

00:04:10 speaker\_01: Um, I'm let out about November 8th or so in 1999 that's on there for 7072 days. And, um, you know, turned 19, I'm in the hospital and before I went to the hospital, um, there are all these girls that I worked with at the restaurant and also girls. Um, um, in the, in the, in the shopping area there in the, in the strip mall that we worked at all these girls that really like me and the these guys that worked at the restaurant with me were trying to get all these girls and I was screwing up their plans massively.

00:04:42 speaker\_01: Um, and it pissed them off. Uh, you know, the girls wouldn't be interested in them. They would like me. They would, you have these girls kind of me by me. Um And so, um, when I get out of the hospital, they eventually at the restaurant that I work at, uh, they hire this new girl named Megan who was a very, very, very unattractive girl about 19 years old and she has a, um, a very feminine, um, overly feminine, very, extremely charming personality.

00:05:13 speaker\_01: Um, uh, you know that she, she, she's the kind of girl that really, um, really attracts some guys. I really, you know, really, um, uh, you know, really, like when she worked at the, at the counter up there taking people's orders, she had a tip jar. They want to surprise me if one of the guys, you know, of the male customers, I would put their, their keys in that tip jar one day. Um, the way they were and I over her and tipping her and um, stuff like this.

00:05:37 speaker\_01: But um one of these guys at the restaurant named Kevin, uh he's, he's, he, he's, he's going to go for this girl. Ok. He decides, and he organizes this scam with a coworker named Danny where they're gonna uh co-operate in a scam of where the goal is for Kevin to, to get this girl back and basically get her to have sex with him. And um uh Danny's role was the confidant. He, he got real close with Megan and became her confidant and everything that she quote unquote confides in him, goes straight to Kevin for Kevin to use I in the scam that they're running.

00:06:09 speaker\_01: And um this time they had a learning curve. They know what's gonna happen. They know that I want to scrip their plants. Goddam. It was that OK? So something, something fell on my foot. I've got all kinds of stuff on the floor here and I think a bottle turned over and hit my foot and I thought it was some kind of um you had snakes in here in the past several months. Um can't freak me out. Um But um, so they've learned so what they do if they tell her I'm a bunch of garbage um about me and my mental and the reason I went to this hospital and make me out to be like Hannibal Lecter, there was such a stigma associated with this hospital um um and associated with mental illness at that time.

00:06:54 speaker\_01: Um that, you know, that this is, this is stuff and people they, they tell them the stuff they'll believe it's and that was the first time that happened. Um And again, I was probably, you know, 20 years old or so when they, when they started this, you know, it's like Megan comes there to work and they know, uh you know, they, they, they, they, they preempt me from screwing up their plans by turning her completely um against me. Um And um uh this, this stigmatization continued.

00:07:27 speaker\_01: I was at the restaurant and I was, I was very, I'm naive um in that I would talk about my mental health history stuff and I would also be self diagnosing myself as a psychopath at one point I was doing because I had this mental health of hypochondria. Um but I would be diagnosing myself and talking about this in front of people and all the guys at the restaurant told me, uh you know, when this, this stuff like I think I'm a psychopath and stuff. I was self diagnosing myself.

00:07:55 speaker\_01: They would all tell me. Um, you know, you're crazy. Why do you think that you're, you're not like that? You, you're nothing close. It's like you're, you're, you're a nice guy. You care about people. Uh You know, all the stuff that you're describing about yourself that you think adds up to this is just normal human qualities that everybody have. They would like endlessly, you know, tell me that I'm wrong, but I would notice that when girls are around. So, so say I, you know, at the restaurant and it's not busy and when it's not busy, a lot of times in the, uh me and the cooks and, and whoever else I would go in the game room and play games of pool.

00:08:28 speaker\_01: And so maybe it's like me and the cooks and, you know, some of the cooks are out there playing a game of pool and, and some pretty girl come in, you know, pretty women, their customers. Um, they would start encouraging me in, in subtle and not so subtle ways to talk about this. Um, and I was kind of dumb, well, part of it was kind of dumb to figure out what they're doing, uh, or to, well, I knew what they were doing, but I just didn't care.

00:08:52 speaker\_01: I didn't realize that the way that, that, that, that, that this was causing people to look at me and I also had a trait that was, that II, I largely didn't care what people thought of me. I kind of a natural personality trait though that I had for a long time and then I still kind of have, um, like the others or people's opinions of me. I, I'm not really I'm concerned with, although I am very concerned and, you know, with the way that I'm treated, you know, like to be treated like I'm important.

00:09:18 speaker\_01: Um But um, you know, II I don't care about care what people think of me, you know, and eventually in life, I figure out that, hey, what people think of you can have a material impact on your quality, on the circumstances of your life. So you ii I started to, to, to, to be more conscious of how come across to people and to try to um not let people get off in LA la land and their perceptions about me. Um But, you know, they, they knew it was garbage but they would tell people this stuff, they would tell it behind my back.

00:10:14 speaker\_01: Um, but they don't, they don't, you know, the people that telling to always realize that they are joking. And uh there was this police officer named Derek Roberts who would deliberately spread crap about me and it was like, I was kind of like, like bullied me and picked on me related to my mental health history. And um and so, um you know, um that, that happened at the restaurants and then at the pool hall, I had this guy at the pool hall who had it out for me, he owned the pool hall and he would get people I started on this too, like he would deliberately shape people's opinions of me.

00:10:46 speaker\_01: Um And his ammo there, his main ammo was my, my, you know, that I've been to this mental hospital that has such a um um um a stigma, you know, a stigma associated with it and has such misperceptions. And then again, it's a hospital. OK. So you go in there, it's patients and rooms and a ping pong table and a TV. But the people in the mountains literally, they think it's a place where people change the wall. It's like you go in there and it's like you stay to the right hand, like just on the left.

00:11:12 speaker\_01: That that's how people in the mountains and saw it and I'll even overhear him saying this to people sometimes like he's been to a mental institution. His other mo was the fact that I didn't drive because I had trouble driving. I didn't, you know, it's a real hard thing for me to learn to drive. And in the longest time I didn't have my own car and this is up in my early twenties, you know, 21 22 23 I finally get my license at 24. Um But this will cause people to look down on you.

00:11:36 speaker\_01: Um And what goes on with this guy is he's intensely narcissistic uh for one. And as part of that, um he feels threatened by me because I'm talented and I worked very hard and everything that I do, like I'm working hard to make it in life. And of course, he feels threatened by me. So he's always describing me. He's always discounting my, my accomplishments, always discounting my qualities, always discounting my talents to everyone that comes from the pool hall. Um And so as I keep trying, it's like there's more and more and more of a threat that people are going to see through the stuff that he says, the other thing he has is is that I'm I'm eyed in his mind, at least I had wounded, I'm his self.

00:12:13 speaker\_01: I and I had wounded his image in the eyes of others and he had like a burning, irrational, passionate, i, hatred of me. Like, like, no, no, there's no sanity behind it whatsoever completely. I'm excessive. Um, but, um, he, and of course this guy, he's very, very, very skilled at playing games with people, very, very skilled at, um, being deceptive without being overtly deceptive that he comes across as a very respectable business person. Um, and that's in a large way and a large, to a large degree.

