



Eve [REDACTED]

an update

Amber [REDACTED]
To: Eve [REDACTED]

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Ugh, I'm so sorry. For what it's worth, even when Amy has been 'on my side,' I have never felt understood by her, and her writings on the topic have seemed incredibly toxic to me. This has been a big enough problem over the past few years, that I would not consider us friends anymore, only 'strained acquaintances.' My distance from her and from F is about me re-evaluating what friendship and family is supposed to look like - because I definitely came to the point where I started to wonder if no friends might be better.

And I will say, getting some distance from them, one thing I've realized is that this vortex of stress and hurt and lack of understanding and weird 'performative' intimacy (I like this way of putting things), just doesn't exist in my life elsewhere. It's just completely local to that network. The regular stress and processing and confusion and hurt that I experience when I am close to the network (hence why I have not been close to the network in years), just completely goes away when I get distance.

So, I guess what I'm saying is that, once you have distance from her and from F, you may find that you never have to deal with this kind of stress again. So, that's something to look forward to :).

Just another thought - thinking about my past situation as abuse didn't actually help all that much, but understanding that the situation arose from codified gender inequality has helped me a lot. Because understanding it as abuse and maintaining that it was abuse, requires suppressing my empathic response. But instead, coming to a belief that it is not OK for men to use women's labor, to drain women, to neglect them to further their lives, and to manipulate them (reflexively, consciously or unconsciously) to protect the structures that allow them to do that. Like, it's not OK. I believe this, and this is not the dominant view, and this is why sometimes my reality can be so at odds with other people. And I think being firm in this has been more important to me than establishing that the situation was abusive. It also helps me understand why the trauma was so bad, because the violence was both local and structural. And it also helps me understand that my experience can never ever be witnessed by people who do not believe the same things that I do about reality.

Hopefully that makes some sense.

It's really really hard to be publicly misrepresented. It's AWFUL. I don't think anything really helps but time, and building new healthy relationships. And you might have to visit their feeds a few more times before you really convince yourself that there is nothing there for you. But it's really going to suck every time, even when there's nothing bad in the feed, it will still hurt you.

Amber [REDACTED]