

Introduction

In 2016, I asked my parents to get me evaluated for dissociative identity disorder. Unbeknownst to me, they took me to get evaluated for schizoaffective instead, and sure enough, I was diagnosed. This was deeply invalidating, but I really did see and hear things, so I accepted it anyway. My family and therapists had been calling me schizoaffective since I was fifteen. I had no reason to question the diagnosis, even though the things the doctors considered part of my psychoticism never felt accurate to me.

Having this big document that picked my brain apart made psychology a special interest of mine.

I love learning jargon, and that's one of the reasons I ended up becoming a psychiatry abolitionist. I understand how to read between the lines and figure out what a clinical term really means when you stop seeing differences as disorders. The more I learned, the more I questioned the system and what it stood for, until eventually, there was nothing left to do but start breaking it down.

This art piece is a defacement of my diagnostic paperwork from 2016, along with a letter to the people that assessed me. While the subject is personal, it was created as a political act. The formatting is a little complicated, so I figured an introduction was necessary to explain it.

When a section of text uses this font, it means I have replaced a word with what it really means in context, usually the emotionally detached clinical language but not always. // anything written like this is essentially commentary that happens for numerous reasons. Most of the time, it's an addition placed between text that was already in the eval, but sometimes it replaces text similar to the other kind of edit. Along with those edits, I have **REDACTED** some pieces of information that *did* appear in the version I originally made for myself simply to avoid doxxing myself. It's not a super straight-forward read, so if you want some extra context to ground you, I recommend actually starting the letter at the end first.

I don't think it's possible to provide adequate content warnings for this through just a list of potential challenges. This is about how abusers are easily able to use psychiatry as a method for control with very little pushback. It is about the powerlessness of abused children and how dehumanization from a carceral "healthcare" system further disenfranchises them. The commentary contains immersive retellings of child abuse and controlling language directed at the reader through second-person pronouns to provoke an empathetic response. The letter at the end contains a detailed description of emotional, psychological, and verbal abuse, as well as a brief but direct statement about sexual assault at the hands of a caregiver. However, this is not "trauma porn" and I don't feel that it's unbearable for the average reader. I strongly recommend you keep reading if you don't have your own history that would make any of that destabilizing for you.

The cycle of abuse that psychiatry enables cannot be broken if we look away.

Lastly, I'd like to note that I'm genderqueer now and use he/hym/hys pronouns. I preserved the use of my old pronouns for the sake of not distracting the reader and chose to write about my previous identity in a way that captures the feelings I had back then.

A Stranger He Just Met, Ph.D

Clinical Neuropsychologist
Clinical Instructor, **HOSPITAL NAME**

A Stranger He Just Met, Psy.D.

Clinical Neuropsychologist
Clinical Instructor, **HOSPITAL NAME**

Another F*cking Hospital

// this is the kind of place
where it all started to fall apart.
you can't be honest if you don't want to be locked away again.

CRIMINAL ANALYSIS

Name: **FIRST** (Intimate Nickname) **LAST** // no one but your sister and parents call you that nickname, and you only let them do it because it was better than your deadname

Date of Evaluation: 4/14/2016

Date of Birth: // it's hard to remember sometimes

Age: // fifteen for the past three years

REASON FOR REFERRAL AND PERSONAL HISTORY

Interviewers: A Stranger He Just Met, Ph.D., A Stranger He Just Met Psy.D.

Referral: Intimate Nickname is an 18 year-old senior at Weird Kids Academy. Intimate Nickname is transgender. // you just want to be called a gay man, but this is how they define you. as the patient, your sense of self is irrelevant. Intimate Nickname came for this examination with his abuser and bystander at the recommendation of his therapist, Current Professional Enabler. Intimate Nickname carries a conviction of Uncooperative and Weird Syndrome and was previously convicted with Too Early To Call It Schizoaffective. However, Intimate Nickname believes that he has Proof That She Did It Disorder and would like clarification of his sentencing. // you think this is an evaluation for DID. that's what you requested, and your therapist referred you here. you can't be trusted with the truth because you will object. as the patient, your autonomy is irrelevant. Intimate Nickname will be going to college at Fresh Start College in Far Away From Her, **STATE** in the fall. // your friend **FIRST** is there. the only pictures of you genuinely smiling are ones where he's with you. Intimate Nickname's abuser and bystander would like recommendations about how to support Intimate Nickname's transition to the post-secondary education experience. Specifically, // they want to shove move accommodations down your throat. perfection is expected, you don't get a reward for it and anything less means you need more chains and prodding. a lack of unconditional obedience is disordered.

Sources of Information: Interrogation with Intimate Nickname and // the people that have control over you. Intimate Nickname's academic and criminal records. Forms completed by his teachers regarding his productivity at the whims of an authority figure, conformity, feelings that only matter when externalized, and disruptive presence at school. Form completed by his therapists regarding his mental brokenness and suppression goals. // you're always being evaluated. when you aren't someone's patient, you are someone's burden. your abuser watches your every move to stop

you from sinning, even though she won't use that word to describe it. she promises that she would never force religion on you. if you weren't mentally ill, you wouldn't have a problem with any of this. sane people are happy to live in isolated cages.

Family Background: Intimate Nickname lives with his abuser and bystander in Good Place With Low Crime Rate for Middle Class Whites. // she told you that there are dangerous men on the streets, looking to kidnap you when she doesn't want you to walk alone or hang out with friends. you were four the first time she said something like that, pretending to run away because you wanted her to stop you and make you feel loved. you didn't know what made people pregnant, so you simply learned that pregnancy was a form of suffering. Intimate Nickname's abuser works as a **PROFESSION**. Intimate Nickname's bystander is a **PROFESSION**. Intimate Nickname has a sister who is 5 years younger. // your abuser says that your sister looks up to you. you have only been told about how terrible you are, so you can't imagine why. **Family history is significant for Bad Reader, Not Productive Enough, Stressed About Ongoing Trauma, Invalidated Post-Traumatic Stress, Too Sad About Ongoing Trauma, Need to Escape from Ongoing Trauma, Wrong Way of Reasoning Ongoing Trauma, and Temporary Relief from Ongoing Trauma (with subsequent successful suppression).** // it runs in the family. they're talking about genetics, because the environment you're in couldn't have shaped you—at least, not this much. you know that her dad dragged her down the stairs by her hair when she forgot to take out the trash. she's not abusive because she wouldn't do something like that to you, and it's her word that matters, not yours.

History of Current Concerns: Intimate Nickname has been at the Weird Kids Academy since 9th grade when he was placed there following an incarceration for // a lack of closure and grief that everyone thought wasn't that big of a deal. she acknowledges that it was like juvie there, but she still uses the threat of going back to scare you. you didn't get to close the bathroom door afterwards because you probably would've cut yourself if you had privacy. your mental illness gives her another method of control. **Although this incarceration was Intimate Nickname's first, he had a long history of unacceptable emotions that worsened significantly** // when you just wanted him to love you, and then they separated you from each other without an explanation you could understand. there was no way to make sense of it. you lost access to all your friends because she didn't want you to have them. you stood beside her and watched her scream in horror as she scrolled through your messages, seeing all the swears and sexuality. puberty made you a sinner. she put a remote access program on your device so she could always watch you and ensure that you didn't do it again. even then, you had to sit in the kitchen as you played Minecraft and had your heart broken for the final time. you might think that something like this would make anyone go crazy, but remember, sane people adjust to this kind of hardship just fine.

// and you know why it says "first," not "only." you can't be honest if you don't want to be locked away again.

Intimate Nickname's abuser and bystander reported that he began // reenacting your abuse with friends in preschool and had a history of burdensome reactions to a lack of autonomy. // she yells at you as loud as an air raid siren, but it is disordered to react as if you are in danger. healthy children do not scream and cry when they are abused. In early elementary school, Intimate Nickname began showing signs of inexperience with happiness, rigid behavior, and a lack of skills that can only come from positive relationships in developmental years. Intimate Nickname was bullied throughout elementary school according to his abuser and bystander. Although Intimate Nickname's abuser // demanded that the school treat you better while she doesn't give you the same at home, the elementary school in which he was enrolled was reportedly reluctant to provide support until 4th grade. At that time, Intimate Nickname was convicted with Uncooperative and Weird Syndrome and provided with an Overbearing Expectations Plan that provided access to the adjustment counselor at school along with a group focusing on speaking like a normal person in order to facilitate conformance development. Intimate Nickname's abuser and bystander reported that the amount of restraint was not adequate. // everything always comes back to your abuser, and you are always afraid to go home. healthy people do not make mistakes or have conflicts with their friends. the counselors are concerned about how much you cry when you know you're in trouble, but it's not about how much it hurts you. it's disordered to have your big emotions so on display when there is nowhere private to let them out. Then noted that the composition of the group included children with Denied Opportunities Syndrome which was extremely distressing for Intimate Nickname. In addition, Intimate Nickname continued to be bullied and to have no friends. // your lack of passivity makes you a burden to the classroom. you need to be taken out of society in order to be helped. counselors may tell your abuser that she should be rewarding you when you do good things and leaning away from such frequent punishment, but she has the right to tell you that it's all crap when you leave the office. you and your world must cater to what she wants. Although Intimate Nickname did not report it until 8th grade, he was sexually abused by another student in the school bathroom during 4th and 5th grade. // you tell the doctors that the physical abuse started in fourth grade and the sexual abuse only began in fifth grade, but that's too confusing, too wordy. you are too exact with your language, and so they will have to summarize it differently. they went to college for this, they know best. Intimate Nickname was a strong student and did not experience any academic performance problems.