00:12:46 speaker\_01: He is a respectable, um, you know, business person. Um, you know, he, he, he's not all bad, he doesn't cheat people. Uh, you know, he gives people, you know, the stuff of his pool wall is very, fairly unpriced, actually underpriced and he, he does good stuff, uh, for people but underneath it all that there is this deeply n, um, man, um, and he's nowhere near as trustworthy as he comes across to be. He's nowhere near as authentic as he comes across.

00:13:16 speaker\_01: He's particularly, he's nowhere near not remotely a million miles, um, as close to being unbiased as in regards to me as it relates to me and when he's talking about me, um, and so, um, I'll get into the behaviors and the attitudes in the next, um, audio.

## stigma-part-02

00:00:00 speaker\_01: OK. So I want to start um with um uh the attitudes, the, the common themes of the attitudes and the, that, that um that people had to me as a result of this stigmatization. OK. Uh The first um um theme of the attitudes that people had um is fear and misunderstanding. OK. Uh The, the, that people perceive me, like, like, like I'm, I might be a dangerous person because I have a history of um you know, of, of history for treatment of mental health, mental illness or quote unquote, I've been to a quote-unquote mental institution and misunderstanding uh where they didn't understand me um at all.

00:00:49 speaker\_01: Um And that their perceptions of me uh were um dramatically um off um relative to reality. Um And that was um the misunderstanding of component was extreme. Uh The fear component was much, much less a component for most people. Um And then um um the, the, the second um is, is, is, is people have a perceived superiority um that um the, the way that they act to me around me, the way that they talk to me um is the way that you talk to someone um, when it's like, um, um, um, you know, it's, it's like, um, well, it's how, you know, the people talk to me.

00:01:39 speaker\_01: I, as if they're better than me. Ok, I, it, it's like, because of my history of all this and all the perceptions they have of me. Um, you know, the, there's, there's, there's never any kind of social interaction or any kind of, um, anything that happens that would justify them believing they're superior to me. It's like an automatic reaction. Uh They think they're superior to me. Um And that was a very, very strong um elements um of uh of the, of the attitudes that were directed at me.

00:02:08 speaker\_01: Um And you know, the, the resulting behaviors. Um and then um this is a major one, dehumanization and objectification. Um And um um I, I was treated as an object of storm. Um There would sometimes be a patronizing pity. Uh And I was also treated as, as someone um curiosity. Ok. Well, like I've got a mental health history and this makes me some kind of circus freak that people want to ask me questions. Um You know, so, so people would ask me that the most of it ridiculous boundary crossing questions.

00:02:54 speaker\_01: That was another element of, you know, of this general theme of disrespect um as people treated me as if I have, I know boundaries, the things that they will never ask of anyone else. Um You know, that they would ask extraordinarily intrusive um um questions. Um And so, um I have to give an example of this kind of um of the kind of stuff that the people would do is you would have um like um Derek Derek, the police officer I told you about he was, he was bad for, for doing stuff like this where he asked me about my illusions and um um iii I forget, but um I, I guess, I guess these people get the picture when I describe this.

00:03:34 speaker\_01: It's like, I'm, I'm, I'm out of curiosity. Um I have, I have no, um I, I'm not important, I'm not to be taken seriously. Um I'm just like this thing. Uh you know, like, like this, you know, circus freak of curiosity, uh uh you know, so people, people can learn all about me and um they would, you know, talk about different, different um things and this attitude of storm. And I got this um a lot.

00:04:06 speaker\_01: Um and um you know, the, the dehumanization and the um objectification were huge parts of this and there's also related to, to this moral superiority. Um Now let me go to the behavior, OK? I have the common themes of the behaviors that were directed at me. Um One of his devaluation, inferiority, OK. And this, this relates to the attitude that the general attitude of being a

superior. Um And as I'm treated as I'm inferior, less capable and less worthy of respect and consideration.

00:04:52 speaker\_01: Um And I would be dealt with disres disrespect, contempt and assumptions of incompetence. Ok. So, so people would talk to me as if I'm extremely, I'm stupid, you know, that they were to explain stuff to me. Like I would have having conversations with people for instance, like, um I remember one time I was in my early, um or um mid-twenties might be my early twenties. But what, what is an example? Um, is, is this guy, I, I was talking to him about, um, some, some kind of rock climbing sports and I asked because he was into this and I asked if the people make a lot of money.

00:05:34 speaker\_01: He says, well, no, people, people don't make that much money that, you know, there's, there's not, you know, the competitions don't pay that much and, you know, people, people, people get, get paid through sponsorships and he's like a sponsorship. What that is, is, that's where, um, you know, some athletics company, you know, or some company pays you, uh, uh, to endorse their brand. Ok. Again, I'm in early twenties.

00:05:56 speaker\_01: Um, you know, I know what a sponsorship is. I'm not sure if I ever known anyone in the early twenties that doesn't know what a sponsorship is. Um, and different things of, you know, a little like, like this. Um, um, you know, they, they would treat me, um, um, you know, like I'm like, I'm stupid. Um, although, um, that, that particular elements that this treat me like I was a stupid, it would be more sporadic because it's a small town town and people knew me as being a very, very intelligent, you know, I was kind of widely known for that from being a small town from, you know, my years in school, I was intelligence and so, you know, people, um, yeah, I was characterized as a genius my whole life, um, in going to school and then after school, people characterized me the same way.

00:06:39 speaker\_01: And so, you know, people had heard the grapevine or they directly knew me. Um, they, they wouldn't, they wouldn't do that, but it did happen with strangers who had heard on this stuff. Um, and the, the, the, the way that I describe it is as much of the same as this, um, as I just said here about, you know, less worth of respect and consider the, the, the, the way. Um I've always said it is, I'm a person who is to be subtly disrespected, um, disregard, subtly disrespected and disregarded and whose needs or wishes do not matter.

00:07:15 speaker\_01: Ok. Um, and then, um, let's go to the next theme, um, is exclusion and isolation. And so this is where I would be socially rejected. Um, um, a lot of times in subtle ways or avoided avoidance was a big component. People would avoid me. Um, and, um, you know, all of these behaviors and their aggregates, you know, the, the one common theme among all of them. Um This is meant to show you that you're not important to them.

00:07:49 speaker\_01: OK? It's often in subtle ways. OK. Um And then, um I, I dealt with to some degree, um again, with fear and mistrust uh that people didn't trust me for me for no good reason too because I was extremely honest. Uh That was um a minor theme. Um And then another major theme was invalidation and dismissal. Um And this um is where I, I'm, you know, my, my um my experiences, my, my feelings, my identity, um my confidence, my everything is like I'm invalidated.

00:08:31 speaker\_01: OK. So, so, so um uh you know, they, they invalidate me as a human being, they invalidate my accomplishments, they invalidate my talents, uh They invalidate me um in one way, I'm after the other and also I'm dismissal. Ok. They just, just dismiss my feelings of my experience, um my

needs because my needs, I do not matter. And this is also often be in very subtle ways that, that this is most often other behaviors um that were directed at me.

00:09:02 speaker\_01: Um And the attitudes as well. Um We were not um blatant that they were, they were very, very um subtle. Um But I know what they mean of the person who's communicating to me that way, uh you know, acting that way towards me, they know what it means and the people around and they know what it mean too. OK. And then as a result of this, um you know, it's like I was, I was a marginalized uh person. Um and then, um and, and again, the validation and that was a huge component.

