] Came back. I'm on it right now.

Jacob: [00:05:41] Just depends I've noticed after doing a couple experiments with my eating too. If I eat like shit I feel like shit. And if I don't exercise like shit and I feel like shit I mean mentally not necessarily physically. So I have to give my body what it wants essentially little exercise some nutrition.

Jacob: [00:06:06] So before I moved out here I went to a really really stressful job with a very toxic coworker and my my only way to like not throw him through a wall was to go to the gym for two hours every day and I got like huge like like strong man huge.

Jacob: [00:06:24] I was like 260 like all I do is go push iron for two hours every single day.

Jacob: [00:06:30] Now I'm about 30 pounds lighter and it shows but yeah it's one of those things where I don't even know if it's actually the exercise or just the ritual of not having to think about anything except for moving the weights.

Jacob: [00:06:50] That helps. But either way that is a big role.

Jacob: [00:06:53] I still hate cardio I'm usually pretty jovial.

Jacob: [00:07:10] Regardless I'm feeling good. I think a lot of people get really good at putting on a happy face because just something you learn to do and a lot of times I deal a stress with humor.

Jacob: [00:07:19] So like they're just like. That's the funny guy who likes to drink beers and be funny. I'm like Yeah that's me.

Jacob: [00:07:28] And that's just kind of how it went for a while. But then you get to like I abused ibuprofen so much that I have permanently hurt my stomach. And if I have it like I'll ship blood like because it just can't take it. And all the drinking and stuff so it's. And then the skin thing like under my arms just red and raw and bleeding and like my hands would peel and just like crazy this um but nobody sees that stuff right.

Jacob: [00:07:59] Just like I dress well and um congenial.

Jacob: [00:08:02] Most of the time in I think it's only those that are close to me would see like the weird stuff or you know there'd be times where I didn't feel like being the happy person let me fuck alone. Kind of attitude.

Jacob: [00:08:13] So that was also saw by some close friends but not a lot.

Jacob: [00:08:25] Oh yeah. I also wrecked a motorcycle a couple that same year and separated my shoulder and stuff and got like fifty thousand dollars in debt.

Jacob: [00:08:33] That helped do was a rough year. I recommend anybody go that try that out. Don't do it.

Jacob: [00:08:40] And I hate therapists because I don't believe in it. I don't believe that they care or give a shit that it's one to collect money. So I was really against going side effect of that was I saw a psychiatrist versus a psychologist and a psychiatrist was like here. Pills and was like oh these work.

Jacob: [00:08:58] I went because it got to the point where I had such bad insomnia. I wouldn't sleep for weeks at a time. I was looking like skeleton were from him. So I had to. It was like I couldn't concentrate. I couldn't remember anything so I was like okay. The way it worked at the time was they wanted a referral from a general practitioner so either I go there kind of like I'm usually pretty candid so I just kind of spit it out and she's like oh yeah you should probably go see the doctor about that. And then I did I saw the psychologist for like a month and I hated it and I stopped going and then they recommended me to the psychiatrist which was more my speed so especially when I was like exercising a lot.

Jacob: [00:09:45] Pretty strong so it wouldn't like if I got upset enough it wouldn't be uncommon I'd flip a table over and knock some shit down that your pricing couldn't get knocked down or if I'm doing something and it's not going right. It's embarrassing but I would rip something in half instead of finish it because it's piss me off so much because I cannot control myself like I'm doing oh cool corner of you know. And it still comes out sometimes but not near the degree that it used to be. And I think having a daughter has calmed me down a lot. Which is good for me so I can't act like that to her and it helps me delete my frustration better because kids don't know so this hold it in an high blood pressure and ulcers and you know so a lot of that internalization so outlets besides just getting pissed off.

Jacob: [00:10:49] I try to like I've done martial arts. I go to the gym shooting. Do I love cars. I do car stuff.

Jacob: [00:10:57] I just try to find things that I enjoy and invest some of my time into them. Reading which may sound weird but it's you know it's escapism so I get to go live in the book world for a while and video games. So. But I have to do some kind of physical activity. Ah it just it just builds up does it. Even if it's like just walking like it is moving for me somehow just helps calm the brain down.

Jacob: [00:11:34] I try to explain to people like you can't help it.

Jacob: [00:11:37] Just imagine the worst mood ever and there's nothing you can do about it. No matter sunshine or happy TV shows are gonna change how you're feeling. Not that you don't want them to but I can't just buck up Chuck. You know and have an ice cream cone and everything's gonna be fine.

Jacob: [00:11:58] So I've tried to have the conversation and I don't think people can understand

personally at least not fully. Having not experienced it to some extent it's like imagine your grandma died and you feel like that every single day that's the best the best one I got.

Jacob: [00:12:16] Like I took Celexa and if I didn't take it I would get these like electrical shocks like my whole body just go full like white lie I would sweat. I call him and I'm like That's weird. Like oh yeah. Those are withdrawal side effects so you should take it.

Jacob: [00:12:36] But it was like making me even crazier. And they're like No you just gotta keep taking it like that's how it works right now. OK. You're the doctor. You know. And then I just quit cold turkey. They're like you wean off of it now. Fuck that. I was crying at my desk at work. I can't I can't take these pills.

