Trauma

[Name of the Writer]

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Human beings have a total of five senses, and among all the five senses, sense of sight is the most important. They perceive up to almost 80% of all the impressions using their sight. Even if one of any other senses stop working like smell and touch then it is the sense of sight or vision which can help them against any danger or threat. Sense is also the most important because it helps to evidence the biggest amount of information. Vision is also quite important because it helps to capture the splendors of the world, and without vision, one cannot know what is around them and how beautiful the world is. The crystal clear water, the snow, the white sand all will lose their beauty if they are not seen and appreciated. It is also scientifically proved that vision is the one most important element in the humans on which all the other senses rely. A person can only enjoy the beauty of a thing or place if he can see that, without seeing the true colors of something it is almost impossible to appreciate it. Therefore from all these discussions, it is quite evident that vision or sight is one of the most important among all the senses. If a person wants to know how blessed he is, then he should blindfold himself and see what he feels because it is almost impossible to be at the same efficiency level without being able to see anything. Only then he will feel the pain and the sufferings of a person who is devoid of this blessing (Ishtiaq, Chaudhary, Rana, & Jamil, 2016).

Once the person blindfolded himself then the very first feeling that he would experience would be total darkness, vulnerability, obfuscation and also hesitancy. The initial moments after being blind are made with great care; the body of the individual also feels the impending impact. But the most prominent impact on the person is the psychological impact, which are accompanied by depression, anxiety and various phobias, Post-traumatic stress disorder (PTSD) and also suicidal thoughts are common. All of these psychological symptoms are not the same in every individual they are different from person to person, therefore it is not necessary that a person who voluntary participated to experience blindness have the same physchological feelings to a person who is actually blin, but it is proved through research that the initial feelings in a person are always intense and these psychological thoughts are most likely to happen in them (“Psychological Effects of Blindness - Message Boards - American Foundation for the Blind,” n.d.). One main and constant feeling throughout the assignment which the person feels is the feeling of sadness because without vision he was no more able to see the beauty of the world and also he was unable to see his relationships which leads towards sadness (Moschos, 2014).

 In this assignment, the person was blindfolded for two hours only to experience the psychological effects of being blind and how does it feel to be one. Although the initial feelings were quite intense he was sad; agitated and also he was feeling insecure, but then again he had the satisfaction that after the 2 hours are over he will be able to see the beauty of the world and he no longer required to stay like that forever. He was more calm and relaxed, and at the same time when the assignment was coming near the end, he was enjoying the overall experience. It was noticed at the beginning that the person did not like to ask help from other persons in his activities he was hesitant to ask the people around him for their help but near the end of 2 hours he was communicating better with the people and it was apparent from his behavior that he was happy and satisfied that he is not a blind person and this was just an assignment which was about to end this was relaxing him and several times he could be heard to repeat it to himself. Even when the time was about to get over the irritation in his overall behavior was clear he was asking about the time over and over again which showed that he was in a hurry to end this assignment.

This overall assignment helped to know about the importance of the blessings in the human body which are mostly ignored. We normally ignore these blessings unless we are deprived of them and it is human nature that he always realizes the true importance of a particular thing only after losing it so same was the case here. The person who is blind permanently although he will have the same psychological feelings initially, he will feel sad, irritated and insecure but ultimately he will accept the fact that he has to live with the disability for the rest of his life and that acceptance will help him to control all these emotions and live his life along with the disability. It has been noted in various cases that after acceptance in such cases the person starts feeling better and learns to move forward along with all the feelings he has. So in such cases, the healthcare providers and psychologists also recommended accepting the problem as soon as possible because only then the individual will be able to move forward. This entire experience helped to give me a new perspective, it taught me to appreciate and be thankful for all my blessings and each sense that I have because without them a person is unable to enjoy the beauty of life and nature.

**References**

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