00:09:32 speaker\_01: Uh and then um patronization and overcompensation uh where people um uh would treat me um in patronizing ways, it ties back to, to the superiority and it would be like AAA patronizing that was under the guise of being kind. And you got to remember that, that I'm autistic. And so, and so I'm really slow to learn on social, social, on things. And so I'm not too hip to these manipulation tactics and these political moves that people do. And what happens is when people have like this exaggerated kindness to you, it's like they're talking to you like they're like you're helpless and it's very demeaning and insulting.

00:10:17 speaker\_01: But at the same time, it's, it's like they're, they're doing in a way that there's an overall thing like them, them being nice to you as part of it. It's, it's like it gets under your skin and it's really, really a really good way to take a shot at somebody, especially like me because I don't know how to act. OK. So if they blatantly disrespect me, I, I could talk back to them. OK? But, but they do these tactics and of course you've got to factor into that.

00:10:42 speaker\_01: I created an enormous opposition everywhere that I went because of my ambition, uh, because of, uh, you know, girls liking me that, you know, that people didn't think she'd like me. Um, because of my talents, my intelligence of people, it's like I, I trigger people's hostility, I triggered opposition. I triggered uninhibited, um, um, opposition. Um, and, um, you know, that these people, the same people that are telling people that I'm dangerous and that I've been to the mental of a quote mental institution because I'm a psychopath and whatever the garbage that they tell that, you know, that they seem to be me as a very, a very scar, um, dangerous, um, um, um, person who is manipulative and dishonest.

00:11:23 speaker\_01: Well, it's actually, it's actually they're manipulative and that they, I'm dishonest that men are animals. Um, and men can smell the weakness of other people. Um, and I was full of weaknesses and they could sense every last one of them and they use them against me and it very much related to this, um, uh, you know, or, or a very, very, very significant factor was my social naivety. And, um, the, the way that I, I, I'm not prone to being intellectually manipulated but I'm extremely easy to emotionally manipulate.

00:12:00 speaker\_01: So when they're doing things like me, it's like, I, I feel like it's gonna be like a, um, a faux pas to say something back to them. It's like this is like, I'm almost questioning my mind. Do they understand that they're insulting me when they're talking to me this way? And, um, so that was a demeaning, um, a kind of tactic uh that people would use. Um, and, um, you know, with, with this patronization, um you know, the, the, the, the, the, the superiority of elements, um you know, is, is, is, is palpable, you know, quite, quite, um, you know, palpable, I mean, the interaction.

00:12:35 speaker\_01: Um and some of that, that's, that's, that's that I, you know, the big ones devaluation and inferiority, um exclusion and is and isolation, invalidation and dismissal. OK. So those are huge and then also very big as big or close to as big I as this patronization and overcompensation. And then we had a minor element of fear and mistrust in the next audio, I'll talk about the specific behaviors.



### stigma-part-03

00:00:00 speaker\_01: OK. Now on to, to specific behaviors that are directed to me in the mountains. Um So one is that people would treat me like I have a disease. OK? What would be a behavior that, that, that, that I would get, that they would, um It's like they don't want to be around me. Uh You know, like they're gonna catch something and what they're gonna catch in their minds is the way it seemed to me is they don't want to be seen with me. Um So, um and this is all after I go to the hospital, you know, by the way, and then these rumors started to go around.

00:00:36 speaker\_01: Um But ii I might meet somebody in one setting and they're really impressed with me. Um And you know, they like me and then, of course, again, you remember, I live in a small mountain town and so this, this, this stuff spreads very, very easily. Uh You know, that, that, um you know, if I'm, if I'm talking to somebody somewhere, um you know, somebody's gonna see us or, uh you know, the next time that person talks to somebody else, they're gonna mention me or there's a, there's a almost pretty much a certainty that in a short time that somebody's going to tell them this stuff about me that, that goes around about my mental health history and of course, having a mental, I mean, having a mental illness is a stigma on, on its own.

00:01:18 speaker\_01: Um, but I do believe that, um, that there were exaggerated things said about me. As a matter of fact, I'm, I'm pretty much certain that there were, um, that, um regarding my stay at the hospital, um and stuff. Um, but II I would see them out subsequently. So it's like they like me that they are a great person and it's like they want to dodge me. It's, it's, it's like they have this anxiety that I'm going to, um uh you know, because I'm familiar with them.

00:01:44 speaker\_01: It's like I got a sense like the theyre worried, they gotta, they gotta dodge and avoid me. Uh uh uh you know, because it's going to be for them after what they've heard about me that I'm such a, such a person, uh you know, with this mental health history and that I'm so, you know, in their minds, it's like I'm, I, I'm, again, I got a disease. It's like they gotta steer clear from me. Um And so people might, you know, people that were friendly with me before, like I go say hi to them or something.

00:02:10 speaker\_01: Um And they'll be, be dead quiet, um, or just barely acknowledge me. It, it, it, it's, it's like they're trying to run me off. Um, and, um, you know, it's another thing I would, I would be disaow, um, would be, um, another, um, uh, you know, thing, uh, where, um, you know, um, I, I say hi to somebody or I say have a good night or something like that.

00:02:37 speaker\_01: Um, and they don't respond to me at all. Um, and, um, and I, you know, there would be a, plenty of instances, um, you know, this would happen where it's like I'm not extended basic courtesies. And so, you know, I go to this pool hall and we have tournaments, um, and there was, um, and of course this stuff about me because all around this pool hall that I, that I go to, you know, this, um, it's probably because the guy that owned it would, would deliberately, I'm trying to spread this filth.

00:03:03 speaker\_01: Um, but of course, the other thing is, you know, people running out of there, uh, you know, it's impossible to run away from this stuff. Um, in, in a small town like I lived in, uh, you know, it's, it's gonna follow you everywhere you go if you, if you stay within that rough area. Um, but, um, I would have, um, tournaments you matches with people and, you know, the normal thing that you do, um, after a tournament match, win or lose is you shake the person's hand, you say good game.

00:03:29 speaker\_01: Ok. And so I'll go and reach out to shake somebody's hand a good game. Um, and they would just look at me, ok? And this would be whether they won or if they lost, ok, that they would, they would just not respond. Um, and, um, and, and, and they can have an effect on you too. People see you being treated like this because I started over time. It's like I'm treated like this by so many people. Um, so consistently that, that, that it's like, um, you know, like I almost have no recourse.

00:03:55 speaker\_01: 000, ok. And then, so people again, these behaviors are subtle but people notice them like you're being disrespected and, you know, and, you know, it's like, I don't do anything about it and then that can cause them to have that much more of a, of a lower opinion of me. Um, that people would not respect my boundaries. Um, um, um, um, they, they would ask me questions about my life and they would ask me questions about all sorts of things that were, um, you know, very, very, very, um, intrusive, uh, and inappropriate.

00:04:29 speaker\_01: Um, it's, it's like my weight in the room wherever I went. What was zero. Ok. That the, that normally, you know, like when somebody's in a room with you, like that person's got some substance. Ok, you, you walk on eggshells just a little bit in terms of not offending them are not being inappropriate. Um, uh, you know, not being nosy, um, stuff like that and none of that existed for me. It's like nobody cares if they're gonna offend me.

00:04:58 speaker\_01: Nobody, nobody respects my boundaries. Uh, you know, it's like I, in general, I think I was treated with a lack of respect and I was treated very, very rude. Um, and going back to this thing where I've got a disease. Um, you know, um, the, the big thing that killed me about all of this was, um, um, uh, when I would talk to girls that would meet out wherever I'm, I, I meet them and, um, and what would happen is every single time somebody comes and tells them this bullshit after I've talked to them.

