

# “Voices” and “Letters”

– The journal of a teenager (myself, “I”) who lives with her schizophrenic mother –

MATSUOKA Sonoko

Graduate School of Science for Human Services, Ritsumeikan University

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Here is the voice of a teenager: It’s me. It’s “I.” Up to now, “I” have been living with my mother, who is suffering from schizophrenia. I have heard various “voices” in the process and have also spoken to them. Even though you may hear the voices of children from the outside, children do not talk about themselves from the inside.

In this research, “I,” as a concerned person, describe my own experience via auto-ethnography. I also discuss “living together” from the viewpoint of people with schizophrenia living with their children, from a socio-cultural point of view. At that time, I quoted a part of my diary and parts of letters on hand as the “voices” in this paper. In addition, the diary was useful as “letters” as well.

When my grandmother passed away, I was 12 years old. After, when it was just my mother and I, I entered a child care facility, at the discretion of others. My mother was considering admitting herself into a psychiatric hospital. As I was not satisfied with these courses of action, “I” chose to live with my mother at our house.

Considering the social context at the time, it was a high-risk decision for all parties concerned; however, the 12-year-old, the “I,” started living with my mother, who was unable to communicate her intentions sufficiently. After that, I got a job so as to help gain financial stability, after graduating from junior high school, along with attending a part-time high school, in order to gain some other skills for living on my own. With the support of those around me, I was able to make a living and see my mother recover. In that process, I can tell that there were mutual and interactive conversations through my “voices” and “letters.”