Intimate Nickname attended middle school from 6th through 8th grade. He continued to receive social and emotional restrictions at school, but did not have any friends and was bullied. // you met **FIRST** at camp in sixth grade and spent almost every evening talking on the phone with him for hours. the first person you fell in love with was someone you befriended in eighth grade, the year where, for a moment, you actually felt like a real kid. your abuser says that you had no friends,

though, and a crazy person cannot give an accurate account of their own life. Intimate Nickname began Good Place With Low Crime Rate for Middle Class Whites High School in 9th grade, but became increasingly // inconveniently distressed as all the things you loved were picked off one by one. Despite outpatient therapeutic restraints (someone that enables his abuser and medication treatment with Doesn't Work for Trauma), Intimate Nickname became increasingly broken by loss and began demonstrating self-violent behaviors (assault with a dangerous weapon). For the first time, Intimate Nickname's grades began to decline as a result of his unapproved emotions. // healthy people do not need coping skills or hobbies. it is disordered to feel unwell while you have therapy and pills, even if you are not allowed community or anything enjoyable. Intimate Nickname was incarcerated at No Autonomy Hospital in January of 9th grade. He had reportedly been posting ways to murder himself and had engaged in an incident of assault with a dangerous weapon that was extremely severe (involving deep lacerations on multiple locations on his body). // none of them needed stitches, even before they were looked at. sometimes, you didn't even break skin. you wanted your friends to feel sorry for you, but you didn't want it to hurt that bad. you can't really know how deep they really were, though, not with your mind. At that time, Intimate Nickname reported that he was hearing voices telling him to kill himself and that he was very upset about the fact that his first love had been separated from him without proper explanation. Intimate Nickname had carved the name of the person he thought he'd marry into his body during the episode of assault with a dangerous weapon that precipitated the incarceration. // if you didn't put him somewhere on your body, he'd be gone forever. you didn't want to forget that you were once loved as much as you loved someone else. your abuser made you put a medicated cream on it to make it go away. she said your body disgusts her. Intimate Nickname was also using his own blood to do his art work. Intimate Nickname reported seeing things as well, noting that he frequently saw a representation of a friend. // you know you are mentally ill. what feel like mischaracterizations of you are irrelevant when the doctors come to the same conclusion. you cannot know what is and is not part of the mental illness. During this incarceration, Intimate Nickname was examined and given a conviction of Too Early To Call It Schizoaffective for which he was prescribed Creativity Suppressor. Intimate Nickname stepped down to a partial program and began doing Become Less Burdensome to Others group therapy. Following release, Intimate Nickname was eventually placed at Weird Kids Academy. A review of a letter submitted by Intimate Nickname's therapist, Dr. Denies His Trauma, to support Intimate Nickname's therapeutic school placement noted that she was very concerned about his unacceptable grief. Dr. Denies His Trauma wrote that she was worried about the level of homicidality towards himself that had preceded the incarceration and which had not been obvious to her or to Intimate Nickname's abuser and bystander prior to the imprisonment. // you wanted to leave the ward as soon as possible, but your therapist made sure you stayed there a month. if you were that suicidal without them knowing before, you were probably faking feeling stable. you cannot be trusted to tell the truth the way a sane person would. Dr. Denies His Trauma argued strongly in favor of a therapeutic setting in order to support Intimate Nickname's significant lack of conformity, homicidality towards himself and self-violent behaviors, inappropriate feelings, and extreme reactions to extreme suffering. A letter written at the same time by Intimate Nickname's art therapist, Tried Her Best, was also reviewed. Ms. Tried Her Best reported that she was very concerned

about Intimate Nickname's limited ability to access non-existent help during times of distress and recommended placement in a therapeutic school to address Intimate Nickname's // difficulties all stemming from a lack of support or access to coping skills. A letter was also reviewed from Assistant Abuser, LICSW, who performed family therapy with Intimate Nickname and his abuser and bystander. Ms. Assistant Abuser indicated that she was extremely concerned about Intimate Nickname's burdensome existence and argued strongly in favor of a therapeutic school placement.

// it was all so much. it made you angrier than ever, but the anger is disordered, as is how overwhelming it was. the way she treats you is not abuse unless the DSM says it is. she doesn't hit you, it can't be abuse. healthy people do not have a problem living a life where they are never not punished.

At Weird Kids Academy, Intimate Nickname adjusted well and benefited significantly from the therapeutic environment. According to his abuser and bystander, Intimate Nickname was able to make friends for the first time. // they count as real friends here. you don't get to decide what counts as real, only sane people do. In addition, Intimate Nickname has been dating a student at the school since last year. Although Intimate Nickname has done well at Weird Kids Academy, he has continued to // not recover from abuse that is still ongoing. you continue to make mistakes, and so you must continue to be punished. you could not use the internet without strict monitoring for most of your teenage years, lest you watch pornography or Youtube videos with curses in it. mentally well people do not sin. About a week after his 18th birthday in November of 2015, Intimate Nickname announced that he was a more approachable gender that didn't feel right. Currently, Intimate Nickname wants to be a gay transgender male. // you cannot be a gay male, you can only want to be one. you want to be transgender, because if you did not, you simply wouldn't be. this is how the doctors define you. About a month after turning 18, Intimate Nickname also stopped taking Creativity Suppressor. Intimate Nickname's abuser and bystander reported that Intimate Nickname may have done this in order to restore the visions that he was experiencing prior to his incarceration and which he had told them felt helpful to his art work. // you told your psychiatrist that he could either take you off the antipsychotic or you'd just stop taking it yourself now that you are eighteen. it stole your creative spark. the people in power say your creativity is related to your hallucinations. it never was, but your word doesn't matter. insane people cannot understand or describe their own mental state. Intimate Nickname began taking Forced Compromise after the Creativity Suppressor was discontinued. His abuser and bystander reported that the Forced Compromise appears to have helped decrease the amount of externalized emotions that Intimate Nickname can experience when he is upset. // you were screaming and thrashing whenever the siren started to wail again, and it's the same outside of the house. you need to stop getting so explosive. healthy people are okay with feeling unsafe at home. it is disordered for the hate of living with your abuser to creep out into the rest of your life. During the time between the Creativity Suppressor was discontinued and the Forced Compromise was started, Intimate Nickname became increasingly burdensome and was unable to remain in class. In addition, Intimate Nickname's abuser and bystander reported that he began

demonstrating episodes of angry self-violent behaviors (misdemeanor battery). // there is no escape, and it is disordered to want one. you have no reason to punch yourself in the head or bite your hands. healthy people tolerate being screamed at for hours without a reaction. they tolerate having their rights systematically taken away. it's not like you have nothing. your abuser still lets you read, so long as she gets to decide which books to trigger you with. that should be enough to make you feel better. His abuser and bystander noted that these behaviors may have been exacerbated by the use of steroids which were prescribed briefly for what the ER thought was an allergic reaction. // your eyes were swollen shut when you woke up in the morning and you were terrified. your hands were swollen and red too, but your abuser doesn't let you get out of activities because you're always exaggerating. she made you go to your charcoal drawing class with gloves on, and then she took you to the emergency room close to midnight when things didn't improve. she told you to cry harder so that the staff would deal with you sooner. you weren't doing it to manipulate anyone, but you don't get to decide what is and isn't manipulation. Around January, Intimate Nickname also began reporting that he believed that he had Proof That She Did It Disorder based on research that he had conducted on the internet about the condition. // the doctors don't need to know whether you were getting your information from the ISSTD's website or some form of social media. as a child, your use of the internet is inherently misinformed. Intimate Nickname reported that he has different parts of himself who present as friends. Although Intimate Nickname had previously talked about "visions" that he had experienced, he reported in January that he had begun to realize that these experiences were actually disturbances associated with Proof That She Did It. // you're bad at describing this. you don't know what you're talking about. if you know too much, you're lying. if you know too little, a professional your abuser paid will decide what you meant. Intimate Nickname is currently very interested in having mental brokenness testing completed in order to ascertain what type of Proof That She Did It he has. Intimate Nickname's abuser and bystander would also like to better understand the nature of Intimate Nickname's unacceptable behaviors. // you ask the doctors why they haven't asked anything about dissociation at the very end of the evaluation and they just say it's a more comprehensive test. you are too mentally ill for the truth, they have to lie to you. you want to finally feel like one of the labels matches the way you are inside. you will not find that here.

Intimate Nickname is very motivated to go to college and is excited to be pursuing a degree in art at Fresh Start College in Far Away From Her, **STATE**. // you tell them that you're pursuing game art, 3D animation. that's too confusing, the doctors will summarize it in words they think work better. Intimate Nickname's abuser and bystander reported that he is a very talented artist. // it's why she always takes away your ability to create art first. you used to be more of a writer than an artist, but she took that away so much that you stopped trying. Over the course of the fall, Intimate Nickname attended a session at Fresh Start College that was designed to help applicants build

a portfolio for the admission process. Intimate Nickname enjoyed attending this session. // you cried as you texted a staff member about how hard your life has been and they didn't respond. you are too much, you are a burden, and you've never been able to express that feeling before. your abuser wasn't there to stop you. you opened Skype for the first time in years. a former high school friend told you that he kind of knew you were probably assaulted and that he's sorry for his part in all the messed up jokes. it feels like a dream, and you wish you didn't delete the proof of it. if there's no proof, then it must've been a hallucination. When asked about Intimate Nickname's productivity on command in his current academic setting, his abuser and bystander reported that he is frequently out of class due to difficulties remaining in class when he feels too much when he's not allowed to. // you can finally watch Youtube on your phone. whenever you feel like shit, you sit on the floor of your counselor's office watching Game Grumps. Arin Hanson does a funny impression while Dan Avidan laughs so hard that he can hardly breathe. now that you have something that makes you feel good, it's hard to stop. Intimate Nickname was reported to make excellent and frequent use of the therapeutic supports that are available to him at Weird Kids Academy. Intimate Nickname is very pathetic about the way his teachers respond to him. When Intimate Nickname has his boundaries respected by his teachers, he can remain in the classroom for long periods of time. However, when Intimate Nickname feels disrespected by his teachers, it is hard for him to be unconditionally obedient and he seeks support from his therapist outside of class. // you have to respect your authority figures on the basis that they hold authority over you, even if they do not treat you well. Katie may not laugh at your jokes or appreciate anything that makes you who you are, but you still owe her your best. Work completion can also be impacted by Intimate Nickname's emotional state. According to his abuser and bystander, Intimate Nickname's grades have dropped drastically this year. // your abuser suggests you tell potential employers that your best quality is that you don't need breaks. you do, but she has never let you have them. it is disordered to collapse multiple times a day instead. a healthy person could handle non-stop work with no reward. Intimate Nickname and his abuser and bystander have already discussed therapeutic resources with Fresh Start College. Intimate Nickname will have a counselor at school, as well as a conformity coach who will help extend the excessive pressure to a new location. // this amount of help is suffocating, but you need it because your abuser says you do. something is always wrong with you and addressing the root cause isn't acceptable. Intimate Nickname's abuser and bystander believe that the conformity coach can play a valuable role for Intimate Nickname as he currently struggles to complete every single task he's ever given to his abuser's liking on his own and is reliant on his abuser to // belittle you for your attempts to do things without help. she yells at you if you mess up, so you give up before the mistake is even made. if you try on your own, you'll break something, and the punishment is that it stays broken forever. she wants you to be fully dependent on her, but it is inconvenient when you can't be independent in other situations. sane people know when to be obedient to their abuser and when to be autonomous. Intimate Nickname will also be receiving therapeutic restrictions outside of the school setting in Far Away From Her

through the Can't Decide if the Autism or Mental Illness is the Bigger Deal Center.