Jacob: [00:12:53] And then like I had those electric shocks as I call them for like two weeks and then they went away the worst. And then I was like googling it. And that's like a side effect of coming off of it I guess. Don't do that. I recommend it. I've always had a sense of self loathing to a certain extent and I I didn't no that wasn't correct. I thought it was a self-esteem problem you know I just don't have low self-esteem or I don't have good self-esteem I have low self-esteem so I didn't associate that with depression until I got to the point where I didn't like myself so much that I thought I would be better if I died and then I was like Okay maybe not I haven't attempted suicide but there are several times where I just didn't give a shit if I died like do one hundred and fifty on the freeway have done that zero fucks. The drinking to excess like just like that kind of stuff a. I didn't care if and if I did something dangerous kind of a thing but I didn't take measures and I think the reason why is probably because my dad did and that pissed me off a lot.

Jacob: [00:14:11] Why Danny reach out.

Jacob: [00:14:14] You know it's like the seven steps of grieving. One of them's anger. I didn't have the other ones. I was just upset. I was obviously sad but I didn't go through the denial and the stuff.

Jacob: [00:14:26] I was just pretty much straight to like indignant about it.

Jacob: [00:14:35] You know like you're an adult. We're finally becoming friends like you do this bullshit. You leave me here.

Jacob: [00:14:40] You know you don't solve your own problems you just push them on everybody else all the other stuff people try to say to people that want to kill themselves.

Jacob: [00:14:48] I was you know I don't want to go to the gym after work but I think I go sometimes I don't. But I have to go at least a couple of times a week. Because I just feel the tension. And then afterwards I'm like Yeah. So I just try to focus my rage or whatever you want to call it into something else. And another conscious thing that sounds silly to me it's a psychology thing I guess as I try to talk myself into like I have a choice to be mad and I try to tell myself I'm choosing not to act against this guy that just cut me off right now and I say that to myself. I'm going to choose to have a good day.

Jacob: [00:15:34] And it's like I laugh because it's like total like dime liquor store psychology book stuff but it helps me.

Jacob: [00:15:45] So I'll take it. Like make your life better in 10 easy steps. You're a good person. Keep it up.

Jacob: [00:15:54] Stuff like that is first thing I tell a lot of people that ask me about it because I'm

pretty open about it is this.

Jacob: [00:16:09] You have to want to help yourself and what you have to figure out whatever that is. Like Stop. Stop the cycle. You know. Sounds like a commercial. But that's kind of where I would go.

Jacob: [00:16:21] And I do know of people that are well into it and I've had these conversations and some of them are what I would call an Ask whole. They'll ask you for advice and it just goes into a black hole. And even to the point where even though I understand like I just can't deal with it like when they just perpetuate it and keep doing it. It's like here's everything you need. No no not for me. It's not going to work. OK so it's difficult. That's I think that's part of life. My no bullshit amateur or something is because I've been there and been through it. It's like I know what it takes. And like this is what you need to do. Giving you the keys to the Ferrari just get in it and drive. Right now I'm just going to walk. OK bye. I think that there is merit in talking about stuff because my wife is also my best friend and that's why I married her so I can talk to her about anything like anything like I had the worst poop today.

Jacob: [00:17:25] Fine find our waiter is cute. That's fine to. You know like it's just we're just like that. So it even with her and we've been together almost 10 years. Building the relationship to where she does understand me as a person was very difficult. And I don't know if it's the life I had or being cynical or what it is but like I think a certain way. And it doesn't make sense to some people so it takes a while to understand. Like the way I react to something it's for a reason and it took her a long time understand the reason Jacob's upset because fuck way the hell over here. This thing that maybe no one else gets. So but now that we have the relationship I can't talk to and it does help and she gets it and she understands like the look on my face when something happens. My wife asked me why I wanted to do this.

Jacob: [00:18:30] Because it's embarrassing admitting that you're like mentally ill and all the weird stuff that you have to go through.

Jacob: [00:18:38] But if someone would listen to it and it could help them maybe not kill themselves or just realize that it actually does get better even though the saying is cliché you know it's it's worth sharing it's embarrassing because it's not socially acceptable most of the time.

Jacob: [00:19:00] In my experience it's always like a little overreaction instead of a oh no.

Jacob: [00:19:05] How can we help you or the people that maybe in earnest are trying to help recommend stuff that is just ridiculous like the whole vitamins thing and like just and I also I just it's embarrassing.

Jacob: [00:19:21] I don't like sharing something so personal because it always comes back to why and the wives are like heavy you know.

Jacob: [00:19:30] And I'm sure lilac had not so great childhood I had suicides in my family. I've had alcoholism and myself I've had legal trouble. I've had so many things happen and it's not only none of your damn business but some of it. It doesn't shine the best light on my character as a person. So that's why I don't like sharing. And I know who I am but people by nature are judgmental. So sometimes sharing details like that will pay an image that is unflattering.

Jacob: [00:20:12] What do you tell to someone that hates themselves to make them not hate themselves even though all the people around them that love them already tell them that they're a great person. I don't know if I got to talk to you myself maybe I would take myself seriously and be

able to tell him like you're not a piece of shit. You have a chemical brain imbalance.

Jacob: [00:20:39] Do something about it so you don't feel like this. That's it.

Keaton Leikam: [00:20:51] For more information please visit. youdontfightalone.org.

Keaton Leikam: [00:20:57] You don't fight alone is supported in part by M.L. H services a service disabled veteran owned small business for your marketing needs. MLH-services.com.

Keaton Leikam: [00:21:11] You don't fight alone podcast is a production of you don't fight alone Inc. Produced and engineered by James Fisher and Keaton like him. The information presented by you don't fight alone is not intended as medical advice. If you have mental health questions please talk to a mental health professional.