

stigma-part-06

00:00:01 speaker\_01: Oh, and so, um as I've narrated multiple times in, in multiple forms uh video, audio text, what happens um is um in, in November of 17, I tell my friend at work named Tunny that um uh that there are people back home who hate me and some of them are probably on my Facebook. Now, Tunny doesn't know what to think of this. Uh She sha what do you mean they hate you? Ok. This has got her kind of um she's not understanding this and I can't remember what I said.

00:00:38 speaker\_01: And then she said, I didn't know you had a Facebook and she said I, I can look you up, right? And I told her when my privacy settings were maxed out, um you might not be able to find me. Um And that was the end of that conversation, but you know, she was, she was, she was um you know, she was going to look me up at, at the end of this now, now that within seems like it was actually within um a few days that I on November 30th 2017, Jenny and I and me and Jenny have become good.

00:01:16 speaker\_01: Friends and Jenny and I are talking on a text message on my iphone and Jenny wants to send me a picture and for some reason she wants to send it, um, on my, um, to me via Facebook. The thing is, is I guarded everything, any, any, any potential access that people had of these people in the mountains. Um, I, I guarded, um, um, um, you know, I, I watched over very carefully. I've been somewhat disarmed because I, I don't whim or mostly on a whim, I'd let, um, the people at Bank of America on to, to my Facebook, you know, friends at Bank of America and things seemed to be, be kind of fine with them.

00:01:52 speaker\_01: But I decided after that, like I'm not letting anybody else in Charlotte, I on to my Facebook. Um because, you know, without a doubt, um You know, there are people on there that spread this garbage about me. Um And I didn't put it past them at all. As a matter of fact, I count near certainty that these, these people, um um you know, would end up um uh eventually, um, or at least, well, not near certain, but, but I, I was very open to the possibility.

00:02:13 speaker\_01: These people see me talking to people on Facebook, I see somebody commenting on my post and they go and, and, and message them, send them a message to spread this shit about me and then it gets all over Charlotte. Um, but I, you know, I watch everything. I watch everything close and that's why my private set were maxed out. And the only, um, the only, um uh person that was on my public facing pro Facebook profile that was visible was a girl named Abbey Abbey Best who would like my cover photo, everything else on my post and photos, anything that had a, like a comment was all hidden from the public.

00:02:57 speaker\_01: And so, you know, Abbey's the one somebody goes on my Facebook. Um You know, that's all they're gonna see. And if they get curious about me, that's who they're gonna talk to. Um, but, um, I, you know, I, I felt a little uneasy about this about giving Jenny on Facebook for the most part. I might, I trusted Jenny or, or I made an effort to trust Jenny. Uh, you know, it's kind of, um, um, I don't know how to say it, but, um, you know, I've been accused in the past of not trusting people enough.

00:03:27 speaker\_01: And so Jenny seemed trustworthy. I was kind of laid back with her and it may have been also probably was a component where it's like I'm forcing myself to trust her because she and I were great friends. And so she sends me a photo and we'll go back. Um So what happens? She's trying

to find me, she can't find me. And so I, I turn off the setting or I turn on the setting where she can look me up by phone number. Now, um, this I'm setting where she can look me up my phone number.

00:04:04 speaker\_01: Um, it doesn't work. She, she can't find me. She types in my number. She can't find me. So I end up finding her and sending her a message so that she can send me, um, uh, of my, I might have sent her a link of what did I do? Yeah, I sent her a message or something, whatever it was. I found her. She didn't find me and she sends me this photo of her friend. She want to send me a photo of her friend.

00:04:25 speaker\_01: OK? And then now I'm immediately following this. OK? And the next week that I come to work, um I go um I go to talk to Tunny and we work toy desk for some reason. I can't remember what it was and Tony doesn't want to talk to me. I think it was the same day actually and actually might have actually been that this was the day that Tunny was having her going away um party uh for work. OK? Because I tell you what happens in general is tunny starts to treat me like I have a disease.

00:04:57 speaker\_01: OK? She starts having the, the same reactions to me that I'm fine tuned to recognize. Um I go from being her big, her protective older brother that she's in awe of. And that she adores of being this person who has a disease that yet that's how she acts and, and, and part of this process very early on, it might have been the first time that I noticed this. Um she has, she is, she's going to another role within Wells Fargo. She's leaving our department that she's worked with.

00:05:20 speaker\_01: She's worked with me for, for four years doing this and she's leaving her, depart our department to go to another place in Wells Fargo. So we have her going the white party um at this Asian restaurant. Um And when we're at this restaurant, um you like, like, like, you know, everybody gets there, you know, I'll drive individually and she's avoiding me. And um she, she likes sits way far away from me and when I talk to her, she me there. There's one time I say, Tony, congratulations.

00:05:52 speaker\_01: And she just looks at me and gives me like a blank, dismissive stare and then it turns her head and then, and then turn her head back away from me. Um And, and, and as she's doing it, she's acting just the same that she does with everyone else. Um You know, so, so there's a guy named Todd that works with us. She's being real friendly with Todd. She's been real friendly with everyone, but she's going 100 and 80 degrees on me. Um And then we get back to work.