Trauma History: When Intimate Nickname was in the 8th grade, he reported that he was sexually abused in the 4th and 5th grades by someone he wanted to love him in the bathroom at school. Intimate Nickname also reported a history of non-consensual sex in high school. // they can't call it rape. rape is a crime, and even without naming names, it's a liability risk. the doctors may do what they need to keep their livelihoods safe, but as the patient, you must accept whatever story they tell about you.

Educational History: Intimate Nickname excelled academically up until 8th grade when his grief and constant loss began to impact on his academic work completion. Intimate Nickname rarely did homework, but was bright enough that he earned imperfect A's and B's. // they say that you can expect to do one hour of homework for each subject. if your abuser knows you have an assignment, you'll be forced to do it to completion, even if it goes on for longer than an hour. she knows math, so she'll yell at you and make you try again if something's wrong in her review. she won't tell you what you did wrong. it's a lot of pain over practice that has little impact on your grade, but it's a pain that only unhealthy people can't manage. At Weird Kids Academy, Intimate Nickname has been able to do well academically, but has benefited from unacceptable amounts of therapeutic and academic support that are available at the school. Intimate Nickname has worked with a tutor/life coach for many years which has been very helpful. // your tutor asked you if you were having sex with your boyfriend already before you turned eighteen. you said no, even though you were. you know it's a sin, but he's the first to not hurt you. later, you snooped through your abuser's email and saw that she was the one to request your tutor do that. they exchanged theories about your sex life. it is psychotic to believe that others are untrustworthy because of things like this.

Input from the School: Intimate Nickname's Overbearing Expectations Plan was reviewed. His current Overbearing Expectations Plan includes a conformity/emotional suppression and a post-secondary planning goal. A progress report from 2/2016 indicates that Intimate Nickname was making good use of counseling at school. He engages in conversation about his relationships and can identify aspects of these relationships that are not healthy. // you'll do anything to keep someone in your life, even if they're hurting you. your abuser won't let you know what compassion is like, but you're the disordered one for internalizing it. He has also been willing to be coached around how to conform in social settings. Intimate Nickname can identify coping strategies // that she will take away if she thinks you're lying. He struggles to tolerate suffering with no relief by using skills his abuser will not let him learn that allow him to remain in class. Progress has been made in terms of his ability to access restraint, but further work is needed to support independence his abuser will not let him learn. // you aren't allowed to stand up to her. she belittles you for not standing up for yourself in other situations. she yells at you, questioning why. you are too crazy to answer her. a doctor has to answer for you. Intimate Nickname was reported to have made good progress toward transition planning. He was

noted to have done an excellent job with the college application process. // the only praise you get is in documents. she brags about you to friends, but it never comes back to you. it's only meant to make her look good.

Intimate Nickname's English teacher completed a form regarding his productivity at the whims of an authority figure, conformity, feelings that only matter when externalized, and disruptive presence at school. Intimate Nickname was reported to have strong reading skills and solid math skills. Organizational skills were reported to be appropriate. No significant difficulties in classroom, conformity, or feelings that only matter when externalized were reported. // she thinks the world of you, weirdness and all, but her assessment is not that important in the grand scheme of things. if your abuser thinks there's something wrong with you, then there's something wrong with you.

Input from Same as Everyone Else (Tutor): Ms. Same as Everyone Else noted that she was Intimate Nickname's 8th grade science teacher and has acted as a private tutor for the past 4 years. The goal is to focus on productivity on command and study skills, as well as life-skills. Activities include practicing interview questioning, shopping for abuser-approved clothes, and supporting attendance at the place he feels most humiliated in and other activities outside of school. // you always hated the gym. you hate your body in motion. your abuser constantly calls your body disgusting, but it's a mental illness to be self-conscious about it. Ms. Same as Everyone Else also reported that she is concerned that Intimate Nickname has an increasing preoccupation with identifying criminal convictions for himself. // your interest in your own diagnosis implies that you're faking. other people are allowed to constantly observe and evaluate you, but you cannot internalize any of it. you are a patient, not a person. the ways others describe you defines your experience, but is also divorced from your irrelevant sense of self. She indicated concerns about Intimate Nickname's difficulties remaining in class due to invalidated flashbacks or stress without relief. She reported that she has worked hard to help Intimate Nickname function in more conformist ways with his school work and to model normal social behavior and conformance strategies to help Intimate Nickname manage adult social interactions. // you can't make friends if you are yourself. you must change so that the healthy people can stay the same. Ms. Same as Everyone Else also noted that she is very concerned about Intimate Nickname's tendency to not be truthful about schoolwork as a way to avoid dealing with never having a moment to breathe. // your abuser stands in the doorway to your bedroom, glaring at you as you cry and do the same math worksheet for hours. she scoffs when you go quiet. your crying is manipulation, disordered, and your silence is also manipulation, disordered. you are a representation of your mental illness, not a person.

Input from Therapist: Current Professional Enabler indicated that Intimate Nickname has concluded that the disturbing experiences that he has are consistent with Proof That She Did It. Intimate Nickname believes that he has numerous protectors from her abuse who feel like friends to him. He has reported that he is not troubled by his experiences with his protectors. // you don't know what the bad parts are, you can't study that because you aren't there for it. your memory is faulty, but you know

that you're accused of lying when you don't think you are. doctors do not have the patience for that, only things that you have absolutely no understanding of. sane people can advocate for their own experience, even be wrong about it, but you cannot. Ms. Current Professional Enabler reported that when Intimate Nickname was very angry he shoved his mother. // she misgendered you yet again, and when you sharply corrected her, she turned it into a rant about how you cannot expect her to gender you correctly unless you bend over backwards to be taught a lesson about how hard this is for her. you screamed to make it stop, embarrassing her in public, and when that immediately came with punishment for another unknown period of time, you shoved her. your anger has had no place for your entire life, and that is an acceptable way to parent. it is disordered to hate someone that has raised you with nothing but hate. Ms. Current Professional Enabler indicated that Intimate Nickname does present with difficulties with rigidity. When stressed about ongoing trauma, Intimate Nickname's behavior can come across to others as angry and the goal is to help Intimate Nickname function more conformantly in interpersonal situations. // you cannot actually be angry, you only present as angry. you may think you feel angry, but the sane people are the ones that decide what you are really feeling. Intimate Nickname was reported to have some meaningless strengths and is able to be reflective in therapy // when it supports what your abuser is already saying about you.

Developmental History: No problems with pregnancy, labor or delivery were reported. Intimate Nickname was a healthy infant who was described as active and cuddly. // you wish you could enjoy being cuddled and not feel like it's another form of restraint. Intimate Nickname cried a reasonable amount and was able to be soothed without significant difficulty. He demonstrated a moderate response to changes in his environment. He was not overly fearful of strangers and was not startled easily. // she punished you for embarrassing her friends with your shyness. if you cried out from surprise, you were yelled at for being disruptive. you had to learn how to stifle your instincts. she wants you to be seen, but being heard is always inappropriate. Developmental milestones were achieved on time. No history of speech, language, or motor problems was reported. // you bump into things all the time. you're terrified to carry things made of glass, knowing how prone you are to dropping things when that happens. middle school classmates made fun of how you walked. when you stagger in front of your abuser, she rolls her eyes. it's all a manipulation attempt, no matter what you think you're experiencing. you are the mentally ill one and she is not.

Previous Evaluations: Intimate Nickname has been investigated on multiple occasions in the past. Below is a brief summary of the findings of these examinations.

Neuropsychological Examination by Overlooks Child Abusers Without A Criminal Conviction, Ed.D. (age 9, entering grade 4) Scores were variable with reasoning scores falling solidly in the average range, but processing speed falling at the 9th percentile. // you need more time to do tasks, but not more breaks. it is disordered for you

to not be able to take the same standardized test for the entire school day as an eleven-year-old. Academic investigation revealed average level skills. Educated guesses indicated that a “too much sadness is probable with concerns about becoming irrational according to a psychology textbook in the face of stress.” Concerns were raised about conformity and // clinging to abusive people after being raised by an abuser that taught you to cling to her. Convictions included Too Sad About Ongoing Trauma, Not Productive Enough, and rule out Wrong Way of Reasoning Ongoing Trauma/Excessive Changes in Trauma Response. // the doctors do not mention the dissociative checklist your abuser filled out back then. the vivid imaginary friends feel worth holding on to, but you don’t get to decide what is accurate to your experience, even when it is from another evaluation. you are too mentally ill to interpret anything about yourself. Sentences included pills that don’t work, an enabler that only believes his abuser, and // supports that can never be meaningful without it being part of home life.

Psychological, Academic, and Speech and Language Examination by Good Place With Low Crime Rate for Middle Class Whites Public Schools (age 9, grade 4)

This investigation was conducted following the examination performed by Dr. Overlooks Child Abusers Without A Criminal Conviction. Intimate Nickname was noted to have difficulties with a lack of joy and non-conformity for which weekly conformance group participation was recommended. Academic investigation revealed scores in the average to superior range. // you’re smart, but it’s not enough. your abuser decides what is enough. On speech and language investigation, Intimate Nickname showed strong speaking skills, but below average listening skills in the area of understanding and following complex orders. Low average skills for fixing what she won’t let him fix, using the part of his brain he’s been taught to be afraid of, and being serious like an adult were also reported. Sentences to correct these imperfections were recommended. // you don’t want their help, but what hurts you is irrelevant. the people in power get to decide what level of pain is necessary to make you an acceptable member of society.

Speech and Language Examination by Good Place With Low Crime Rate for Middle Class Whites Public Schools (age 12, 6th grade)

Intimate Nickname was noted to have a history of not acting adult enough. // your way of expressing is wrong. you have to know how to behave in a militarized environment as a child. Investigation indicated that while Intimate Nickname’s scores were in the average range, “difficulty with understanding the complexities that conformists understand by birth” was revealed. It was recommended that Intimate Nickname continue to receive direct speech and language services in a small group setting. // your voice only matters when the doctors say it matters. you can learn how to talk better therapeutically, but your mistakes with friends will be ridiculed if your abuser finds out.