00:05:30 speaker\_01: And so I'll see some girl one day and she's like blatantly I'm interested in me. Um, you know, I proactively giving me her phone number. Actually, I've had had girl that are very, very attractive. I tell, tell me to give them my cell phone and they put their name and number in there. Um, for me. Um, and then the next day it's, it's like they, they see me and it's the same reaction where was like, they, they're ashamed to have talked to me but, and part of it is is they're conscious of the fact that they've been all giddy and acting like they're attracted to me.

00:06:03 speaker\_01: And now I've taken on this, this, this lower, um, this lower I've got their opinion of me and has lower in their minds. And so, um, um, you know, and now it's like I'm somebody that, it's a shame to be associated with. It is, is kind of the character of the thing. It's like, it's a shame to be associated with, with me. Um, it, it's, it's a shamed, a shame to, to have been giddy with me and to have liked me.

00:06:31 speaker\_01: Um, and so, um, the, these girls, you know, they, they would act embarrassed this the second or third time that I saw them or however long it took for this bullshit to get circulated. It's like that they would act, I embarrassed and they would, um, um, you know, get these, get these, like, um, sometimes, like I walk away, I'll hear them sigh. Uh, you know, like they're glad to be rid of me. Like, it was a terrible experience and I would see them get looks on their faces and, you know, they would start talking to me in, in, in, in like a very condescending tone.

00:07:03 speaker\_01: Like, hey, uh, how do I, how do I say this? It's like, um, um, like they're talking to me like I'm a baby or, or, or, or something. Ok. It's like a demeaning, uh, condescending, um, tone. Um, um, you know, you know, like I'm less competent than, um, you know, less competent than someone. Um, then um um there was a thing where people would discount my, my um abi abilities in my talents, they would discount my achievements.

00:07:42 speaker\_01: Uh They would um you know, it's like if I do good in something. Uh you know, so for instance, when I, when I, when I played pool, this pool hall, I if, if, if I want a match against a good player, you know, one of the players was considered to be good, there would be a big deal about. People make a big deal about how lucky that I got. And I'm lucky. Um, and, uh, you know, you have a guy that owns the pool hall, you know, like I'd have a, I had a match one time with, there was this girl that came in the pool hall that was really, really, really good as far as girls go, you know, she was as good as some of the, some of the better, you know, some of the, some of the, almost the best guys, um, in this pool hall.

00:08:21 speaker\_01: And, um, you know, she, she made a big scene when she comes in there to play pool because everybody's watching her that normally comes to this pool hall and here she's a girl and look how good she is and we have a tournament and, um, I, I am, I beat her. Um, and actually that specific instance was, seems like that this was before or no, maybe it was after I got to the hospital, maybe it was before. Um But this is an example of the kind of thing that would happen with this effort before.

00:08:51 speaker\_01: And of course, he's got the pool, he starts this early where he wants to discount my achievements because, you know, he feels threatened by me. Um But um he I play here on table eight and I win the match. It's a race of three who wins three games. I, I play the match I win and um I come up with a subsequent match. Um and it's like me and me and the person got to pick the table and table lights open and table six is open. I say let's go to table six and the owner steps up, you want to go to table eight, that's your lucky table.

00:09:18 speaker\_01: Ok. It's this constant um count of my, achieve, not, not a my um talents. Um Or I'm alternatively, I'm acting like it's a big surprise that I have any ability at all to do anything. And so I have people say, you know, we're actually a, a pretty smart guy. Ok. Uh which, which um you know, the whole time I'm growing up in the mountains. It's like everybody calls me a genius. OK. That, that's, you know, that's how I, how I was known.

00:09:45 speaker\_01: And so, um you know what people say? Well, I've heard you're actually a pretty smart guy. Ok. So, so the qualifier actually, OK, begs the question. What's a surprise here? Ok. It's like, I, like, they're expressing surprise that you're this pathetic person, but you're actually, you know, you're actually a pretty smart guy. Ok. Well, when I'm, I'm, I'm quite a bit above a pretty smart, um, in the eyes of, of, well, everybody that's ever known me in detail, I would tell you that I'm, that I'm more of them pretty smart and so pretty smart is like an underhanded compliments.

00:10:17 speaker\_01: Um, that is, that is kind of a dismissive and disn, um, um, in the first place. Um, and, um, you know, I, I would be treated with, people would just, like I said, I would say, say hi to them, say, say have a good night. See, you see you next time, nice meeting you, you know, stuff like this and they would just be quite, you say nothing, um, or they would just walk away.

00:10:40 speaker\_01: Um, and you're not extending a courtesy. Um, um, I would, you know, I would be rejected. Um, you know, that, um, that, that people wouldn't, wouldn't want to do anything to do with me. Um, or, you know, that they would, they would, they would be like, I've seen people do this, they would extend some courtesy to me. That's like a token courtesy. Like they, they like, I'm playing pool somewhere and they want to play a game of pool and so they play a couple of games of pool.

00:11:07 speaker\_01: Um, and um, you know, the, then, then, like, they, they walk away, um, and, and start running their mouth about me and saying this stuff about this guy, middle institution and blah, blah, blah. Uh, you know, when someone, like, for, for instance, if somebody, like, if I'm playing pool with somebody and, and I beat them, like, I, I beat them two games in a row. Um, you know, they'll, they'll start talking about their stuff about all he does is play pool.

00:11:31 speaker\_01: Um, you know, he, he's been to a mental institution discrediting me and, um, um, um, taking shot at me. Um, in this thing of all he does is play pool while I played a lot of pool. There are a lot of people that were obsessed with pool, this pool. Um, but that's, again, you know, it's like I've got natural talents, I've got natural abilities. I've got bare minimum. I've got things that I'm good at. Um, and when I'm good at something, you know, we want to discount and just acknowledge, um, uh, you know, the, um, any, anything that's innately good about me.

00:12:02 speaker\_01: Ok. And so another one I would get, by the way I would get, um, you know, somebody's taught him well. Ok. So, so it's not, it's not that I'm good at pool. Um, it's, it's, it's that I've got a really, really, really good teacher. Ok, that somebody is so good at teaching is so good at teaching that they can make somebody like me. I good at pool. Um, um, I, I would have also, I would have people, um, that had such a low opinion of me that they would almost be offended that I talk to them.

00:12:34 speaker\_01: Um, um, I was very often I'll be dealt with them. Um, you know, dismissive looks, dismissive behavior, uh, you know, rudeness or dismissive gestures. Um, uh, you know, I mean, again, it's, it's all, most of this stuff is very, very subtle. Um But um, it was like, I, again, the overall theme is like, it's meant to, to, to, to, to convey to me that I don't matter that I'm less than this person and so forth.

00:13:07 speaker\_01: Um And, um, you know, people, another quality that people would have is like, they've got positive impressions of me that they think well, of me in some ways, ok, by their own perceptions. And, but I'm also this disparaged a stigmatized person who is kind of a shame, you know, like, no, nobody wants to be seen as this person is equal and nobody, you know, um want to, um I don't know how to say it, but I have people who, where, where, where it's like, um they would alternatively be kind to me and respectful to me in, in some ways, a lot of times it would be like token kindness in a way.