00:06:23 speaker\_01: This is either that day or one of the following days. This all happens very fast. I don't want to say it wasn't the same day, but I have all these people that are assigned to me, um, that I send them out work and they're required to complete the work that I send them. Uh, this was to keep me from, to keep the overtime down. They split my work up between a lot of people and I'm the one that knows all about my work. So I manage everything.

00:06:45 speaker\_01: I'm the one that dishes out the work and divides it between all the people that I'm helping. Um, and I would ask people how much they could take, um, every day and how many items can you take? Um, and, and again, this is part management had imposed it on them, uh, that they, you know, they're required to complete this work when I sent it out to them. Uh, you know, but I would get a gau on how much they could take.

00:07:05 speaker\_01: Um, you know, if we ended up with a shortfall that we didn't have enough people. I get, I get with management. Uh, well, actually I don't think that that would very, very rarely happen. Ok. That generally it was just me and whoever helps me, who has been assigned to, to, to help me

would be the general thing if I remember, you know, it was most, most often. Um, um, and so I, I go to this guy, I'm Ryan named Ryan, a coworker of mine named Ryan.

00:07:34 speaker\_01: And he um I said, how much can you take today? He says I'm busy. OK, like really, really disrespectful uh really um um you know, like he's asserting so I'm busy. OK. That's all he says. Um And he's like this dismissive attitude. Um And this is incredibly idis respectful. Um And it's a complete 180 degree change in the way that he acts. Ok? Because again, before it's like I'm deferred to um people um listen to me of what I say goes. Um And again that I didn't have managerial authority, but people would defer to me anyways.

00:08:11 speaker\_01: Um And also people with managerial authority, um had told these people that they have to, to help me with my work. If they've got their own work, they've got to send their own work away. Ok? So it's like I'm being dismissed, I'm disregarded and I recognize this attitude um immediately, um and I started to see this um broader within my workplace. Um Ryan's girlfriend named Dora uh starts having an attitude towards me that again, these behaviors, I've seen them so much. I think I, I've, I've, I've experienced them so much.

00:08:44 speaker\_01: Um I, I've watched my life melt, I in the mountains. Um you know, as people, one person after the other, as I call, it goes cold on me, it's like I recognize this from a million miles away. I know that they talked to somebody in the mountains and I suspect, I mean, it's abbey. Ok. But this is traumatic to me when this happens because it's like, um, and, yeah, by the way, management also, management starts to have this attitude towards me where I'm taken lightly where I'm treated with disrespect.

00:09:11 speaker\_01: And, um, um, and so, um, you know, it's like I'm immediately traumatized and, and part of it is, is, it is like, um, my, my whole workplace and I instantaneously mutated into the hell that I left. OK? And this hell that I left back in the mountains, this conversation made me want to die. OK. So I start to lose it. OK? Not visibly, you know, actually, if you go back Ryan after he says this, um it's like, it, it destroys me when he says this.

00:09:43 speaker\_01: Like I'm being horrified and he somehow sensed this because immediately after he says that I just walk away from his desk and, you know, and I go and sit in my chair and he imms me telling me that he can take eight items and he says, thanks with an exclamation point. OK? Um It's like, um he, he's, he knows that, that, that, that he, I'm in distress, he can tell somehow which I was horrified. But, but again, I lose it and when I say lose it, not OK, it's not visibly apparent that I start to grapple with reality, but it's like I start to be petrified of, uh you know, they, they've talked to these people in the mountains and this shit has got up here and what I didn't want to happen has happened and at the same time, it's like I can't cope with the reality.

00:10:28 speaker\_01: I'm willing to deny the reality. Um And the first thing that I want to do when this happens because this all happens very suddenly. It seems, it does seem like it was the same day and it all this went down with Chy as you know, with her going away party and she shocked me and treating me like I have a disease. I then being disrespected by Ryan and other people and management. It's like as soon as I get home, what I want to do is I want to check my Facebook, um, because I, I'm worried that I've left open the setting where, um, um, somebody can, can search me by phone because I'm thinking that Tony is the one that's talked to someone.

00:11:06 speaker\_01: Ok. Now this, well, I, I'll go and finish saying that I'm thinking that Tony has talk to someone. And what I'm worried about is, oh, no, I've sent Jenny that Jenny sent me that photo on that night and I opened up the setting where you can give me my phone number and I forgot to turn that off and Tony has found me and Tony's talked to Abbey. I very, very, very much suspect that Tony has talked to Abbey. Yeah, I get home and damn right there.

00:11:32 speaker\_01: It is. I'm gonna look at my Facebook. I've left that setting open. So I'm thinking that Tony has talked to Abby and Abbey also as of about the past 3 to 6 months. I as the time as the time and question had also went cold on me. She had started to treat me with disrespect. She stopped listening, responding to my messages. I would send her messages for, it's like prepared three or six months and I would send Abbey a messages sporadically. If she thought the world of me, then she turns on me.

