

# A Schizoid's Cope

## Table of Contents

Introduction/Preface.....	1
Coping with Anhedonia.....	1
Coping with Social Situations.....	3
Hiding Your Power Level.....	3
The Logistics of Solitude.....	4

## Introduction/Preface

The ICD-10 criteria for Schizoid Personality Disorder or SzPD consists of:

- Few, if any, activities provide pleasure.
- Displays emotional coldness, detachment, or flattened affectivity.
- Limited capacity to express warm, tender feelings for others as well as anger.
- Appears indifferent to either praise or criticism from others.
- Little interest in having sexual experiences with another person (taking into account age).
- Almost always chooses solitary activities.
- Excessive preoccupation with fantasy and introspection.
- Neither desires, nor has, any close friends or confiding relationships (or only one).
- Marked insensitivity to prevailing social norms and conventions; if these are not followed, this is unintentional.

If the above sounds like you, then what follows are a number of guides, rules, tips, and tricks that might make your life easier in living with SzPD. In other words, a series of copes.

Unlike ICD-10 or the DSM, this document does not look at SzPD as a disorder to be “cured.” This assumes that you want to be a hermit. You have your own preferences, your life is your own, and you just want to live your life how you want. This document also does not care if you’re officially diagnosed or not. This is also just written by an anon bullshitting around on the internet. Basically, take this with a grain of salt. I mean, ffs, this document refers to neurotypicals as ‘normies,’ and unironically uses the word ‘cope.’ You know what you’re getting into.

## Coping with Anhedonia

Let’s lower expectations with this section. This section isn’t going to give you joy. This section isn’t going to make anhedonia “go away.” These are tips to just get you by and to manage. In other words, this section is merely a list of suggestions of things to try when you’re bored and apathetic. Like this entire document, it’s to merely cope.

To begin, let us go back to the SzPD personality profile to see what activities align with that profile, and also notice some of what researchers have discovered about what others with SzPD often do as activities so that we may copy them. The key line to focus on in the SzPD profile is “an excessive preoccupation with fantasy and introspection.” This gives us a hint about what things to try: activities that are solitary, introspective, and involve fantasy.

Based on this profile, instead of focusing on what *to do*, it might help to start off by focusing on what *not to do*. To do this, let’s note some other, common, cliché activities partaken by a Schizoid:

- Internet browsing
- Forum/chan posting

- Watching videos of a nonfiction nature

Is forum posting solitary? Is internet browsing introspective? Most importantly, do any of these engage one's fantasy? If you believe you have SzPD, maybe there should be a conscious effort to partake in these activities less.

To get this out of the way, let's mention some alternative, commonly known activities:

- Reading comics/fiction

- Playing videogames

- Watching film of a fictional nature

One may not initially be interested in these activities, but they are at least activities that are fairly easy to get a hold of, are familiar to most of us, and most importantly follow the SzPD personality profile. In particular, it is crucial to at least attempt to trigger the fantasy element that most research indicates hits the SzPD profile. Furthermore, again, there is no promise here that this is a silver bullet, but it does seem to load the dice in one's favor.

An important thing to note in delineating these activities is that you might feel apathetic or completely void, but simply forcing yourself to start one of these activities even though it does nothing for you will at least distract you. It may feel weird to play a game when you have no investment in it at all, but it is at least a step up from empty, wallowing apathy. However, keep in mind that no matter what you do, an action will occur, so choosing one that seems to align with a standard SzPD profile can at least be a more intelligent course of action.

Sometimes maybe there already is a common activity that you take part in that you are comfortable with (a hobby), but you can't find "anything new." Often, looking for newer content is the wrong thing to do. One suggestion is to do the exact opposite. Go older. Go to the classics. Go to the source material of the tropes. Another possibility that is often overlooked is to simply rewatch/reread/replay what you already liked in the past. It may be old the second time, but as everything else in this guide, it's a cope: it's better than nothing. In most schizoids' experience, known stale material is better than unknown terrible material.

Another method to finding new material is the Halmos Method. This method was originally described to try to find a good source material in a certain subject, the idea is as follows:

- Take a paper you like.

- Note the references.

- Look at those papers' references, and note them.