00:13:45 speaker\_01: It's like they, they're kind because that's what you're supposed to do is to give a respect. But there was an overall tone of the, of the communication, the overall tone of, of the interactions. I some playing pool with them or I'm talking to them at the counter at a bar, um, or, or, or something, there's an overall um feel of, of, of like um form and that it's like it's palpable in the interaction that I don't have as much weight and that would be palpable through their, their body language of the way they look at me, the tone of their voice and stuff like that, even, even, even as they're extending of what, you know, just, just based on the, the, you know, the spoken words, OK?

00:14:26 speaker\_01: The, the, the text content of their words, you know, the words they speak uh would appear, you know, to be courteous. Um And um people would also, um uh they uh would, um uh there would be people who um would avoid me. Um uh you know, however they could or they were, they would tend to avoid me or tend to, um, you know, the they're, they're not, they're not friendly with me that they, they, they have no interest in me as a person, you know, uh uh you know, they're, they're ashamed, they don't want to be seen with me somewhere.

00:15:04 speaker\_01: OK. So, so, so if I go somewhere and they're there and they've talked to me before, it's like, you know, they get this thing where they're worried about that. I'm going to talk to them because it's being embarrassing because I'm, you know, I'm such a embarrassing person again. Like I'm contagious and, you know, it's like it's gonna rub off on you that you're interacting with, with this pathetic person. Um, but, um, you know, it would be like if I have some utility to this person, if, if, if, if, if I can help them with something on their computer, if I can help them with their homework, if I can help them, um, you know, with whatever they need, maybe they need to borrow money.

00:15:36 speaker\_01: Ok. Stuff like this. Um, that, um, um, um, um, I was made to feel, um, it was like, sort of like people were using me sort of but, but, but, but it was more so that, that I had no intrinsic worth as a person. I had no inherent worth as a person. And, um, you know, what I'm good for is what I can help people with. And then you, it's a lot of times it's like I'm a last resort.

00:16:04 speaker\_01: Ok. So, so, so if nobody else is around, if nobody else knows how to do this, nobody else can help them. Uh, you know, then, then they'll, then they'll come, uh, you know, to, um, to me as a last resort. Um, and those people, um, you know, it was like, um, a lot of times as I recall they would have, um, it's like that they would have a conscience about them. They would have kind of AAA sense of that.

00:16:30 speaker\_01: They don't want to just to dismiss me because I've done something for them. So, so they'll give me some money later on or give me some small favor. Um, you know, to do, do, do, do, do something to, to kind of make it even like they're conscious that they don't want to just deliberately use someone. Um um I would, uh what else do I have here? Um um um Another, another thing that would come up with some people, um is, is that my needs and, and, and, you know, the fact that I exist and that I have needs is like a source of frustration.

00:17:11 speaker\_01: Um That, that again, I, I don't carry any weight. Ok? I, I'm a person who's not to be respected, uh who's to be disregarded, who has no weight, it's not to be considered. Um But, but yet I've, I, I've got needs, you know, like I've got stuff that I need, um, that, um you know, if it's like, for instance, you go to this pool hall and um, you know, I order food. Ok.

00:17:34 speaker\_01: So it's like I order food, I'm a paying customer. It, it, it's on the shelf. I have to cook my food. Um, but um uh you know, so he can't, he can't disregard my request uh to, to, to, for, for me to make food you know, I go and place an order. Um, but he would do stuff like one time. He's like, why do you always make order? Right? When I was about to sit down or something like, like this, he says, and, and, and I said, well, no, go, go, go ahead.

00:18:00 speaker\_01: I, I didn't realize that you were taking a break. He says, no, I'm gonna feed you right now. OK? To call me, feed me like I'm an animal or something, ok? This is absolutely demeaning and this is in a, in a, in a context, uh you know, who people are expected, you know, it's like the

customer is always right, you know, I'm the customer. Um, you know, um and I'm supposed to be deferred to a treated with respect.

00:18:21 speaker\_01: You don't talk shit to the customers, particularly when they, when they tell you, sorry, I didn't know you, you were sitting down to take a break. Um, and, and I, I'll go ahead and tell you though that in that specific instance, there, there was an additional elements that I'm a regular at this pool while I'm there all the time. So he's more that the chef is more familiar with me. I'm more used to dealing with me than he is uh with them and most people that come in there.

00:18:47 speaker\_01: Um And so, you know, this, this, this kind of familiarity can play into this somewhat, but it's still i blatantly disrespectful and that was not the only unb blatantly and disrespectful behavior that the chef would make it me, uh, would direct at me. And so he would ask me one time he asked me, do you even work stuff like this kind of like insulting stuff? Like what the hell you asked me? Do I even work? You know, because he was, um, he would see me at the pool hall.

00:19:11 speaker\_01: Um, he's modern. Well, he's implying, you know, you, you ever do anything other than play that what he saying? Which I worked my whole life. I, you know, 50 60 70 80 90 100 hour weeks, usually in the 50 to 70 range. But I worked, I'm constantly, um, and this is just something you don't ask this to people. Ok. I mean, I imagine going to, to, to somewhere and, and one of the employees is blatant last year.

00:19:33 speaker\_01: Do you even work? Ok. Um, at most that they might be curious and say, where do you work at? Where do you work if you've got some kind of, um, curiosity or some kind of concern or something? Uh, you know, even that is disrespectful, even to ask it, it's intrusive but they're not flat. I ask you. Ok, you work. Um, I would have people, um, you know, I would sit down like, like, like, um, Sam at work at the restaurant and, um, uh, you know, the, there, there, there's some people, um, you know, like, like a guy at the restaurant said there's, you know, some, some of the employees at the restaurant are at the table eating and maybe, like I remember one time I was an employee of the restaurant, I was out there eating actual couple of employees of the restaurant and then one of the employees', friends was out there.

00:20:22 speaker\_01: Um, and I sit down there, I mean, started, um, to eat and, um, very soon somebody makes a comment about this. They say something like you think you're doing male bonding here. I don't think this is male bonding or something like that. The person says, and the guy um to the right of me who's the, the employees of friend. Um He says, um I, I don't even know why heat down here. Ok? It, it's, it's like I'm, I'm a nuisance, I'm in embarrassment, I've got a disease, I'm not to bother people.

00:20:54 speaker\_01: Um You know, nobody wants to be around me, you know, nobody likes me, ok? That, that was the kind of attitude there. And I will say that there were people who treated me somewhat differently, there were people, uh you know, there was a range in terms of the respect that, that I was given. Um, but um it was overall, it was skewed heavily, um you know, um towards the, towards the low end, um, often in, into no respect whatsoever.

00:21:23 speaker\_01: Um And, and again, it would, it would, when I was for you with respect. It would be most often a token respect, like, like they just doing it because that's the thing to do when it's palpable in their tone of voice. It's palpable in their body language. It's palpable in their demeanor, um,

that they're not acknowledging me as a full fledged human being as they're extending this courtesy saying thank you or giving me some kind of compliments, uh, you know, uh which, which when people give me compliments, uh you know, once they, once they've heard this stuff about me, they give me compliments, they will be like a veiled, a statement of, of, of my inferiority and these compliments at times.

00:22:03 speaker\_01: Um, you know, that they would say, um, um iiii I can't think of a specific example but they would be, they would be like encouraging me, tell me what I can do. Ok, like you, you can, you know, you can do it, you're smart enough, you can do it or um, um, how do I say this? It's, it's, it's, it's, it's like the, they're encouraging me by saying that that something is clearly within my reach and I'm clearly I'm capable of doing like I, I could do that.