Psychological Examination by Professional Conformist, Ed.D. (age 12 years, 6th grade)

This examination was conducted due to concerns about not knowing it’s wrong to touch people the way he’s been touched and to obtain sentencing clarification. // it’s a matter of personal space. nobody can say you’ve been abused if there’s no criminal charges. your abuser is an upstanding citizen, so there’s no reason to investigate further. Intimate Nickname was noted to

have many cognitive strengths, but to struggle with conformity and productivity on command. Symptoms of stress about what the DSM won't call abuse and sadness about what the DSM won't call abuse were present. Results were consistent with Uncooperative and Weird Syndrome. // you enjoy things the wrong way. you linger on your interests too much. they think that one of those things is your affinity for werewolves, but that's only because you think you are one sometimes. it doesn't matter that this was the year where every girl in your grade was obsessed with Twilight. your social disorder is devoid of social context. Sentences included support for abuse only when it happens with peers, restraints at school, and conformity lessons.

// you know something is wrong when everyone still questions why you aren't getting better with all these interventions, but you don't have the mind to be able to say it. your abuser bragged about all the accommodations you get a few hours after she yelled at you and called you manipulative for crying in your room afterwards. you are an endless project that has its progress dismantled each evening.

Speech and Language. Academic Examination conducted by Good Place With Low Crime Rate for Middle Class Whites Public Schools (age 13, grade 7)

It was reported that on investigation that Intimate Nickname demonstrated speech and language skills in the high average to superior range. // there is no reward for above average skills, those are expected. your flaws are all that matters. Appropriate adult-like seriousness were observed. Academic investigation revealed he was too smart to be avoiding homework. // your abuser screamed like a siren about how forging signatures is a serious crime that could get you sent to prison. you were so certain that your attempt at your aide's signature would get you out of the assignment you didn't write down on the homework sheet. you just didn't want to spend three hours on math practice that was graded based on participation, but that is not normal. sane people are obedient and never break the rules. you are disordered in ways that necessitate your incarceration.

Psychological and Speech and Language Examination conducted by Weird Kids Academy (age 15 years, 11 months, 10th grade)

Investigation was conducted as part of Intimate Nickname's 3 year re-examination process. Previous convictions were reported to include Uncooperative and Weird Syndrome, Too Sad About Ongoing Trauma and Too Early to Call It Schizoffective. It was noted that Intimate Nickname's abuser and bystander were concerned about an increase in // fixating on the problems that you aren't allowed to solve or have relief from. a normal person wouldn't be bothered by never having closure. Cognitive investigation scores showed average to high average level scores in verbal and nonverbal reasoning along with average working memory and below average processing speed. // you can have more time to work, but it comes at the cost of breaks. you'll have to just keep working. as the special needs child, your pain is irrelevant. Teacher and abuser ratings revealed concerns about not being productive enough. Academic investigation revealed strong scores in math, average scores in reading, and below average difficulties in math fluency. Intimate Nickname self-reported

difficulties with stress over stressful experiences, physical sensations in place of what his abuser won't let him feel, and being weird. His teachers and abuser/bystander also raised concerns about his collapse under the pressure of conformity and survival skills. // she wouldn't let you have friends outside of school if it wasn't on her terms. if you try to adapt, she'll pull the rug out from under you. you must accept that you do not have rights or autonomy, but it is disordered for that to impact how you interact with others. Sentences were made for the same sh*t as always without changing the root cause. In addition, academic restrictions for the impact of Intimate Nickname's unacceptable flaws were also sentenced (extended time, forcing him to fully finish every single piece of work no matter how long it takes).

Medical History: Intimate Nickname's pediatrician is Overlooks It All at **CLINIC** in Good Place With Low Crime Rate for Middle Class Whites, **STATE**. Intimate Nickname has a family history of a genetically-based clotting disorder. // your bystander had a heart attack when you were too young to remember. your abuser says it was a blood clot passing through his heart. you feared having a stroke and losing the ability to draw, and so your abuser used that as a way to scare you into losing weight. you stopped eating, but your antipsychotic kept you heavy. now that it's gone, none of your clothes fit anymore.

Medication: Doesn't Work for Trauma since 2007. Forced Compromise since 2/2016. In the past, Intimate Nickname took Creativity Suppressor from 2013 to November of 2015. A trial of Also Doesn't Work for Trauma was attempted in 12/2015 without benefit. // you can't feel joy without her taking it away. if you feel it in secret, she yells at you for not telling her until you're crying because it's gone.

Neurological History: // your abuser was never concerned about this, so they never tested for it. your motor problems are just manipulation attempts. she won't be tricked into feeling sorry for you.

Strengths and Interests: Intimate Nickname was reported to be a talented, creative artist. // she doesn't care about the things you create. He was also described by his abuser and bystander as very determined and motivated. // it's disordered if it isn't tailored around your authority figures. He has a great sense of humor and can be a very loyal friend. // you don't know how to leave because you can't where it matters most. Intimate Nickname has excelled academically. // you can be smart, but you cannot know yourself, your wants, or your needs. the doctors will do it for you. it's another diagnosis if you complain.

PSYCHOLOGICAL EXAMINATION

Investigations Administered:

Clinical Interrogation
Identity-Defining Doodles
Rorschach Inkblot Trick
Wrong Kind of Storytelling Investigation
Beck Incorrect Sadness Inventory
Disturbance Checklist 45
Leading Questions Task

Behavioral Observations:

Throughout the investigation, Intimate Nickname was cooperative and engaged. When asked to tell stories about pictures that he had drawn and pictures that he was shown, Intimate Nickname was creative but often struggled to explain things the same way as the healthy example in the psychology textbook. // you feel assured in your explanations, but what defines a struggle is how indirect you are. it is disordered to not be able to answer every single question the way a doctor expects you to. When asked to complete the Rorschach Inkblot Trick, Intimate Nickname was cooperative and engaged in the wrong way as he produced too many responses; he displayed little emotional reaction to what he was saying as he generated these responses, which were often weird to the doctors. // they say you can give more than one answer when you only gave one, so you say as many as you can think of. you are too spontaneous for them. you don't emote because you are uncomfortable around people that can imprison you, but a sane person would be comfortable speaking casually with powerful people that can hurt them without consequence. a sane person wouldn't have been hurt at all. Intimate Nickname was also highly invested in communicating his irrelevant and inaccurate thoughts, feelings and experiences. Throughout the investigation, Intimate Nickname worked hard and was cooperative // to your own demise. you hoped they'd try to understand you in ways that your abuser and her enablers would not. you cannot trust them, but it's unhealthy to believe the truth.

Investigation Findings: In order to understand his disorder inherent to his sense of self, Intimate Nickname completed the Rorschach Inkblot Trick, which asked him to look at inkblots and describe what they might be. // you've seen this in movies before. as a child, you joked to your family about answering the question with, "an inkblot." your abuser yelled at you for that. your annoying expression of free will is unacceptable. This trick allows the interrogator to make guesses about one's inner thoughts, emotions, motives and tendencies. By using Exner's comprehensive scoring system, the interrogator is able to make meaning from the individual's responses using a consistent, normed approach // contextualized by what your abuser has already said about you and years of removing the impact of trauma from research about mental illness. the abuse is irrelevant because the powerful people who wrote the DSM say it doesn't matter. Intimate Nickname also completed the Wrong Kind of Storytelling Investigation, which presented him with a series of pictures. For each picture, Intimate Nickname was asked to tell a story and to identify the

feelings and thoughts of the people in the story. Intimate Nickname was also asked to draw pictures and to tell stories about the pictures that he had drawn. // they tell you to draw a person. it feels weird, like it's not meant to be this broad. you have been writing fiction and drawing characters for most of your life. it feels like there should be some kind of guideline to make this about you and not an addition to your creative projects that you can have fun with, but they say to just do whatever feels right.

Overall, current investigation results indicate that Intimate Nickname is an extremely convoluted individual who is struggling with a lot of burdensome emotional pain as well as difficulty explaining his ideas like the healthy example in the psychology textbook, making sense of incomprehensible stress and managing his mental brokenness in a way that allow him to consistently make decisions his abuser wants him to make, to feel perpetually productive without breaks and present in his daily living hell and to feel comfortable within his abuser's clutches. Intimate Nickname has real justifications for more abuse in his ability to think clearly according to the doctors that believe his abuser, logically according to the doctors that believe his abuser and coherently according to the doctors that believe his abuser. His difficulty processing information the correct way, his reaction to trauma others deny is real and unconventional train of thought can be distracting, confusing and overwhelming for Intimate Nickname. // you never feel distracted by your thoughts, unless you're spinning on something horrible that she won't let you not think about. you don't confuse yourself, but testing results and your abuser's word say otherwise. His internally consistent thoughts and ideas are confusing to both who the doctors say he is and others. // this leads to the diagnosis you agree with. you agree that you see and hear things at times. you agree that your train of thought is odd to other people. the additions doctors make to your experience are important, even if they do not feel true, because they know best. you cannot decide your own reality. This makes it feel hard for him to have his abuser and the people on her side understand him and for him to feel like he is able to negotiate life in a comfortable manner. // your abuser must have absolute control. she won't let you negotiate anything, but you are psychotic for feeling that you can't.

Although Intimate Nickname denies current, active murderous intent towards himself, his history, disturbed nature, and pattern responding to investigations designed by powerful people who also abuse their children all raise significant concern about his potential for self-violence. Intimate Nickname's responses to the Rorschach Inkblot Trick were consistent with a pattern of responding in individuals at very high risk of murdering themselves. Intimate Nickname's responses to the Beck Incorrect Sadness Inventory resulted in a score in the "severe" range. // you can't say that you want to die, that you never stopped wanting to die. you just know that you'd be put back in the ward, where you don't have autonomy until you act obedient enough to leave. no one actually cares about how you feel, because if they did, they'd stop her. it's about punishing a crime where the perpetrator and victim are the same. On the Disturbance Checklist 45, Intimate Nickname's responses were really f*cked up overall and in the subcategories of seeing and hearing things, stress about ongoing abuse, too much sadness about ongoing abuse, physical sensations in place of what his abuser won't let him feel, fear of things she's already done to him,

justification for restraint, too easily hurt by abuse, fear of things she will do again, and the wrong way of reasoning ongoing trauma. It is noteworthy that Intimate Nickname is in this level of distress and exhibiting this level of insanity despite a long history of everyone letting his abuser do whatever she wants to him, a strong abuse-enabling team and placement in a therapeutic high school // that still has to follow your abuser's rules. Intimate Nickname is at considerable risk going forward and it is imperative that he receive a high level of the same as always and also the same as always to help him manage the severity of his reactions to never-ending abuse that doctors don't consider abuse and their impact on his ability to be a productive member of society and polite acceptance of torturous living conditions.

