



Eve [REDACTED]

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**Hi**

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Eve [REDACTED]  
To: [REDACTED]

Tue, Mar 13, 2018 at 8:33 AM

Okay. Thanks so much for telling me that.

For what it's worth, I can explain where I was coming from...Franklin's done a lot of processing with me about his relationship with you, especially during the times we've visited you. A lot of my experience of you was connected to Franklin's pain. I didn't understand his relationship with you, or your decisions about him. But I did consider you responsible, mostly. I was fearful of talking with you directly about any of it, for fear of recreating any of the harmful dynamics you'd just left. So I just held it in, and you felt it leaking out. This is going to sound clichéd, but I didn't understand then what I understand now. So I'm sorry for holding you responsible, and for not looking for deeper context, and for the stress that caused you.

In a lot of ways, Franklin has made me a container for his negative or ambivalent feelings about his other partners, which has helped drive a wedge between me and the rest of the polycule. But that's a separate topic.

I also felt a lot of anxiety around navigating your boundaries, because it was really important for me to honour them, but also I had a really hard time figuring out where they were a lot of the time. So some of what you were picking up on was probably me just being on edge that I'd somehow overstep and hurt you. But I also feel like this may have been a secondary effect of the previous situation.

The thing I wanted to talk to you about doesn't involve your perspective on any external situation. It's about the subjective experience about being in a relationship with him. And...it might make you angry.

Also, trigger warning.

Franklin is gaslighting me. It's gone on for about a year. It was really bad last summer, then subsided for awhile, then came back. I've tried to talk to him about it, and either he'll say he believes me but make clear nonverbally and with subtle cues that he doesn't, or somehow flip the conversation around to make it about something I've done (when he told me how you felt around me, it was one of those conversations), and we never come back to the issue. On Sunday, [REDACTED] sat down with us and tried to explain it to him, because he said he wanted to understand, and he almost immediately started derailing/deflecting. She wouldn't let him, and kept trying to bring him back to the issue, which he found coercive, and finally he lost it and left. We spent most of the rest of the evening processing his feelings about the conversation.

I guess I finally knew how serious it was when I started trying to remember things from last summer and hitting static in my brain instead of clear memories--and I usually have a really good memory. One of the reasons [REDACTED] tried to talk to him is that when I would, I would become nonverbal--I would get a wave of nausea or breathlessness that would replace the words. I also haven't been able to sleep with him for a few days, because my heart starts racing when he comes to bed. Right now I'm staying at a friend's place for a few days, to get my head clear. I don't want to lose our relationship, but for the first time, I'm actually more afraid to go home right now than I am of losing him.

I think that this is something specific to nesting partners for him, which is why I didn't see it before, and why I didn't understand so much of [REDACTED]'s behaviour (I think he was, maybe is, doing it to her, too, and probably to [REDACTED]. I don't know about you.) So I thought maybe you've seen it, or even experienced it, or would be able to recognize what I'm experiencing. I have friends who see what's happening and believe me, but I think it would be different to have some reflection from someone who's been connected to him.

I can give more context if you want it, but first I want to make sure it's a topic that's ok for us to talk about. I do realize it could be triggering.

Thanks for listening,

Eve

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