00:22:35 speaker\_01: I might could or I don't know how to say that. Um, and um, ok, and a and also people didn't want me um working at that their establishments. A lot of people, uh you know, like I go to businesses and, and make an application. It was like that they would be nice to me when I making an application and every time I would follow up with them, you know, they'd make some excuse as if they were clearly trying to get rid of me. And what happens is as I put in an application and then after I leave, uh, you know, whoever's, whoever's managing the, the business, um, you know, um, um, here is all this stuff and now it's like they gotta get rid of me.

00:23:28 speaker\_01: Um, so, like they try to exhaust my willpower with one thing after the other, but there's a delay or we might not hire this role or, um, uh, you know, I, I can't remember them all and eventually, you know, it got down to, um, they, they have one of the employees come and tell me at my other job, you know, that they're really sexist. They only want to hire girls for waitresses for, for white staff. Ok. Well, when they got other guys working for them, they're trying to get rid of me way that they can.

00:23:53 speaker\_01: Um, and, um, um, um, and then, then another thing is, is, is, is that people have a reluctance to complying with anything that I ask for. 0000000, ok. So, um, just to give a trivial example, you'll have these, um, viral things that go around on the internet, uh, where it's like, um, you know, an answer this question, like you put a Facebook post and it's like answer this question and, uh, whoever answers it, you know, said somebody else puts it up and I answer it and it's some kind of trick question.

00:24:48 speaker\_01: Um, and, and, and they, um, and they send me a message that, hey, you've been caught in a ringing, ok, your, your is to now repost this question over and over because you've answered wrong or something like this, the, these, these types of things, I, if I'm the person sending somebody an email, I'm telling them to do that or I'm sorry, an instant message telling them to do that. Um They, they just ignore me. Ok? There is like my, my wishes are, are not to be considered, um you know, I am not worthy of respect to be honest, I token or respect and I sure as hell don't tell anyone, uh you know what to do or even ask anyone of anything.

00:25:25 speaker\_01: Ok. So, so it's like when respect is required, you know, due to social convention, I either don't get it at all. Ok? I get disrespected, I get no respect or I get I token uh respect. Um you know, but, but nobody wants to jump through my hoops.



#### stigma-part-04

00:00:00 speaker\_01: OK. And now we're going to get on to what happened at Wells Fargo. Um And before that, I would rather give some background when I moved to Charlotte. Um I wanted to escape all of the hell that I left, which by the way that this stuff that went around about me and he's exaggerated. I, I, you know, I have good reason to believe that they were very, very um grotesquely exaggerated, um horrific things said about me uh concerning my mental health history. And while I was at this hospital, um you know, that they're so foul that they're like unspeakable.

00:00:29 speaker\_01: Um But I have a strong reason to believe that there was, there was a deliberate campaign um among a certain number of individuals um to do this to, to spread this, I mean, to run me, I into the ground, it was a deliberate, deliberate campaign um to um destroy me. OK. But when I moved to Charlotte, the point was was to leave the stigmatizing hell behind. Um And um what happened also, this is relevance. I was in the mountains, you know, I start out, I'm at this restaurant, you know, I forget that I get out of the hospital, I go back to work at the restaurant and then I go to the pool hall.

00:01:08 speaker\_01: Um and the stigmatizing of attitude that people have towards me and the stigmatizing behaviors they, they, they develop over time, it's like over time, 11 person after the other adopts this attitude towards me. Um And uh once II, I started to go out to bars and stuff, uh you know, where I would meet young girls, um, that's when it accelerated. Ok, because I've got a social life. So, so I'm a, um, you know, I'm, I'm, I'm around more people again.

00:01:37 speaker\_01: This is a tactic that people used against me for the purposes of competing for, um, girl and stuff that, um, you know, it really, really took an upswing then. Um, but, uh, you know, as I've described, I would meet somebody and, um, you know, it would, it would be, you know, 2, 3, 4 days later, I would see them again and it would be obvious to me that they've heard this stuff that everybody else is like, everybody treats me the same way that here's this stuff and I can recognize it from a mile away when somebody's heard this stuff because of the way they act, they give me this dismissive looks, they disrespect me.

00:02:10 speaker\_01: They act like they're ashamed to have ever talked to me. They are worried that I want to come near them and say something to them because I know them. Um, and again, I've got, I've got a, a disease and, um, uh, you know, um, different places it would take it longer to set in. Ok. So, so, so II I am, I lived, um, during the time I was going to the bars, I was also going to college.

00:02:33 speaker\_01: I lived in, in a town called Better and there was a city I'm in Tennessee, crossed across the state line in Tennessee. I live in North Carolina. Um, at Johnson City, Tennessee. Um, is, I mean, about an hour, hour away or so, uh, from where I live. And so me and my friends would go to Johnson City. Um, and then I went to college in Boone, North Carolina. I know the thing is there are a lot more people that know who I am and know me and recognize me.

00:03:02 speaker\_01: I in Bener. Um, um, and also a place called Newland that I would sometimes, you know, people that see me all the time there that know who I am, which from people. And when people know who I am, um, you know, very, by the time, you know, almost everybody that knew who I was that recognized me in these areas had heard this stuff. Um, and they would spread it to other people. That was another feature as if they had a moral to tell them about me, to warn them about me.



00:03:26 speaker\_01: Um, you know, because I've been to a mental institution for this, for this stuff and, um, you know, that was a part of it. Um, but, you know, it's like I did, you do, do the gray that there are not as many people that know me in Johnson City, Tennessee. Uh, there are not as many people that know me in Boone, North Carolina. Um, and so this type of thing would spread, uh, much, um, slower, um, over in those areas.

00:03:50 speaker\_01: And part of it is, um, is, uh, you know, the people that live in Bener or Newland or wherever they don't go to, to Johnson City as frequently as they go to Benner or they go, maybe go to a bar and in Boone, uh, you know, somewhat, um, less frequently. Um The, basically, the way that it works is it is all it takes is one person that's heard this shit about me because it's the shit that, that, that's guaranteed that to spread it to ruin a whole place over time.

00:04:14 speaker\_01: So, like I, you know, I go to this place in, in, in Johnson City and I'm talking to some people and I'm meeting some people and they think I'm cool and I see them, it's time, time and time again. And, um, you know, there will be people from bro and the surrounding areas that would come there once in a while and it's like if one person's in there and they see me, you know, there's a very, very high probability that they're gonna say something at some point to the, to the people in the place in Johnson City that I'm talking to.

00:04:39 speaker\_01: What happens is those people hear this bullshit. Um, they believe it and they become part of the people that have like a moral obligation to warn us. Um, and so, um, you know, the more I'm over at Johnson City now it's like I've got more and more people, um, that I've got to avoid everywhere that I go. Ok. So, so before it's like, I've just got to avoid the people from Beil and in New England and place like this, that, um, that, that, that know me or know about me, they don't know me but it's, they, they recognize me, they know who I am and they've heard this, I'm stop, I gotta avoid them, which is not, not all that hard to do when you're going to Johnson City.

00:05:13 speaker\_01: Um, but then, you know, once, once I'm in this place in Johnson City and the stuff starts to get spread to some people in there. Well, then I'm gonna dodge off all four or five of those people and how I gonna go there, how many weekends that I want to go there that I wanna dodge all four or five of those people. Ok. So it's like, now, you know, I go to the bar in Johnson City, the club in Johnson City. I I meet some new people.