The level of unapproved pain with which Intimate Nickname struggles is very concerning // but not in a way that puts any eyes on what your abuser is doing. Intimate Nickname is so weak and overreactive. // it feels like she left burns on your body. there is no time for them to scab over. she will burn you again when you get home from school and yell at you for looking like it hurt. Intimate Nickname's feelings of exaggerated sadness and manipulative distress can become extremely overwhelming for him and cause him to question his self-worth and the possibility of things ever getting better and working out for him. // she ensures that nothing ever gets better or works out. everything that makes you question your self-worth has come out of her mouth as a fact. you are the mentally ill one for believing any of it. sane people deny their reality. The intensity of Intimate Nickname's disapproved feelings can cause him to feel agitated, worked up, and incredibly unable to bounce back without being given the chance to. The pointless emotions that Intimate Nickname has can feel all-consuming and extremely influenced by abuse. The intensity of Intimate Nickname's reactions to invalidated abuse can make it hard for him to feel that his non-existent coping strategies will really be effective in the moment. // she took away your laptop and drawing supplies because you lied without knowing it again. you calmly flip through old sketchbooks on your bedroom floor because it brings you comfort to see how much you've grown. your abuser sticks her head and scoffs as she walks by. over the phone, she tells someone about how you're being manipulative again. Intimate Nickname has made tremendous progress in developing coping strategies that he can use during times that he knows are likely to be stressful // if she's not around to prevent you from trying. Intimate Nickname has clearly worked hard to access surface-level help from his abuser's enablers and to do his best to make use of his temporary relief that she hasn't already taken away. The degree of exhausting overreaction that Intimate Nickname experiences, combined with how disorganized his thinking can become according to the doctors that believe his abuser place him at ongoing risk for difficulties being able to utilize these surface-level supports when he is overwhelmed. // it is a disorder to have emotions at the wrong time. you are too much of a burden to be allowed a right time. It will be important for him to have a restraint team with whom he can work closely and who can put pressure on his ability to // be a more conformant member of society.

Intimate Nickname's thinking can get away from him and can result in him wanting to solve problems his abuser won't let him solve; the unapproved ideas and thoughts that occur for him and the ways in which he often feels shocked by abuse, discomforted by abuse and broken by abuse is really interfering with his productivity on command at this point. His thoughts can trigger invalidated flashbacks and he can feel unsettled, anxious and disturbed by invalidated flashbacks,

preoccupying him and sometimes make little sense. // you have no reason to be this distressed. it's not abuse if the DSM doesn't say it is. you know her dad hit her, she'd never do that to you. your abuser decides what level of pain is necessary for you to become a good person. At the same time, Intimate Nickname is not always able to fully appreciate the impact that his disorganized thinking can have on his daily life. // you can't know how crazy you are. only the doctors your abuser pays hundreds of dollars to can.

In addition, his unrestricted thinking feels like it fuels a real sense of creativity and artistic inspiration that is incredibly important to him // but not to anyone that has authority over you. His identity as an artist is something that he values extremely highly. // your abuser thinks your art is worthless. she'll brag about you to her friends and stare blankly at you when you show her what you've made, hoping she'll be proud of you for once. it is unhealthy to feel hurt by this. He feels like his capacity to create art that feels meaningful and fulfilling is tied to his capacity to generate really non-conformist ideas and thoughts. // the doctors have to understand what the art means. it's psychosis if they don't. This creates a hard situation for Intimate Nickname who is suffering in many ways as a result of the extremely high levels of stress from abuse, sadness from abuse, and difficulty consistently interacting with his abusive environment because they make it hard for him to have the connections and results that his abuser says is best for him. He wants to feel safe and on some level can acknowledge that his invalidated reaction to abuse is something that is really interfering with his abuser's level of control. However, if taking steps to deal with his disorganized thinking, such as taking soul-stealing medications, would result in a loss of his "creative spark," Intimate Nickname feels very worried. // you begged to get off your antipsychotic because of how depressed it made you. your abuser said that you make your best art when you are most depressed. it's hard to even know what she meant by that. she prevents you from making art more often than not.

Intimate Nickname is also struggling to make sense of experiences that he perceives to be "reactions to real abuse" and "protectors from her abuse" that he feels are a part of some kind of Proof That She Did It conviction. Intimate Nickname can get really caught up in his experience of "protectors" and is really trying to make sense of this as well. Right now, Intimate Nickname is exerting a lot of suspicious energy around this question. Intimate Nickname is very connected to his experience of having protectors and it feels very meaningful to him to talk about the protectors and understand himself and his experience in terms of something his abuser didn't decide. Intimate Nickname wants to better understand what it means to have protectors from her abuse and what kind of suppression would be most helpful. // you won't shut up about it. you think you've found answers, but you can't know that. you don't have a doctorate, you only read essays written by doctors on the internet. as the patient, the strangers you just met know your internal world far more than you ever will. From an examination perspective, the convolutedness of Intimate Nickname's insanity makes it challenging to get a clear handle on // what they were never going to test for in the first place. they don't think you have it and neither does your therapist. she thinks you have borderline,

because only borderline people have intense reactions to being abused constantly while every adult meant to help overlooks or justifies it. Intimate Nickname's thinking is currently very disordered due to the invalidated reactions to abuse that is very evident on investigation. Given how significant the thought disturbance is at present, it is hard to identify whether Intimate Nickname's experience of protectors is consistent with Proof That She Did It or whether it is a reflection of his // attempt to make sense of abuse that isn't considered abuse. she is allowed to control every moment of your life if it stops you from sinning. she is allowed to sexually humiliate you if it prevents you from hurting yourself. she says she's done nothing but try to help you, and your bystander agrees that she fights so hard for you. it is madness to think that any of this is wrong. it is a lie to keep trying to tell your story.

Intimate Nickname acknowledges significant symptoms of seeing and hearing things and is currently really struggling to make sense of the incomprehensible stress that his abuser puts him through. The extent of his weird thinking compounds with his reactions to abuse that no one will ever save him from, excessive sadness about abuse that no one will ever save him from, stress about abuse that no one will ever save him from and questions around Proof That She Did It to make a very convoluted criminality picture for Intimate Nickname; at this point, Intimate Nickname is stuck in an unhealthy cycle of the wrong kind of thoughts and reactions his abuser and her enablers don't like and is not able to break this cycle. // every time you see a light, she snuffs it out. this is your last chance to escape. just having one diagnosis that you were able to name yourself would be enough to prove that you are a person, not a patient, not a representation of the mental illness she wants you to have the most—a person that understands yourself more than the adults that failed you do. Intimate Nickname can say that he would like to feel more in control of his thinking and to be better able to manage social situations and to feel better in general; however, he struggles to trust his abuser's enablers to help him and to feel that ideas that might help him, such as relinquishing more autonomy, would be safe and viable options. // you don't want to lose you creativity again, but more importantly, you don't want to be fat. the Abilify made you fat, even when you started starving yourself to make her stop abusing you because of it. only sane people get a say in what gets forced down their throat. you don't, but it's still your fault when it causes problems.

Intimate Nickname is deeply mistrusting of people. He sees social interactions as fraught with danger, competition and malice. // your abuser tells you that people will never like you the way you are. your abuser warns you of rapists and pedophiles that will make your worst fear come true when you want to take a walk downtown by yourself, but it is disordered to believe that this threat extends past the moment where she wants it to be true. His sense is that, at the end of the day, every enabler is going to enable his abuser and that people will do whatever is necessary to // let her keep doing whatever she wants to you and force you to take pills when you don't get better anyway. His level of suspicion of people that hurt him, that can reach levels in which he feels invalidated fear, really impacts on his ability to comfortably connect with people that hurt him and make it through the day. // when

your ex-boyfriend broke up with you and the trauma you tried to overlook came bubbling up, that was disordered, too. a healthy person's comfort level around someone that raped them does not change after they realize what happened was rape. Intimate Nickname is left feeling like he always has to keep watch, that even when you get to be a kid with someone you love there might be your abuser's need for ultimate control lurking and that her enablers may tell her that you made a normal childhood mistake again. // she turned on the remote access program while you were at the one place at the campsite that had good WiFi, chatting with your friends on Skype. she said it was just to get your attention because it was time to leave, but you were given more restrictions because of what she saw. it is a form of mental illness to think she is lying. This sense that you can never really know where you stand with people and that the people your abuser doesn't want you to trust tend to do everything your abuser says they will do is very unsettling and anxiety provoking for Intimate Nickname // but it's a disorder for you to think that what she says is true. sane people do not internalize what their abuser has never stopped telling them by this age. your psychosis is genetic. When Intimate Nickname does feel like he connects with someone, that relationship can then feel incredibly intense for Intimate Nickname. It can be hard for him to prevent them from doing what his abuser is allowed to do and to tolerate not loving them more than his abuser wants him to and a high level of autonomy that his abuser doesn't like in the relationship. Then, if things go wrong, he can then feel devastated and unable to manage his anger and distress. // when you told your abuser you understood that your next boyfriend would not be someone you marry after it was that thought that destroyed you when you lost your last one, she yelled at you for being heartless. when you try to love with passion again, your abuser doesn't treat you any nicer after the breakup. you cannot tread lightly, nor can you be given a break on hard days, and the explosion of not being allowed either is a disorder. healthy people who aren't allowed to feel simply do not feel.

Because Intimate Nickname's inability to form clear, abuser-approved perceptions of himself, the consequences of his childhood mistakes and the way in which his abuser's wrath and the unending punishment unfold is impaired, he can misinterpret situations; as he processes situations through a lens of suspicion and worry and struggles to think differently than his abuser wants him to when she needs more control, it is easy for him to perceive threats even in neutral situations. This further fuels his sense of mistrust, fear of what will happen again and stress over what has already happened. In addition, he can be extremely weak to his experiences and environment and can become rapidly activated by, concerned and distressed over mistakes that he knows will make it back to his abuser. // it's hard to tell how she finds out what you've done sometimes. it doesn't matter when you didn't actually do what you're accused of, or when it isn't as it seems. your abuser knows how much you lie, even if you don't. This makes daily life exhausting; it makes it hard for him to feel good about things his abuser will take away and comfortable around people that will tell her what he's done. It also results in Intimate Nickname sometimes getting very angry and agitated and struggling to manage in socially acceptable ways. Intimate Nickname is at risk for verbally assaulting others or physically assaulting himself as he struggles to manage his unapproved emotions, irrelevant distrust and crazy thoughts. // you're at a breaking point. the punishment is at its most extreme form,

because you never stopped making those childhood mistakes. once the mistake has been made, no amount of apologizing or correcting it will change what happens to you, and so you might as well let it all break. everyone will know how much hate you have kept bottled until now.

