HALLUCINATION OR ILLUSION?
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I was walking in the street. It was very crowded and people are walking fast. I saw him and he was walking towards me. I think he wants me dead. He has a gun. I crouched and when I came to, people are staring at me.

Is it real? Am I sick?

A hallucination is a false perception occurring without any identifiable external stimulus and indicates an abnormality in perception. The false perceptions can occur in any of the five sensory modalities, this is seeing, hearing, tasting, feeling, or smelling something that is not there. This is defined as hallucination.

How does this person who hallucinates really feel about it? Can he be aware that the perceptions are false? Or will he believe that what he sees, hears, tastes, feels, or smells is real? In cases when the person truly believes the hallucination is real, the individual may also have a delusional interpretation of the hallucination. This must be distinguished from illusions. Illusions are misperceptions of actual external stimuli. An illusion is essentially seeing, hearing, tasting, feeling, or smelling something that is there, but perceiving it or interpreting it incorrectly. An example of an illusion might be hearing one's name called when the radio is playing. There is an external auditory stimulus, but it is misperceived.

In Science, hallucinations are a symptom of either a medical, neurological, or mental disorder. As serious as mental disorder, an individual has to consult an expert when experiences hallucination. With anxiety and depression, one can experience visual and auditory hallucinations on a regular basis. He may hear voices, never voices, and may also see various abstract shapes. Hallucination may surface in situations of stress particularly when feeling depressed, isolated and alone. This is then best advised to consult an expert for necessary sessions to specifically identify the causes of hallucinations.

This was studied that the best way to remember symptoms of hallucinations is ABCD. A for Auditory hallucinations, B for broadcasting of thoughts, C for Controlled thoughts, and D for Delusional Perception. Do you ever hear voices that no one else can hear? Do you ever feel people can hear your thoughts? Do you ever feel you are not in control of your body or actions? Have you seen anything odd recently?
People will have to first distinguish hallucination from illusion. Next, understand the causes of both. How does this person who hallucinates really feel about it? Will he believe that what he sees, hears, tastes, feels, or smells is real? Yes, he would definitely feel this is for real.

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Is it real? No, it isn't.
Am I sick? Yes you are!

References:
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