

January 2023

-When was the last time I felt like life was worth living, even temporarily? Maybe the current level of brain Herxing (and for last several years) makes it impossible. I have never felt anywhere near as good as in 2016.

-I need to feel like he (a real life male she liked at grad school) is never going to leave (security). Being with him in a class did not give me that because it was a forced interaction.

-I need to feel like I have a life. (Am more disabled currently, haven't been able to draw for months, can't enjoy music the majority of the time)

-I need CONSTANT input of good rewarding feelings (e.g. her classmate) especially when the mental pain/misery is worse. In between, I am surviving at best. This is how I used the first Husbando (70s rock star)-- constant fantasizing pervading every aspect of my life.

-I am particularly discouraged (worse since I got here) because I am so sick I can't even be around John (named changed) or anyone else in order to get fix - it's too painful and hard and I get so much worse afterwards.

-I haven't had a chance to draw in many months (except the one time). The few drawings I did get to make - the ones I liked - I do genuinely feel like they are worth something to me, unlike most things I do/experience. Jim pics (classmate name changed) and husbando #1 pics obviously.

-Need novelty. I feel like the novelty of life declines as I get older. (Increased a lot with Husbando #1.)

-When brain Herxing gets this bad, it is neurologically impossible for me to feel like life is worth living/is going to be OK, nor to experience or even remember any positive emotion, so I need to believe intellectually that life will be OK (which I don't).

-I can't go ANYWHERE because of the hunger.

-Worst possible combination. Many layers of horribleness that exacerbate each other: First Bart + Bab; Then attachment disorder; Then Bab treatment (with high steroid doses to tolerate it) makes me ugly so I can't get anyone to fix attachment disorder, AND because I have Bab I cannot make up for it by putting more effort into other things (makeup/clothing, learning to cook, pursuing people, dieting, exercising, etc.) Nobody would survive.

-Platitudes only make things worse and makes me feel like people are lying to me and ignoring my problem

-Other person in thread (about female attractiveness and relationships) seconded that going from below average to kinda average made a shocking difference in how she gets treated.

-People either give platitudes or are tell me im not ugly. BOTH JUST MAKES THINGS WORSE BECAUSE LYING/DISHONESTY NEVER HELPS.

-NORMAL LOOKING WOMEN HAVE NO IDEA HOW MUCH PRIVILEGE THEY HAVE.

-Wanted to explode with anger, almost screamed multiple times, hit the wall.

-"Ugly women don't even exist, nobody writes stories or songs about them or casts them in movies; ugly men do"

-OTHER PEOPLE NEVER HAVE TO REALIZE WHAT SHIT THE HUMAN SPECIES IS AND HOW STUPID IT IS. I DID, AND NOW I CAN NEVER UNSEE IT.

-ALMOST EVERYBODY I KNOW IS A FUCKING MORON.

-Ugly girl said she told a guy she liked him and he still hates her for it to this day. Was disgusted