- Look at THOSE papers' references, and note them.

Usually after just two or three iterations, you will notice a few papers, books, or names frequently repeated. This can help you find new material, as often there are individuals that are very productive, but not very marketable; and then there are those who are very good at marketing, but not very productive who use these productive individuals' materials.

This method can be extrapolated for other areas. As an example, you can look at who was associated with a small set of movies you like, looking at which movies they were associated with, and then who was associated with those movies—often you will see the same name. At this point, you can use that commonality to help distinguish or find new material you haven't heard of.

In theory, this is what web searches should do. In practice, they don't.

A final item of note are some specific activities that should be noted that fits the SzPD personality profile of introspective, solitary, and fantastical.

One natural candidate is solo tabletop RPG gaming. This text won't delineate all of them, but if you do have a favorite tabletop RPG game already, then it might be worthwhile to note that the Mystic system is a solo gaming system that is pretty versatile and adaptive to be put on top of other solo systems. There are also simply solo TRPG systems that really force an individual's imagination to be pushed to the limit. That said, there is a downside: these systems do require a lot of personal work and effort to set up. And it can be easy to push them aside as other tasks may be "easier."

Related to this, but a lot less structured, are a number activities that blur the lines between “imagination training” and semi-religious rituals. For this reason, this document won’t spend a lot of time on this, but because a number of others with SzPD have found some measure of fulfillment with them, to make this list more complete it is mentioned. If you don’t know what this is in reference to, think actual religious rituals, tulpas, meditation, that sort of stuff.

Another obvious candidate is to simply sleep. Often, SzPD headspaces are very daydream heavy, and simply laying in bed is an ideal place for idle daydreaming. Therefore, trying to “go to bed more” helps a lot with this. One can not fault the basics.

## Hiding Your Power Level

If you want to continue with your lifestyle, and you want to continue to survive, you’ll need to play a little bit of chess. Normies will try to ‘fix’ you. Most won’t even realize they’re making a conscious effort to do so. On the flipside, if you’re SzPD and prefer your system, then this is going to be a confrontation you’ll likely want to avoid. Another reason you’ll want to do so is because aberrant behavior is going to get you bullied. In many groups, societies, and areas, if you are seen as a loner, the you are seen as a “mark” or someone who can easily be manipulated or targeted because they know you don’t have the resources to protect yourself. As such, one method is to simply not make others aware that you are a Schizoid to begin with. This is what is known as the so-called “secret schizoid.”

Let’s start with the basics. There are three topics to generally be avoided:

- Politics
- Religion
- Sex

Or to put it differently, there is never a time where you should say, “I’m an asexual Orthodox anarcho-capitalist.” Now, this can be confusing, because normies can get away with this; but you should be aware that you do not have the social tact or cognitive alignment that they do. It is a safer play to simply avoid it altogether.

What to do instead? Well, there are two topics that you can always safely bring up:

- Weather
- Sports

If you find yourself in a pinch, you can usual bring up a number of banal statements involving this.

However, nothing beats silence. If people already think you’re awkward just when you’re silent, then chances are that you speaking would be even worse. Silence is a neutral action that others can not argue with, and more importantly it plays to the Schizoid’s strength: you have a more powerful imagination than you think. If you’re in an awkward situation, chances are you can stare at the ceiling and daydream away in silence to at least hold down the fort and get by.

## Coping with Social Situations

First of all, why? A lot of social situations are absolute bullshit, why not avoid it altogether? And the answer to that is...why yes, by all means do so, and hopefully the logistics section will give some tips on how to do. However, sometimes you’ll be legally required to sit in a government office. Sometimes you’ll have to go to the store. Many of us have to work. It’s just an unfortunate fact of life. It’s another thing we have to cope with. And the better you are at coping with it, the more you can avoid it in the future.

## The Logistics of Solitude

There are a number of advantages people who live with families have. A number of tasks can be split amongst the household. A division of labor exists that can be exploited. There's also a spare capacity of labor that can be tapped on for very mundane things like having a flat tire. So, how does a loner SzPD deal with it?

Keep note of services that can help you in the future. The following are emergencies that normies can deal with via use of social contacts:

- Being physically stranded.
- Physical deliveries.
- Healthcare