



Eve [REDACTED]

an update

[REDACTED]
To: Eve [REDACTED]

Mon, Apr 9, 2018 at 2:14 PM

So I'm trying to install some things and I just wanted to share some thoughts I've been chewing on all day.

I just have been imagining - what if F had been in the kind of emotional pain that you were in at the wedding? What if he had not felt safe? I mean, it is easy to imagine, because I have seen that situation, and basically all of his partners drop what they are doing and rush to support and comfort him and address the problem. And I just want to point out that it's a lot easier to not need that support when you know it is always available to you.

But more than that, I want to reflect on how differently we interpret people's behaviors relative to whether they are the center of the story or a supporting cast member. If F feels pain, it is a real thing with a real cause and a real solution. If one of his partner's feels pain, then that pain is judged relative to how it affects him. If it does not affect him, then it may be considered real and addressable. To the extent that it negatively affects him though, that pain is interpreted anywhere from self induced (anxiety, depression, irrationality) to downright villainous (jealousy, manipulation, control). And I think what makes this particularly devastating is that the entire supporting cast engages in enforcing this interpretation. And what's interesting to me, is that everyone who is part of the supporting cast has this bent lens through which their own experience of reality is interpreted that has everything to do with the central character, who in this case is F, and almost nothing to do with the real thing that they are experiencing.

I really started to put this together, because I decided, after a great deal of thought, that I needed to go ahead and explicitly put down a boundary. I sent an e-mail to [REDACTED], [REDACTED], and F yesterday morning and explicitly stated that I did not consider myself to be Franklin's partner (and had not for many years), that it was important that I not longer be considered a part of his network. I also specifically requested that Franklin not contact me.

I got a response from [REDACTED], which was very respectful of my boundary, and then I got an e-mail from [REDACTED] 1) stating her own experience and questioning the validity of my boundary (basically saying that Franklin doesn't consider me a romantic partner, so why am I saying this?) and 2) implying that you are poisoning me against him and against them.

So, it's fascinating to me that her reflex was to question my perception of reality - especially after what she and I have been through. I think it's interesting how she interpreted my boundary as an attack, instead of an act of self protection, which means that my actions were very specifically interpreted in reference to their effect on F, and not at all centered on my own experience (regardless of whether she understood it). And I think it's fascinating how she, reflexively gaslighted me (and indirectly, you) when he was threatened.

The central cast has a lot to lose by changing the frame of reality. But I feel that if all of the supporting cast in the world could at least stop gas-lighting each other, we could do a lot to fix the state of the world.

I hope your day is going well,
[REDACTED]