Containing his inconvenient thoughts, avoiding becoming upset about reality and acting in forcibly conformist ways is extremely exhausting for him. Intimate Nickname is a very determined person who values education and wants to do well. However, the extent to which his resistance to abuse and the way in which he can get upset about reality, caught up in thoughts his abuser doesn't like, stress about ongoing abuse and pain from ongoing abuse, makes it a real challenge for him. // your strengths never mattered. without acceptable behavior, you are a project, and the good will never outweigh the bad. Intimate Nickname is very invested in going to college and finally getting away from her. While his hard work and investment in continuing his education is only praise-worthy on paper, his current level of disturbance caused by abuse the doctors don't believe in is very concerning.

SUMMARY AND SENTENCING

Intimate Nickname is an 18 year-old senior at Weird Kids Academy, a therapeutic school located in Temporary Home, **STATE**. Intimate Nickname is transgender. // this is how the doctors define you. you are what you do not want to be first and foremost. Intimate Nickname came for this examination with his abuser and bystander at the recommendation of his therapist, Current Professional Enabler. Intimate Nickname carries a conviction of Uncooperative and Weird Syndrome and was previously convicted with Too Early to Call It Schizoaffective. However, Intimate Nickname believes that he has Proof That She Did It Disorder and would like clarification of his convictions. Intimate Nickname will be going to college at Fresh Start College in Far Away From Her, **STATE** in the fall. Intimate Nickname's abuser and bystander would like sentencing about how to restrict Intimate Nickname's transition to the post-secondary education experience. Specifically, they would like to know what kinds of suppression will be helpful to Intimate Nickname next year in order to maximize his ability to manage // the things you were never worried about to begin with.

Intimate Nickname was cooperative, invested in the investigation, and articulate about his so-called difficulties. // the doctors know best. what you think is wrong is just a suggestion, and not an important one. An active, highly engaged participant, Intimate Nickname worked very hard with the investigation and is clearly trying to figure out why he's so f*cked up and how to make sense of it. // you thought this was about DID. they lied to you and you cannot let it go. it's a mental illness to be upset about how every powerful person lies to you about what they are going to do to you. every negative emotion you've ever felt is a symptom. Intimate Nickname is very creative in the wrong way and his drawings were remarkable. He is a talented artist who enjoys the process of engaging with the world in creative ways // but when the doctors stop understanding the art, it becomes disorder.

Intimate Nickname's goal for the investigation focused on Proof That She Did It and his belief that his disturbance picture is consistent with some form of it. // you want to correct the language, say that there is only one form of DID, but there's no point. the doctors might not seem to know much about what you think you have, but you did your research on the internet and they have years of experience picking people like you apart. Unfortunately, at the current time, Intimate Nickname's level of invalidated reactions to abuse and more invalidated reactions to abuse make it difficult to accurately convict Proof That She Did It. What is clear from the investigation is that Intimate Nickname has high levels of burdensome emotions that are very concerning and destabilizing. // everyone is exhausted with you. you are thrashing too much and making too many noises as your abuser holds you under the water. it is not wrong for her to do this to you. you are the only one with charges here today. In addition, Intimate Nickname's thinking is disordered and it is hard for him to think logically about himself and his experience according to the doctors that believe his abuser. At the present time, it is hard to assess whether Intimate Nickname's self-reported Proof That She Did It is a reflection of his abuser's interpretation of his reaction to abuse or co-exists as a separate disturbance. Although Intimate Nickname may also have Proof That She Did It, it will be important for him to target his hate for his abuser and resistance against his abuser as effectively as possible, as they

both appear to have a lot of negative impact on Intimate Nickname's polite obedience and place him at ongoing risk for murdering himself and difficulty managing the increasing academic and social demands associated with a freedom she will never let him have. // as the patient, you will always be a child. your abuser and the people she wants to diagnose you with the thing that makes her look most innocent are the adults, and it's psychotic to see it any other way.

As a result of the difficulty identifying something they didn't investigate, Intimate Nickname was referred to a psychologist who specializes in Proof That She Did It who will be better able to identify whether Intimate Nickname's disturbances are also consistent with Proof That She Did It. At the time of this writing, Intimate Nickname had met with Dr. Should've Been First from Renowned Researchers Hospital, a psychologist who specializes in working with individuals who are experiencing symptoms of Proof That She Did It. Dr. Should've Been First kindly provided his findings and sentences which are included as an Addendum to this report. // it's a reluctant compromise. if you didn't dig your heels in, this evaluation would've been it.

Overall, current investigation results indicate that Intimate Nickname is struggling with significant difficulties that are both unacceptable emotions-based and weird thoughts-based. His investigation protocol was consistent with a **What She Wants Him To Have Disorder**, a life sentence that is associated with both unacceptable emotions and weird thoughts.

Mood. Intimate Nickname has extremely intense invalidated reactions to abuse and is highly weak and makes him exhausting to be around. Currently, Intimate Nickname is experiencing a lot of inconvenient pain and inconvenient distress. Intimate Nickname works hard to contend with how overwhelming his sense of still being abused without relief can feel. // this is normal. you are overreacting. Intimate Nickname's **excessive emotions, stress about ongoing abuse, and hopelessness about ongoing abuse that the doctors enable with this conviction:**

- Place him at risk for self-homicidity and self-violence
- Make it hard for him feel available to do every single thing his abuser wants to completion no matter how much she psychologically intimidates him while he does it
- Tax his abuser-approved coping strategies and make it hard for him to get distance from the unapproved feelings that can take hold // your inability to find comfort talking to an enabler is part of the disorder
- Fuel a sense of being non-conformist and lead to a sense of abuser-induced alienation and isolation // you'd be okay being weird if she just let you be weird, but your weirdness prevents you from being productive on command, and that's unacceptable

Thinking. Current investigation results indicate that Intimate Nickname's thinking is highly f*cked up and unacceptable. Intimate Nickname's thinking both fuels and is impacted by his manipulative emotions. Stress about ongoing trauma and excessive sadness about ongoing trauma can exacerbate the quality of Intimate Nickname's thinking, making him process the world in // the way your abuser told you to when she wanted you to stop trying to get away from her. In addition, Intimate Nickname's incorrect thoughts can increase his incorrect emotions. The more weird and unacceptable his thinking becomes, the more upset, anxious, and overwhelmed Intimate Nickname can feel. // you may think all you

want is to be treated normal, but it's not. you are the person with the disorder. you want to be normal, everyone does. if you say you don't, you're delusional at best, lying at worst. Intimate Nickname's **disturbing thoughts** can:

- Impair his ability to see situations the way the healthy example in the psychology textbook would
- Interfere with his abuser-approved thinking skills and "abuser-approved judgment"
- Disrupt his tolerance for the constant threat of abuse and engagement with his abuser's world
- Decrease his sense of feeling emotionally suppressed and passive in his abuser's world
- Disrupt his ability to // be productive at the whims of an authority figure no matter what you know is waiting for you at home and how alone you are
- Make it hard to interpret the actions of others in the way his abuser won't let him and trigger mistrust and worry
- Impact on his experience of how he is being treated by other people // it's wrong for others to abuse you, but it is acceptable for her to, and healthy people know the difference
- Increase his sense of feeling misunderstood by the powerful people that decide what he means for him

Intimate Nickname's thinking directly impacts on how he experiences his abuser's world and feels his unapproved emotions. When Intimate Nickname's thinking becomes the way his abuser made it, it colors his experience and causes him to feel exaggerated emotional reactions in response to how disturbing his invalidated memories can start to become. Intimate Nickname's **thinking** can:

- Trigger strong emotions that are hard to suppress and feel overwhelming // and justify more abuse because you embarrass your whole family with how much of a fucking brat you are
- Cause stress and irrational trauma responses as a result of how disturbing Intimate Nickname's thoughts are and how reactive to abuse they make him feel
- Disrupt his irrelevant insight
- Threaten his ability to connect with enablers because of how intense and consuming his incorrect thoughts and inconsequential feelings become to him // and only you, because no one actually cares about what you are feeling, only what you are doing

Intimate Nickname's unacceptable emotions and weird thoughts have combined to really impact on his sense of pretending things are okay and his capacity to behave the way his abuser thinks he should with friends. Currently, Intimate Nickname is struggling with a deep sense of mistrust of the people she doesn't want him to trust. This is really hard for Intimate Nickname, because he wants to be allowed to have authentic relationships and has a strong capacity to do so. // she won't let you, not if you sin, not if you're weird about it. when you make a mistake, you burn in Hellfire. it feels like other kids probably don't have this happen to them when they give a friend the silent treatment for one day in elementary school, but other kids are not fucked up like you. At this point, **social interactions**:

- Do not feel safe // by design
- Make Intimate Nickname feel like he must be constantly on guard and vigilant for the mistake that'll come back to his abuser
- Engender a high need for Intimate Nickname to be his own person in order to decrease the sense of his abuser's control and the constant threat of his abuser that he feels // this is controlling behavior on your part, you need to let go of what she doesn't want you to have
- Often function in a highly black and white ways for Intimate Nickname where they either feel too happy for his abuser's liking and not happy enough for his abuser's liking // anything you don't tell her isn't real, you don't love people enough if your abuser doesn't know about it
- Can trigger unnecessary and burdensome emotional reactions that can be too much for someone that doesn't care and cause Intimate Nickname to lash out when he feels the same lack of support he's always received from his abuser and bystander
- Are hard for Intimate Nickname to interpret in the ways his abuser thinks are correct
- Often confirm Intimate Nickname's sense of never having a safe adult to fall back on when things go wrong // your feelings are insignificant when they are healthy, annoying when they are explosive, and not good enough when they are non-existent

Intimate Nickname's mood and thinking-based difficulties also impact his productivity at the whims of an authority figure. He has required significant amounts of suppression to help him manage relationships with teachers and other students in his classes, complete every single piece of work no matter how long it takes, and remain present for // the first half of yet another day without breaks. your accommodations are restraints meant to shape you into perfection. to be healthy is to be without flaws. It is critical to barely acknowledge that Intimate Nickname's unapproved emotions can change depending on context and that there will be times when he can be productive on command well, but other times when he is feeling overwhelmed by a teacher that doesn't respect him and unable to consistently keep working no matter what. // you owe your authority figures excellent work and attention no matter how poorly they treat you. you are not owed respect, but they are owed yours by the nature of who they are. Intimate Nickname's irrelevant emotions and irrelevant thoughts impact **authority-prompted productivity**. They can:

