

dm - Vault 77 Appreciator

498 messages

8/7/2025 1:26:28 PM - 8/7/2025 6:15:44 PM



Oldest
first



Newest
first

Copy
JSON



antifa_savant1917 8/7/2025 1:26:28 PM

Nice banning me and nuking the hours of messages I sent.



antifa_savant1917 8/7/2025 1:27:22 PM

I know more about TMS than anyone on your cult server and it is very sad that you are so threatened that you ban me without warning and conveniently clean house of my messages.



antifa_savant1917 8/7/2025 1:29:08 PM

I gave my story, what I did, how I did the protocol, I proved I did it, I was the one insulted and called a narcissist and a lot of other shit, I said a lot of shit about TMS and the cult mentality and chronic illness and learned helplessness and everything, was civil the whole time despite being ganged up on and insulted, and you ban me and delete everything I said. Inexcusable.



antifa_savant1917 8/7/2025 1:29:45 PM

Are you proud of yourself?



mrhappyoz 8/7/2025 1:56:32 PM

I have no issues with brain retraining - it's part of the protocol



mrhappyoz 8/7/2025 1:56:45 PM

I even go into the details for how the nervous system becomes dysregulated



mrhappyoz 8/7/2025 1:56:53 PM

I draw issues with your behaviour



antifa_savant1917 8/7/2025 1:57:00 PM

Such as?



antifa_savant1917 8/7/2025 1:57:09 PM

I was the one being insulted



antifa_savant1917 8/7/2025 1:57:14 PM

I was mostly civil

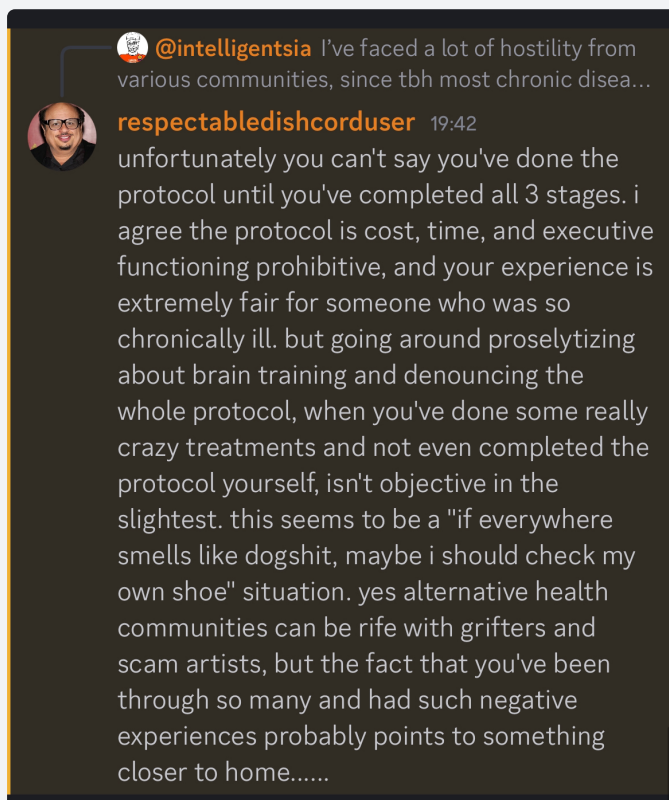


mrhappyoz 8/7/2025 1:57:16 PM

Dming people and telling them not to do the protocol, for a start



antifa_savant1917 8/7/2025 1:57:54 PM



mrhappyoz 8/7/2025 1:58:06 PM

Sure, what of it



antifa_savant1917 8/7/2025 1:58:17 PM

He was saying all kinds of shit about me



mrhappyoz 8/7/2025 1:58:23 PM

<https://bornfree.life/2024/2-2-6-cortisol-limbic-system-glycogen/>

2.2.6 Cortisol, limbic system, glycogen and IFN-γ



antifa_savant1917 8/7/2025 1:58:27 PM

I never said anything directly insulting



mrhappyoz 8/7/2025 1:59:00 PM

@mrhappyoz8/7/2025, 1:57:16 PMDMing people and telling them not to do the protocol, for a start

and this?



antifa_savant1917 8/7/2025 1:59:19 PM

He made me prove I did the protocol and then started harassing me and calling me a narc and said I'm just mentally ill



mrhappyoz 8/7/2025 1:59:28 PM

You barely started the protocol



mrhappyoz 8/7/2025 1:59:44 PM

and the protocol includes nervous system retraining



antifa_savant1917 8/7/2025 1:59:46 PM

The second someone does that, they admit they lost



antifa_savant1917 8/7/2025 1:59:54 PM

@mrhappyoz8/7/2025, 1:59:44 PMand the protocol includes nervous system retraining

It didn't back then



antifa_savant1917 8/7/2025 2:00:06 PM

And you do not understand the whole brain retraining thing well



antifa_savant1917 8/7/2025 2:00:17 PM

They contradict each other



mrhappyoz 8/7/2025 2:00:23 PM

so why are you - here and now - telling people not to do the protocol and focus on retraining?