00:11:59 speaker\_01: Ok. Um About 3 to 6 months before this happens. Um And my messages don't get a response and Abbey ignores me. But after I find this, that, that my phone number has been left open, I think she's talked to Tunny. I sent Abbey a message and I say, hey, Abbey, have you talked to anybody about me lately? Ok. And she responds instantly. It, it's like it takes her less than about three seconds to respond to me. It's like almost as fast as I, as I said, that she is responding to me.

00:12:30 speaker\_01: Um And I closed down that Facebook account because now it's like people are talking to people. I've got, I've got to get rid of this. So I closed down that Facebook account. I shut it down, you know, deactivated it. So that Facebook account is dead and Abbey was on that Facebook account. I started a new Facebook account and Abbey is stalking me on my new Facebook account. Soon as soon as I started, she's sending me a friend request. It's like she's stalking the crime scene.

00:12:53 speaker\_01: She knows that she has done something wrong. This is obviously very suspect. Um, and my, I continued to be traumatized. Um, and, you know, as, as for the next several days after I talk to a about this, you know, because her behavior is suspect as hell. But it's like I'm having trouble coping with reality. And I, I want to like, I want to keep testing the waters and see, see what's going on with the situation. And so I want to see how people treat me and, and at one point, um, because Abbey, the way that she acted was making me suspicious.

00:13:29 speaker\_01: I deleted our, our conversation history up to that point. Ok, I deleted the part where she's like, I'm, I responding to me and, and, and she gives me all these nonsense explanations too, by the way, she says that she doesn't talk to anybody that she has no friends and, and weird stuff like this. It makes no sense that she is saying. But, um, she, um, you know, I'm all that suspect and it's making me think these people have talked to someone and I want to get this out of my mind.

00:13:59 speaker\_01: Um, and so I delete that history so that I don't see that when I go to my phone because I'm trying to make this reality. Um, go away. Um, and, um, I started to be treated the exact same way. Ok. The to, um, uh, starts to do this thing like I'm, I'm, I'm messaging Tony, I'm asking her stuff. Um, I can't remember what it was. I was asking her about, she's talked to somebody or I think somebody's talk, I can't remember what it was.

00:14:26 speaker\_01: Um But as I'm talking to Tunny about what I was talking to her about, um I mentioned something about um some projects that started. I, I think it might be that I was um I, I forget what it was. And Tunny says where you're so good at learning, you should be able to do that whatever it

was that I was talking about. Now what she's doing here. Um She, she, she's got this hesitancy to give me any credibility to, to, to, to, to, to attest to my competence or my value or my worth as a human being.

00:15:03 speaker\_01: She's not gonna say you're so smart. Um She hedges her bets and kind of this discounts says I, you're so good. I'm not learning. Ok. Um And, and at one point, I also I asked Tony, um you know, did you find me on Facebook? And she starts dismissing me? She said, well, you're on my linkedin, aren't you? You're on my linkedin, you're on my linkedin, don't worry about Facebook. Like she wants to avoid me. She doesn't want to be seen with me.

00:15:27 speaker\_01: She acts like that. I have a disease. And remember before this, um, to, was wanting to, um, uh, to, to, to, to, um, thought that she was going to look me up on Facebook. She wanted to be my friend and all of a sudden now she's avoided me. Like I've, I've got a disease and I continue to be in denial about this. Um I talked to Jennys on the phone um during the same time period when all this is going down.

00:15:50 speaker\_01: Um And it's like obvious that Jenny when I'm talking to Jenny, um you know, certain things that I talk about, like I self-consciously start talking about some of the things that um I left behind um in terms of uh not having relationships and stuff like this. I mean, it's like Jenny's clearly already heard this before. I think that Tunny's told Jenny's like, I'm horrified and the day that the, the, when it break, ok, when it's like I can't take it anymore. Um It's about a week, 10 days or so into this process.

00:16:17 speaker\_01: Um After it's after about a week to 10 days after Tunny goes cold on me that I message Katy who had left Wells Fargo and me and her been friends texting on the phone outside of work. Um And Katy has got this disparaging, disrespectful um dismissive attitude towards me and it's like I am freaking surrounded, it's not just in my life at work. Um It's everywhere that I go. OK? Um And there are all people, you know, there was a girl named Nikita, she was acting different.

00:16:51 speaker\_01: Um You know, and it's like this is the last straw I cannot take this. Um And so um I call a Jennys um uh that the, that night after Katy does that, that night, that Katy does that and Katy does it during the day. I call Jenny at night. And, um, that's when I have this, this, this phone call that I've described so many times, uh, where it's like I'm breaking down, um, into horrible, horrible, horrible, um, tears.

00:17:18 speaker\_01: Um, and I want, um, uh, uh, to, I want Jenny to tell me what, you know, what Tony has said and what, you know, what toy, um, has, um, who she's talked to. I want her to talk to and she refuses to do it.