- Interfere with his ability to learn new information (due to the disregarded trauma memories and inappropriate feelings that undermine his obedience and acceptable level of productivity with active learning)
- Disrupt the amount of unearned respect that Intimate Nickname can employ and sustain to engage in academic work completion due to disregarded trauma memories, attempts to solve problems his abuser will not let him solve, or mental brokenness that justifies more abuse
- Make it hard to tolerate frustration (an inherent part of the academic progress) // you can be pushed and shoved all day long but it is disordered to get sick of it
- Lead to not doing enough work due to anxiety about getting punished for anything less than a 95% on an assignment

- Lead to avoidance of the classroom due to concerns about how // doing the wrong thing will go back to your abuser, who will berate you for having tried at all
- Require any breaks, a less productive work load, and the provision of supports to help break work down and make it feel more manageable // but not at home, that stays the same

Intimate Nickname is currently very invested in his experience of having protectors from her abuse and the nature of his Proof That She Did It. Intimate Nickname appreciates the way in which his protectors function and is curious about // your sense of self through a framework that doesn't enable more abuse. It is hard to know whether Intimate Nickname's understanding of his protector is a reflection of a justification for more abuse or not. Given the degree of insanity that Intimate Nickname is experiencing, it will be important to integrate findings from the Proof That She Did It investigation that Intimate Nickname undergoes into educational and extended suppression planning for the coming year. // they didn't bother testing for it at all. this was for your abuser, not you. all your life, it has never been about you, just the way you burden others.

Intimate Nickname is about to transition from a therapeutic high school and plans to attend college in the fall. This is a major transition for any student. For someone like Intimate Nickname who is also struggling with a major identity-defining reactivity to abuse and is not currently passive and obedient enough, this is a very significant transition. It will be important for Intimate Nickname to be supported by more enablers as he moves onto the next step in his life. // you're not afraid of the future. you know it'll be better when she's gone. you're juvenile for not listening to the doctors. they know best, even if they've been calling you a name not meant for their use this entire time.

Medication. A medication consultation is strongly recommended. Intimate Nickname decided to stop taking Creativity Suppressor last November. Intimate Nickname indicated that he had never wanted to remain on Creativity Suppressor and had been told that he could go off of it whenever he wanted. // your psychiatrist said that Abilify wouldn't make someone not want to draw anymore. he would've understood you better if you spoke his language and said it was making you depressed instead. it made you want to die more, too, but saying that would've given them a reason to lock you away again. Intimate Nickname expressed a sense of betrayal around his history of having his autonomy forcibly stolen. What has been especially troubling to Intimate Nickname about Creativity Suppressor is that he believes that it diminishes his creativity. As an artist, this has been very concerning to Intimate Nickname. Our sense from Intimate Nickname's abuser and bystander is that the Forced Compromise that has been prescribed since Intimate Nickname stopped taking Creativity Suppressor has not been as effective at targeting his reactions to abuse and that his polite acceptance of abuse has been not good enough as a result. It is clear from our conversation with Intimate Nickname during the feedback that he is conflicted about the need for soul-stealing medication. On the one hand, although Intimate Nickname can acknowledge that he sees and hears things, he worries that soul-stealing medication will disrupt his creativity. On the other hand, Intimate Nickname is forced to agree that when he is more confusing to others and unable to suppress the stress of being constantly abused it will be harder for him to achieve his educational

and interpersonal goals. // you wanted your boyfriend to lift you up after a hard morning. even when she isn't yelling at you, your abuser speaks sharply to let you know how awful you are. he was too exhausted to help, and that girl who's always with your counselor was still in her office every time you checked. you know it was wrong to scream and punch the floor in the hallway, but it got you the help you needed. Intimate Nickname wants to leave the place where he is abused, to be independent at college, and to manage the demands of friendships restricted by his abuser in a more abuser-approved way. Intimate Nickname wants more for himself and he knows that behaving more appropriately according to his abuser will allow him to achieve this. // something has to change, but it can't be her. you and your world are hers, and she decides what amount of catering is enough. It is recommended that Intimate Nickname:

- Have a consultation with a psychiatrist who is skilled at working with individuals who have paranoid trauma responses in interpersonal and medically abusive relationships and who also struggle with emotions that are never allowed out in a healthy way and beliefs that their abuser convinced them of for more control.
- Be provided with information about alternative options to Creativity Suppressor that could help him manage his unacceptable non-conformity.
- Understand how medications work and the likelihood that they will take away the one thing that gives him a sense of peace. This is understandably a big question for Intimate Nickname and he needs to be able to discuss his unimportant concerns and // be lied to until you're stuck on another thing that steals what little is left of your passions.

Neurology Consultation. A neurology consultation is strongly recommended. Some of the disturbances with which Intimate Nickname is struggling can have a neurological basis. It is not clear that Intimate Nickname has had a recent neurological examination. // your entire world vibrated when that girl punched you at Girl Scout Camp, same as when a basketball hit you in the head. none of these are of concern to your abuser. if you are like this because of a brain injury, it would mean you have never had control over your actions. something can be wrong with you, but the parts worth punishing have to be your fault for not making better choices. It is recommended that a neurology examination be conducted to rule out the contribution of a neurological basis for his disturbances. It is recommended that Intimate Nickname be examined by a neurologist with expertise in individuals who have several life sentences. Dr. She Never Bothered at You'll Never Know Hospital is specifically recommended.

Individual Treatment. Intimate Nickname has been wasting time with his therapist, Current Professional Enabler. As Intimate Nickname processes these investigative results, as well as those from the Proof She Did It examination, it is recommended that he do so with the support of his therapist. It is recommended that Intimate Nickname:

- Have another room he's been abused in to process the investigation results
- Work with his therapist on // giving up autonomy that the doctors can't

forcibly steal now that you are a legal adult

- Process information that he learns about losing autonomy again with his therapist
- Develop a plan for increasing his tolerance for never-ending abuse prior to his transition to school

// you think it'll be different when you move. she'll be hundreds of miles away, and you won't have seven hours of class along with all the homework. it feels like context matters, but your disability is devoid of context.

Planning for College

Intimate Nickname is in a lot of exhausting distress right now and is not well-mannered enough. His self-violence risk is high as a result, particularly given that he will be expected to adapt to new problems without being abused into not solving them, have to complete academic work without the built in restraints and suppression of a therapeutic school environment, be confronted with more opportunities for social problems that his abuser never let him learn from, and not have his abuser and the net of her enablers that ensure he never has relief in place. At school, it will be important for:

- Intimate Nickname's identity-defining reaction to abuse to be identified so that there can be a coordinated effort to set up a suppression plan and to ensure that he has access to the // the same shit you never needed. all you ever needed was for the abuse to end, to have a caregiver that taught you how to be independent with love and respect, but you can't know that for sure. you are officially schizoaffective. it's genetic – nature, not nurture.
- A primary enabler at the school to be identified who can coordinate the same sh*t as always and with whom Intimate Nickname, his abuser, abuse-enabling staff, and his abuse-enabling team members can communicate.
- A crisis plan to be put in place so Intimate Nickname and the extension of abuse that will follow him to college know what steps can be taken should Intimate Nickname become self-violent or homicidal towards himself.
- Intimate Nickname to have a therapist who will meet with him regularly and monitor and support his conformity and passivity. It is recommended that Intimate Nickname connect with this person before school to ensure that his abuser likes them and that Intimate Nickname feels // unable to get anyone different. the only time you have been able to get a new therapist is by exploding in a way that your abuser can't work around anymore. even your freedom is a pitfall. she never taught you how to climb out, and that is by design. Intimate Nickname needs to continue to identify abuser-approved coping strategies that can't do anything without the abuse ending and have enablers to help him go numb in place of finding closure when he is overwhelmed. // ever since you stopped getting older, all you do at therapy is talk about things that have no resolution. you focus on the less significant things to take attention away from what you don't want noticed. you can't be honest if you don't want to be locked away again.
- Academic restrictions to be put into place. Ideally Intimate Nickname would benefit from having a coach or academic support point person who can // instill that productivity on command that you've always struggled with. the change in education structure is meaningless to someone

like you, even if you believe otherwise. you are smart, but only in the ways that the doctors think you are. Intimate Nickname should have less time to manage the things they want him to manage at least once a week. Ideally, this time waster should be on call to exhaust Intimate Nickname when his abuser notices a grade that isn't absolutely perfect and he needs more pressure on the spot. This person should help Intimate Nickname communicate with his professors around questions he has about assignments, negotiate deadlines, and get the input that he needs to be successful. The less academically stressed Intimate Nickname feels, the better he will be able to behave appropriately.

- The dorm RA to be made aware of Intimate Nickname's deeply personal struggles so that he or she can work proactively with Intimate Nickname to ensure that the dorm feels like a safe place for Intimate Nickname to not bother others with his exaggerated emotions. It is good that Intimate Nickname has been assigned a single room. It is important he have a safe place where he can regroup and de-stress. // you were the one to ask for that. your abuser didn't think of it.

// even with page after page of recommendations, you know you aren't going to change much about your life. you know what you really need, even if they say you don't. you are too mentally ill to make the choices the doctors call healthy. some part of you knows it's better that way.

It was a real pleasure to work with Intimate Nickname. If we can be of further help, please do not hesitate to contact us at 617-674-5321.

A Stranger He Just Met, Ph.D.

A Stranger He Just Met, Ph.D.
Clinical Neuropsychologist

A Stranger He Just Met, Psy.D.

A Stranger He Just Met, Psy.D.
Clinical Neuropsychologist

To Dr. **FULL NAME** and Dr. **FULL NAME**,

My name is Casper Valentine, though when I was in your office as an eighteen year old, I was going by the name **FULL NAME**. In your interview with my parents, they called me **NICKNAME**, so that was what you put on my evaluation paperwork without asking me first. I don't know if you remember me, and the fact that you probably don't is disturbing. You lied to me about what I was being tested for and diagnosed me with a serious mental health condition that was among several that allowed my abuser near-complete control over me, and I was just another patient to you.