mrhappyoz 8/7/2025 2:00:29 PM

yes / no, they don't



antifa_savant1917 8/7/2025 2:00:57 PM

I did both and they cancel each other out and John Sarno and many other brain retraining people say the same



antifa_savant1917 8/7/2025 2:01:26 PM

They say you should not mix brain retraining and physical detox



antifa_savant1917 8/7/2025 2:01:34 PM

Because detoxing sends danger signals



mrhappyoz 8/7/2025 2:01:42 PM

there's a conflict in the context of people hyper-focusing on their symptoms + whatever their "thing" is and driving the liver glycogen down, however that's why it's introduced after the basic metabolism has been restored



antifa_savant1917 8/7/2025 2:01:46 PM

I didn't believe in this originally but I found it to later be true



mrhappyoz 8/7/2025 2:02:07 PM

having failed metabolism also sends danger signals



mrhappyoz 8/7/2025 2:02:16 PM

you can read about it in that section



antifa_savant1917 8/7/2025 2:02:29 PM

You still deleted all my messages and most of them were not inflammatory



antifa_savant1917 8/7/2025 2:02:36 PM

Many were useful about TMS



antifa_savant1917 8/7/2025 2:02:42 PM

But all gone now



mrhappyoz 8/7/2025 2:02:50 PM

I didn't have time to read them all



antifa_savant1917 8/7/2025 2:02:53 PM

Whatever, I cannot be arsed any further.



antifa_savant1917 8/7/2025 2:03:08 PM

I'm done trying to convince anyone.



mrhappyoz 8/7/2025 2:03:16 PM

however they can learn about Sarno in the protocol and introduce it when further along



mrhappyoz 8/7/2025 2:03:46 PM

even fixing the cAMP-PKA drivers pulls down the nervous system "heat" substantially



mrhappyoz 8/7/2025 2:04:00 PM

that's the endogenous morphine cascade



antifa_savant1917 8/7/2025 2:04:29 PM

It's all too late. I just want to be done with all this shit and all these people.



antifa_savant1917 8/7/2025 2:04:40 PM

That was my last attempt and it is over



mrhappyoz 8/7/2025 2:05:04 PM

then.. why are you in these groups and DMs? The protocol already introduces TMS / Sarno



antifa_savant1917 8/7/2025 2:05:15 PM

Idk, I like hearing myself talk



antifa_savant1917 8/7/2025 2:05:22 PM

I came back to Discord recently



antifa_savant1917 8/7/2025 2:05:38 PM

I know other people who claimed to recover as well with brain retraining



antifa_savant1917 8/7/2025 2:05:41 PM

Jamie



antifa_savant1917 8/7/2025 2:05:46 PM

Super Fondant



mrhappyoz 8/7/2025 2:05:56 PM

Sure, after they also did minerals, etc



antifa_savant1917 8/7/2025 2:05:59 PM

I heard Conor also recovered with it



antifa_savant1917 8/7/2025 2:06:15 PM

How do you explain me then



mrhappyoz 8/7/2025 2:06:15 PM

and then worked on the nervous system loop



antifa_savant1917 8/7/2025 2:06:28 PM

Unless you're going to claim I lied about everything



antifa_savant1917 8/7/2025 2:06:34 PM

I know Yohann says that



mrhappyoz 8/7/2025 2:06:36 PM

Maybe your nervous system was the biggest driver for you?



antifa_savant1917 8/7/2025 2:06:40 PM

He said I was never sick anyways



mrhappyoz 8/7/2025 2:06:46 PM

I saw your data



antifa_savant1917 8/7/2025 2:06:59 PM

You said my data was originally bad



antifa_savant1917 8/7/2025 2:07:02 PM

I remember



mrhappyoz 8/7/2025 2:07:15 PM

You had an OAT and some minerals



antifa_savant1917 8/7/2025 2:07:20 PM

Yeah



mrhappyoz 8/7/2025 2:07:21 PM

I recall there was some problem



mrhappyoz 8/7/2025 2:07:27 PM

left shift or something



antifa_savant1917 8/7/2025 2:07:53 PM

The thing is, no matter what I do, people will say I lied



antifa_savant1917 8/7/2025 2:08:03 PM

Yohann is now saying I lied about ECT lol



mrhappyoz 8/7/2025 2:08:03 PM

in any case, whatever your intentions were - your methods were not appreciated



antifa_savant1917 8/7/2025 2:08:16 PM

Yohann is severely ill



antifa_savant1917 8/7/2025 2:08:28 PM

He is most likely going to die soon



mrhappyoz 8/7/2025 2:10:57 PM

Evidently you need to apply that intelligence to the way you communicate, or you'll be frustrated



antifa_savant1917 8/7/2025 2:11:27 PM

Ok, so what do you suggest?



mrhappyoz 8/7/2025 2:11:40 PM

"not pissing off your intended audience" is a good place to start



antifa_savant1917 8/7/2025 2:11:57 PM

You must realise the audience is offended by everything



antifa_savant1917 8/7/2025 2:12:46 PM

Liberals are overrepresented in these communities and they complain about everything. You can't not offend them unless you only say what they agree with.



mrhappyoz 8/7/2025 2:12:59 PM

So, if that was the case - will you get results by smashing down someone's boundaries, or by giving them a breadcrumb trail to follow in their own time, if they choose to?



mrhappyoz 8/7/2025 2:13:35 PM

I have to run. Give that some thought?



antifa_savant1917 8/7/2025 2:14:02 PM

@mrhappyoz8/7/2025, 2:12:59 PM So, if that was the case - will you get results by smashing down someone's boundaries, or by giving them a breadcrumb trail to follow in their own time, if they choose to?