00:05:32 speaker\_01: They, they think I'm great. Um, and then, uh, you know, by happen chance, by, by happenstance, you know, one of these five people that's been told this in Johnson City is in there. Um, or one of these people from Be Rock is in there and they, and then they go and tell them, ok, so now once they know, um, and now it's like, it's amped up again, there's this viral effect, um, where it spreads faster and faster and faster everywhere that I go.

00:05:56 speaker\_01: Now, the thing is, is I went to Johnson City so infrequently this garbage never got saturated, uh, fully, um, there and it didn't, didn't come close and it didn't get too heavily saturated in Boone. Um, but in the County Valley, I lived in Beo, which is in the County Avery County. Um, um, it was, um, it was, it was, it was, it was extremely, it was like all over the place. Ok. That I was dealt with this type of attitude and this type of behavior that I've described.

00:06:29 speaker\_01: Um, and I, I watched it over time. Ok. Again, depending on the context, depending on where I'm going. Um, you know, it spreads at a different rate everywhere that I go. It does not

happen at once. It's odd watch one person after the other after the other after the other. I do what I call, I term cold on me. Uh, where, um, you know, they start to be dismissive or they start to think I have a disease, all of all of these behaviors.

00:06:57 speaker\_01: I watched this happen to one person after another, after another, after another, over a period of years. And, um, it was particularly painful with what the, when it happened with these, um, um, women that like me, because I would have very, very, very attractive women that are all giddy about me. At that point in time, I was looking to find a woman, uh you know, to marry and um forever it, it's like I would just go on like business as usual expecting this not to happen.

00:07:26 speaker\_01: Even though it happens every time. It's like I talk to some girl here, this bullshit that they, you know, and then, and then, I mean, they ran off and I talked to some other girl. Um and uh you know, and you know, same things happen to her and so I get brutalized over and over and over and over again. It's a brutalizing thing to have people brutalizing you this way. Uh You know, every time you think you got something going, then there comes a big fucking thud, a big foot in your face.

00:07:50 speaker\_01: And then another big part of this um as is a taboo. Nobody ever tells me nobody ever comes to talk to me about the garbage that they've heard. OK? They just pretend like they haven't heard any of it although they clearly have, by the way that they talk to me, it's not like they ask them most of the time. Sometimes I would, I would say something to defend myself. I would send them messages. You know, if you've heard about your stuff, these people that are wrong, it's bullshit.

00:08:11 speaker\_01: You know, as time goes on and I would say stuff like that, which, you know, the people wouldn't respond. Um, uh, you know, it sounds like I never get to have any inputs on the conversations, um, about me. Um, and again, I'm watching this happen to one person after another, after another, after another, over a period of years having my heart ripped out and my soul crushed over and over and over again. Um, this behavior pattern, um, is extremely easy, um, to notice.

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stigma-part-05

00:00:00 speaker\_01: So two, I continue. Um I moved to Charlotte to escape all this hell, this, this, this hell, the stigmatization and the people that tried to kill me and the campaign to run me into the ground. Um And um you know, all of this hell that I lived in the mountains, I moved to Charlotte uh to escape it. Um And nobody in Charlotte knows anything about me. OK? Or that there are so few that there, there might be like two people um that live in Charlotte.

00:00:29 speaker\_01: Um that, that, that have seen me and, you know, in, in my entire life enough that they're gonna recognize me. Um And um actually, I think one of those people, I'll tell you this, but one of those people I think had moved away from Charlotte by the time I moved to Charlotte because this person had heard the stuff that goes around about me. Um by, by the way that this person knew me. Um So, so it's like I, I, I've got a clean and I get to start over and because um you know, all these people are around uh spread this garbage about me.

00:00:57 speaker\_01: I am treated as a respected person, very, very fast. Ok. That was particularly once I get into the working world, I moved to Charlotte in August of 2011. Roughly I get a job in January 2012 working at Bank of America. Um I very, very quickly um stand out um as a top performer at Bank of America. Um I eventually become the top producer for the whole bank and I hold that title uh for about the last 12 months, I was there. Um I held the title as the number one producer um uh for my role in the entire bank and I was by a large margin and people called me a genius.

00:01:40 speaker\_01: Uh People thought I was hilarious. Um You know, that the, that the, the, the, the nature of things had changed that all of a sudden I'm deferred to OK, that, that, that all these people, they have the same initial reaction that everybody has me, they're impressed with me. They think I'm a nice guy. They like me. I'm interesting. I'm cool. I'm smart. You know, I, I seem to be excessively smart, excessively, capable. This is the opinions that people have of me.

00:02:02 speaker\_01: That's the initial reaction that everybody has, but there's nobody there to run their fucking mouth. Um and lie about me. And so, um you know, I become a very, very respected, deferred to a person. I commanded a lot of respect and a lot of kind of a power in a way by my confidence, I'm at this job that I was doing loan modifications, you know, I would put loan modification applications together to be sent to underwriting. And that was the main goal of our job was to get the loans um sent to the loan modification applications sent to underwriting.

00:02:41 speaker\_01: And um um um um um the people on the other end of, of me. So I had one end of me, I had an underwriter that was who I sent. I submitted the files to, on the other end of me was a customer relationship manager who um a who um was the one that collected the, the, the, the documents from the borrower. OK. So we have borrowers that have to submit documents for the modification application. Um And so the people in my role tell the Cr MS what documents we need to a complete application.

00:03:27 speaker\_01: Once we got a complete application, we send it to the underwriting. Um Now there, there's a great varying degree of skill and how good people were at putting together

complete files um that the better you knew the guidelines, the better you knew the workarounds. Um The, the easier it was for you to have a complete file because you knew what you could work around. I see you have processors or people in my role called process support that would ask for a whole list of, for, you know, six or 78 documents that ask for a customer for instance.

00:03:56 speaker\_01: Ok, that, that customer actually, you give me that file. I don't need any of those documents. They listed six documents. Um I don't need any of them. Ok. This is a done deal right here and I can get this file moved. And of course, the CRM are getting griped at all the time by their customers because they keep asking for documents. Um And uh you know, so this gave me um some le where like I was really, really my, my time, my attention, my everything I was really in high demand.

00:04:19 speaker\_01: Um and I was, again, I was very, very, very respected. And so, um I would have people um sending me, I am im me saying, um uh sir, may I ask you a question? Ok. This is the kind of the kind of thing that, you know, the kind of level of deference that I was treated with. And um and we had this um vendor called Urban Lending Solutions. I was the talk of, of, of, of, of around their office every day.

00:04:49 speaker\_01: Um for how interesting and, and kind of out there. I was, it's like I stuck out and uh you know, I was a rockstar is what they told me. Like I'm a rockstar Urban Limiting Solutions, which was a, a contractor that did underwriting. OK. They under, they underwrote a modification files and which that's the thing is the cr MS loved me because I can move their files of the underwriters loved me because I've got good files for the underwriters. Ok. So it's like, I, I am like a rockstar everywhere that I go.

00:05:14 speaker\_01: Um, and, um, you know, people were at my desk all the time asking questions that I was the ultimate expert at my job. Like people really, really, really looked up to me now when I go to Wells Fargo and it's the same thing. I very quickly stand out. Um I become like this person. It's like, it's like, again, recurring. Um, you know, I'm called a genius. Ok. So people at Wells Fargo starts to recognize me and call as, as a, you know, a quote-unquote genius.

