# Channel 4's Documentary 'Me and the Voice in My Head' Explores Comedian Joe Tracini's Battle with Borderline Personality Disorder



On May 13, 2024, Channel 4 released the documentary "Me and the Voice in My Head," featuring comedian and actor Joe Tracini. The program presents a raw and creative examination of Tracini's personal experiences with Borderline Personality Disorder (BPD). Throughout the documentary, Tracini attempts to execute a stand-up performance about his struggles with BPD, which previously resulted in severe anxiety and forced cancellations.

Tracini, known for his role in "Hollyoaks" and viral quarantine dance videos, explores his condition through a unique narrative approach, portraying himself and an alter ego named Mick on screen. Mick symbolizes the critical and negative thoughts that perpetuate Tracini's daily challenges. This narrative device serves to illustrate the complexities of living with BPD.

The film also delves into Tracini's relationships and interactions with his family, including poignant conversations with his mother and father, comedian Joe Pasquale. These discussions underscore the ongoing impact of BPD on Tracini's personal interactions and self-perception.

The documentary includes a countdown to Tracini's live performance, intended to depict the uncomfortable reality of mental illness directly to the audience. Additionally, Tracini shares insights into the symptoms and theories surrounding BPD, providing an educational angle to his deeply personal story.

"Me and the Voice in My Head" has been noted for its candidness and honesty in portraying vulnerability and pain associated with mental health disorders. It aims not just to entertain but also to inform viewers about the realities of living with BPD. Tracini received psychological support during and after the making of the documentary to manage the intense emotional content portrayed.