

■ HARMED.Life — For Loved Ones

United by Loss. Driven by Truth.

You are not imagining this. If you are a spouse, partner, or family member living through this, what you are seeing is real. You are not alone.

Emotional Disconnection

You wake up one day and the partner who once held you close is emotionally gone. Affection, empathy, and intimacy are stripped away by a drug effect — not by choice.

Walking on Eggshells

Normal conversations turn into conflict. Simple requests can spark anger or sharp irritation. You learn to stay quiet and shrink yourself to keep the peace.

Being Shut Out

They withdraw from intimacy, parenting, and family life. You carry the responsibilities while they sit numb, detached, or absent.

Gaslighting by the Drug

Their words rewrite your history with absolute certainty: “We were never happy,” “I don’t care,” “I love you but I’m not in love with you.” These distortions can make you doubt your own reality.

Relationships Misunderstood

Outsiders say, “It just didn’t work out,” or “Don’t get involved.” They don’t realize the medicated perception isn’t reality — it’s chemically altered. You are left isolated and blamed for something beyond your control.

Questioning Your Own Mind

Their conviction makes you wonder: Was our love real? Am I the problem? Did I imagine our bond? While they are spellbound, you are gaslit into doubting yourself.

Why They See You as the Enemy

Serotonin regulates bonding and attachment. When it’s artificially increased, dopamine and testosterone are often suppressed — flattening desire, drive, and connection. Because you are the deepest bond, your image is most distorted: love feels like pressure, concern feels like criticism, your presence feels suffocating. They may say they feel trapped or controlled, even as outsiders see them laughing with others.

Silent Grief

You grieve the living. You watch your partner be warm with strangers, while treating you like the problem. The person you love is alive, but the connection feels dead.

Why Serotonin Matters

Serotonin is not just about 'mood' — it's a master signaling system that shapes thoughts, emotions, memory, bonding, impulse control, sleep, and body signals.

When antidepressants artificially increase serotonin, the brain can **suppress dopamine** (pleasure, motivation) and **testosterone** (desire, drive, connection). This rewires the systems that sustain love, trust, and intimacy.

Why You Need a Plan

You will see the changes first — but HIPAA laws and medical gatekeeping can block your voice. Without a plan, you may be powerless to intervene while your family unravels.

Loved One Safety Plan

My Loved One's Name: _____

Emergency Contact(s): _____

Warning Signs I See First:

Steps We Agree I Can Take:

Permission to Speak to Doctor/Therapist:

Signature (Medicated): _____ Date: _____

Signature (Loved One): _____ Date: _____

■ ■ You are not imagining this. You are not alone. What you are living through is real.

■ HARMED.Life

Spouses and loved ones exposing the truth Big Pharma tries to hide.

Informational resource only. Not medical advice. If you're in immediate danger, call local emergency services.