

I have schizophrenia since 2003 year. But now, I am recovered. How could it? That hint is appeared by Daniel Fisher's 10 principles of recovery. Daniel Fisher with NEC(National Empowerment Center) have qualitative research about serious mental illness people. And set the 10 principles for recovery. The principles contain about trust, value, hope, potential, relationship, means, voice, recognition, dream, respect. also, I am sure that 10 words in principles making my independence life. So, I want sharing my recovery process and independence life in this forum. For example, how can I trust other people in my hurt mind, how can I build my value while suffering symptom, how can I search hope in my darkness life, how can I catch potential in failed result. and I will speak how I could get other recovery word from principles. I'm both schizophrenic and researcher. So, my personal experience and academic theories will coverage to create good results.