00:05:39 speaker\_01: I think they call me. And um yeah, because I'm so good. I'm so good at this job. It's like I can do all the hardest work. There's nothing too hard for me. I'm the best at everything. You know, the quality assurance people send us stuff back. I saying that it's wrong and I send it back to the quality assurance people. I'm telling them no, you know, I'm not wrong. You're wrong. And it, it, it's like I've got this huge expertise.

00:06:01 speaker\_01: Um um and um I had friends at work like this, this girl, this girl named Tunny T UN Ny, her name was Tunny, um who um had started at the same time that I want that I did. Um And she considered me to be like a big brother to her is what she told me. And, um, and she, she thought that the, the great, she thought I was the greatest thing I ever. Um, and I had another friend at work named Katy and she would joke about, you know, because I would, I, I would be over in the, um, over, um, around the area where Kie and, and, um, to works and it's like all the, all the employees over there and a lot of the females are calling me to their desk.

00:06:38 speaker\_01: Like I need help, I need help. I need help. And Katie would joke. Oh my God Clint. Look, you're so needed by women. Um, and so it's like I'm a rock star. I've got like a, a charisma. Ok? It's like I've got a, that's like I'm charismatic. That's how I'm perceived. I perceived as a genius. So I'm deferred to, um, again at Wells Fargo. Um, and this is in blatant contrast to how I was treated back when I was in the mountains.

00:07:03 speaker\_01: Ok. The, the, now, the way that it is as what I say goes, of course, I had all this, I had responsibilities of, of basically managing people, um, with, um, you know, this, this work that I had, I had enough work that I was personally assigned enough work to, um, for the, to go around for about, you know, three or five people. Ok. Um, that I had all the hardest work in the bank.

00:07:28 speaker\_01: And I've, I've started out, I was working, I was working overtime and then they cut the overtime. And so I have all these people that are helping me and, um, uh, you know, it's like they do what I say, you know, my, my word carries weight in the office. Ok. The people defer to me. Um, they treat me with respect. Um, and it's like, um, you know, like I have a reputation of competence and I am taken very seriously.

00:07:55 speaker\_01: Ok. Um, and so in the next audio, I'm going to tell you what happens when all of this changes.

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.

stigma-part-07

00:00:01 speaker\_01: And what happens um is this stigmatizing behavior um at the workplace continues, I get it from senior management. Um I get it from management. Um I get it from my coworkers. Um Now, over time, it seemed like uh that the spread of, of whatever and this is more when I look at it in retrospect that the spread of, of whatever Jenny had been told. OK, because you know what Jenny does and she goes and talks to Abbey, you found that was Jennys, Jenny. She goes and talks to Abby and Abby tells her a bunch of stuff.

00:00:32 speaker\_01: Um And Jennys it all over the workplace. Um And it seems like there was a, it was stopped at some point because um there are other employees uh that that came on. Um That didn't have this, this um um attitude towards me, but I to get to give an example. Um you give some examples. Um People would refer to me um as him um in a way that was um that was derogatory. It's like it's reminiscent of this thing. Like I'm an object of curiosity, I'm an object in the room.

00:01:14 speaker\_01: Like I'm a special person that's looked down on, um, that, um, for instance, um, um, I, I, one day that they had donuts at work, they had, they had doughnuts and there was a box of them, somebody picked up a box of doughnuts for everybody. Everybody at work. And I said, how, how many donut? And I ate one donut and I wanted another one. I said, how many doughnuts are people taking? And I don't want to greedy hoard all the doughnuts or something like that that I said, um and, and people, so when other people get to go and get one um go ahead and get to something they said, and then I'm another manager and it was, by the way, it was some, there was some employees in there, a few employees and a woman that was eventually became a manager.

00:01:56 speaker\_01: I can't remember if she was a manager at the time or not. Um But then another manager, I walk down, the person was a manager and she refers to this as um I told him he can have another donut, ok? Like she's got a position of authority over me. Um He, he, you know, like she can tell, you know, she, she's um telling me that I can have another donut. Um And um there was a time when um uh when um I'm always handing out work because I gotta hand out work to these people, Ryan and all these people I handed out some work as a Ryan.

00:02:37 speaker\_01: Um and Ryan um puts one of the work items back in my name. It's due that very day. OK? He puts, he puts the work item back in my name. Um without telling me, OK, now what's gonna happen if I don't notice that this work item is in my, is, is back in my name. I it's going to go past due and I'm going to, to, to be having a meeting with my manager because they had this obsession with these past dues.

00:03:02 speaker\_01: OK? This is incredibly disrespectful. OK? Like disregards me completely. So first off, he doesn't ask me if he can put it back in my name. He just does it um without asking and does not tell me, OK, I tell my manager Courtney about this and I tell her and in part of what goes on when I'm traumatized by the way, um is um it's, it's, it's, it's like I can't cope with what's happening and sometimes I'll, I'll defend the people a little bit or try to try to make it to be more of an ambiguous situation, I'll say, and the one he put in my name was hard, but I tell her about this.

00:03:33 speaker\_01: He put in my name back in my name without asking me without telling me. Um and she says, um she tells me, don't give him the hard ones OK? That I am treated with this unbelievable disrespect. OK? He's done something completely disrespectful to me that is completely wrong. Um And

she tells me not to send him the hard ones, like he's the important person for me not to bother him. And I would have this demeaning behavior or, or like for instance, Tara would, um, would look at me and say bye, you very, very urban.

00:04:07 speaker\_01: This is of what happened in the mountains. Um um These people I'm supposed to send work out to that. I would send them emails or instant messages asking how much work they can take. They would just ignore my messages. OK? They'll pretend like I didn't exist. I'm totally disrespectful. They're responsible for doing this work. OK? By the way, all the work comes to my Q. So I got send it from my Q um to them and when I tell management about this about that, they're not responding to my messages.

00:04:35 speaker\_01: They won't take the work. Uh Management won't do anything. OK? It's just like they, they let there and let me be treated with disrespect. Um Although eventually, you know that there were, there were, there was one time at least that I can remember. Um You know where I am, uh you press the issue enough that the manager did something about it. Um You know, and said something to these people, but it was like I, I'm trying to move a mountain. OK.

00:04:59 speaker\_01: This, this manager, by the way, before all this happened, um he called me, sir. Ok. Um Courtney, my um my direct manager, um you know, I would pass some idea at her by her ir some idea by her if we had some kind of problem as to how to handle something and she would, and she would like squint her eyes, you know, you know, like making a noise like a gesture as if I'm really, really, really stupid. You would do this right in front of my face.

00:05:27 speaker\_01: Um um You know, I no longer started to be to these people that they had this stigmatizing attitude against me towards me. You know, for instance, Tara, um she used to tell me one time she told me you're the greatest, you know, before all this happened and now her attitude is, is completely changed. If I go to help her with some work, she's got some work she's doing. Um uh you know, it's like I go over there to help her and she has nothing to say to me.

00:05:52 speaker\_01: I might just get up and walk away. Um It's like she's disregarding me and then, and then what happens? And again, by the way, uh Tara is Ryan's girlfriend, by the way, that's what, what, what eventually happens there is Tara, I think for the whole time that this, yeah, with the whole time this is going on, Tara had already been Ryan's girlfriend and Tara does this same shit where she puts a work item back in my name without asking me, I bring this up to the manager um and he refuses to say anything about it.

00:06:18 speaker\_01: And again, this is massively um disrespectful, ok? I eventually find out that one of the senior managers had was, was mocking me and laughing behind my back um at me, ok? And then the senior manager, Bill that put Jennys up to doing this, he spread a bunch of filth to another manager there.