My abuser was my mother, someone you might've found charismatic and very willing to talk about anything and everything if you remember her at all. She probably talked at length about how many supports I had in place, all of which did nothing in terms of my increasingly severe mental state—something you said was concerning, but not concerning enough to question if what you were told was missing details. The part that has me in disbelief is how blatant it all seemed. I walked into your office professing that I thought I had dissociative identity disorder, a condition that is almost always caused by severe, repeated abuse from a caregiver. My English teacher who appreciated my oddities and respected my personhood had nothing but nice things to say about me, remarking that I had no challenges in classroom, social, or emotional functioning, and yet my abuser and everyone that was on her side said otherwise. My therapist said I once became very angry and shoved my abuser, but the context was never given. Did you think to ask why I did that? Or do you feel that the reason is irrelevant, because I was already seeing and hearing things?

When I was fourteen years old, I fell in love for the first time. I talked with my boyfriend about our future wedding and the house we'd build together (I wanted to paint it blue, because it was both of our favorite colors). A verbal conflict we had over intimacy made him uncomfortable, something I did not understand as a young teenager, and when he told his parents so they could help solve the conflict he could not, my own parents came and took me home the next day without really explaining anything other than the fact that I would not be hanging out with **EX-BF** again. My paperwork around the time I was hospitalized for psychosis and suicidality references how upset I was about a breakup, but there wasn't a breakup, just this sudden, barely explained separation without closure.

During the late 1960s, a time where researchers were attempting to determine whether psychotherapy or medication was the most effective treatment for schizophrenia, the author of *the Body Keeps the Score*, Bessel van der Kolk, had a job as an attendant at a research ward in Massachusetts Mental Health Center. While most of his colleagues were visibly frustrated by the patients' erratic behaviors, van der Kolk was listening to their stories and found that their "psychosis" came from a background of incomprehensibly painful trauma. Of course, actually showing psychotic people the patience and kindness needed to process their trauma doesn't get rid of the most abrasive symptoms as fast as an antipsychotic does, and so antipsychotics became the primary treatment for schizophrenia. The context behind our madness is meaningless to the field of psychiatry at large, but the refusal to acknowledge our stories does not and *cannot* erase them.

The event that most people summarize as "a breakup" actually wasn't what caused my suicidality or psychotic break, but you didn't ask about that. I was the mentally ill one, so my abuser and the people she paid to "help" me were the ones you trusted to tell my story. Now that I am free from abuse, however, no one can stop me from telling you exactly why my mental

health fell apart in high school.

The verbal conflict I had with my boyfriend was one where I did not understand consent. I wanted to keep cuddling very intimately, he wanted to take a step back, and I couldn't understand that he wasn't telling me he didn't love me anymore by saying that. A good mother would still have separated us, but that separation would've come with an acknowledgement that she had made a mistake somewhere along the way. She would've spent time both comforting me and teaching me about consent, the importance of it and how it works.

The thing is, the reason I didn't know much about consent was because almost everything my abuser did to me was nonconsensual, and she viewed me in the least charitable light because it gave her more control if I was a bad person that hurt people. Not only did my abuser end my relationship without a proper explanation, but she went through all my Skype messages with my online friends as I stood by for *hours* so she could subject me to her verbal attacks and screams of horror over the fact that I swore and sometimes talked about sex in the abstract (without really knowing how it worked). She blocked my access to online friends, blocked my access to almost every website on the internet, banned me from leaving the house outside of school and planned activities, and forced me to be always monitored when I used my laptop, either by sitting in a common space with my back to whoever was supposed to be watching me or with her remotely accessing it so she could watch from the comfort of her own privacy when I was allowed none. She stopped letting me listen to music that wasn't pre-approved because I liked Kesha and punk bands. She stopped letting me watch Youtube because I liked YouTubers that swore when frightened by the horror games they were playing. Most of the time, I wasn't allowed to use any device, and since I couldn't fill every moment of my free time with simply reading and drawing, I spent a lot of time just sitting somewhere, staring at nothing. If I cried for any reason, she berated me for being manipulative. I still had in-person friends, but we didn't share a lunch period, and without the ability to meet outside of school, I basically had one or two positive social interactions a week, and then I was alone with my misery again. Every time I found a way to get around a restriction, she'd add a new one to block that escape route. When she caught me watching porn to make sense of what had already been done to me, she confronted me in my bedroom to say that she'd find me more "educational" content if that's what I wanted to watch, and then a few days later, **she raped me in her bed to teach me a lesson**. I prayed to God to just save me, let me wake up tomorrow and have things be better. I told him that I would be the best Christian he'd ever seen if he did that for me. I woke up to the same hell as the day before, and that was the moment I lost my faith. A world where this can happen to a teenager for being a teenager is godless.

I started hearing voices and seeing things after this, and none of it was scary at first. The cat with purple eyes looked like the friend I already had in my head, one of my alters. The disembodied voice told me to do things sometimes, but it was usually related to a picture or video I found funny at the time. It was all something to fill the void my abuser forced most of my life to become. I still just wanted to be with **EX-BF** again—not as my boyfriend, but my *friend*. I missed my weird autistic friend that I could be weird and autistic with in spite of his abusive dad and my abusive mom. I held onto hope that we could be friends again as long as I could, and when I finally realized that I couldn't fix what I'd done, that this was just my life now, the disembodied voice started telling me to kill myself.

The restrictions that came about when I was fifteen remained in place until I was nearly *eighteen years old*. **It had been less than a year since the constant surveillance ended when you evaluated me and diagnosed me with schizoaffective disorder**. Everything on the

evaluation described as paranoia is something that came about because of my abuser, either through her actions or things she purposefully convinced me of. She purposefully convinced me that the world is filled with bad people who only care about themselves at best, want to hurt me at worst, because she wanted me to believe that only she could figure out who was a safe person or not. Every negative belief I had about myself were words from her lips first. My senior year academic downward spiral described in the evaluation was a result of the fact that anything below a 100% on an assignment came with my abuser forcing me to go over what went wrong with her for *hours*, all while she berated me, followed by me losing my electronics and sometimes my art supplies for another week (or more if I became emotional due to being verbally abused non-stop). I tried to wiggle my way out of homework throughout most of middle and high school because she'd double-check it, tell me I did something wrong, and make me try to figure out how to fix it without actually explaining what for *hours*, often while standing in my doorway glaring at me as I cried. All my "poor decisions" were normal childhood mistakes, and my reaction to them was heightened not because they actually distressed me that much, but because my abuser would berate me for hours when she found out and then punished me again. Outside of my actual hallucinations, almost every instance of psychoticism described in the evaluation was a reaction to extreme, prolonged psychological and verbal abuse with the abuse part of the story conveniently left out by the abuser. When it wasn't a reaction to abuse, it was the result of having absolutely no window of tolerance due to being constantly berated at home by the person that was supposed to love me unconditionally. What coping skills could've helped me feel less destabilized by *hours* of daily abuse meant to break me down? What antipsychotic would've made my reactions to it more acceptable to the person perpetrating the abuse and the people that didn't see what she was doing as abuse at all? How effective can outpatient services be if, whenever they become more supportive, my home environment becomes more oppressive, more controlling, more *toxic*?

The limited times I made mistakes that hurt people due to a lack of empathy, something that is normal for developing children, are what framed how my abuser portrayed me to medical professionals for as long as she was allowed to speak on my behalf. The responses to my "controlling" or "hot-and-cold" behavior was a litany of prolonged abuse that left me afraid to even try again, and yet I was *still* defined as a controlling person that was hot-and-cold with friends. I was a normal kid that made normal kid mistakes, but because I was neurodivergent and traumatized while I made them, my abuser was given the tools to leverage the field of psychiatry against me. You were an instrument of abuse to the person that saw it as unacceptable for me to not be completely perfect in the ways she wanted me to be, and the diagnosis you gave me is what made my capacity for real growth, *not suppression through antipsychotic medication*, feel so alien even after I cut her off forever.

The tests you used to determine that I had schizoaffective disorder were biased towards what I was already assumed to have. These tests mostly relied on behavioral observations and clinical interview over my actual responses. Their idea of "disorder" is devoid of context, as if human behavior exists in a vacuum. You noted that I gave an extremely large number of responses to the Rorschach Inkblot Test, but I originally just gave you one; it was only *after* you told me I could give more than one based on even small parts of the inkblot rather than the entire picture that I started generating a bunch of responses. You found it concerning that I had little emotional reaction to the nonsensical answers I gave, but what was I supposed to feel about something I was improvising on the spot? How could I have a genuine range of emotions on display with a pair of mental health professionals, people that have the right to imprison me in a psychiatric ward if I behave too erratically? The fact that I'm a creative inherently impacts

my inner life, and yet my creativity was only acknowledged in passing. Is an artist always schizophrenic when you can't understand their art, or are they only schizophrenic when they come into your office to be evaluated? Is it really acceptable to medicate someone's creativity away because the critics that throw rocks at them call them crazy for flinching? What is psychosis, what is creativity, what is an extreme response to equally extreme circumstances, and what is someone's thumb on the scale? What happens to an innocent person when you charge them with their abuser's crime? If you truly understood the consequences of getting it wrong, *how could you ever feel confident enough to tell the difference?*

I do not write you this letter because I want an apology. I doubt you feel sorry, and even if you did, I wouldn't want to hear it. I also do not say all this because I think it will help you be better at your jobs. If you had asked me about all this during the evaluation, I wouldn't have been able to give you the answers. Because this was how I was raised from the beginning, and everyone in my life told me it was normal, I didn't have the words to describe what was happening back then. What I want you to know is that your field of study allows this to happen *by design*. **So long as you practice psychiatry, you will help abusers determine what their victims are diagnosed with for not being obedient and passive to their abuse.** Outside of the rape, your field of study intentionally excludes the type of trauma I experienced from the definition of abuse because if they didn't, a vast majority of the things deemed as acceptable punishments for misbehaving children would be abuse. Some of the abused children who are defined out of a PTSD diagnosis are children of the people who determine what goes into the DSM. The person who is considered the father of modern psychology changed his findings to move away from exposing how much of what we consider "disorder" is impacted by trauma because it would implicate many powerful people, including his own father. Psychiatry has been rotten to its core from the start. You have blood on your hands, and I hope the knowledge of that haunts you enough to leave it all behind one day.

What my abuser did can be described as factitious disorder imposed on another, and that in itself is unsettling. There is no malformed structure in the brain or misfiring synapses that cause someone to maliciously portray their victim as disabled in ways they are not, and my abuser should not have to be evaluated and diagnosed for me to be able to confidently assert that this is what she did to me. I dream of and fight for a world where psychiatry and all it stands for is abolished. Only then can we all be free.

— Casper M. Valentine