It doesn't matter anyways since it is gone.



antifa_savant1917 8/7/2025 2:14:13 PM

I don't think I'll try again.



antifa_savant1917 8/7/2025 2:15:15 PM

I sometimes wonder if recovering was worth it though.



antifa_savant1917 8/7/2025 2:15:55 PM

Finally you come to the point and are almost there, and you realise that your life sucked before you got sick too.



antifa_savant1917 8/7/2025 2:16:28 PM

Hard pill to swallow.



antifa_savant1917 8/7/2025 2:16:44 PM

But I think, I'm done with the outreach.



antifa_savant1917 8/7/2025 2:17:58 PM

Even when I first mentioned TMS, that sweaty neckbeard said brain retraining is 'misogynistic.'



antifa_savant1917 8/7/2025 2:18:10 PM

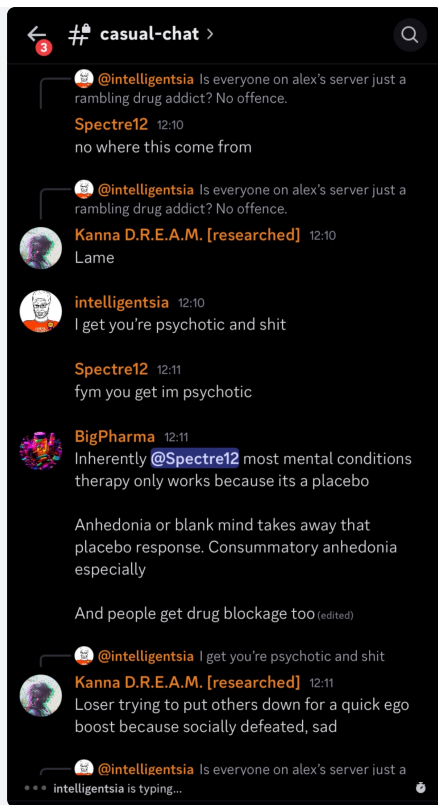


antifa_savant1917 8/7/2025 2:18:47 PM

But I'm always the bad guy, I get it.



mrhappyoz 8/7/2025 2:58:18 PM



mrhappyoz 8/7/2025 2:58:58 PM

If your intent was to deliver a helpful message, how do you think comments like these helped deliver it and get support?



antifa_savant1917 8/7/2025 2:59:07 PM

Those people were psychotic and he said I was illiterate first and was promoting drugs



antifa_savant1917 8/7/2025 2:59:20 PM

Saying valproic acid cures PSSD



mrhappyoz 8/7/2025 2:59:25 PM

and the DMs?



antifa_savant1917 8/7/2025 3:00:14 PM

@mrhappyoz 8/7/2025, 2:58:58 PM If your intent was to deliver a helpful message, how do you think comments like these helped deliver it and get support?

I originally was fine and that dishcord guy said a lot of shit



antifa_savant1917 8/7/2025 3:00:24 PM

I was relatively civil most of the time



antifa_savant1917 8/7/2025 3:01:01 PM

He first said I lied about doing the protocol, they accused me of lying, I proved it, he then said I was a narcissist and started using ad hominem insults to me



antifa_savant1917 8/7/2025 3:01:33 PM

Then he said nothing worked on me besides brain retraining because my issues were 'closer to home' aka he said I'm mentally ill.



antifa_savant1917 8/7/2025 3:01:58 PM

Very classic CFS trope is assuming people who get better are lying or were never sick (they just had a mental illness instead).



mrhappyoz 8/7/2025 3:02:06 PM

You did a couple of weeks of stage 1, as I recall?



antifa_savant1917 8/7/2025 3:02:19 PM

Idk, I was using most supplements



antifa_savant1917 8/7/2025 3:02:30 PM

Do you really want to know the massive fuck tonne of shit I tried?



antifa_savant1917 8/7/2025 3:02:38 PM

Probably 200 things after that too



mrhappyoz 8/7/2025 3:02:39 PM

Not really at this time



antifa_savant1917 8/7/2025 3:02:58 PM

I was promised cure after cure after cure by absolute quacks



mrhappyoz 8/7/2025 3:03:11 PM

The process involves layers of "undoing loops"



antifa_savant1917 8/7/2025 3:03:17 PM

And when I said it didn't work, they followed me around online and would harass me

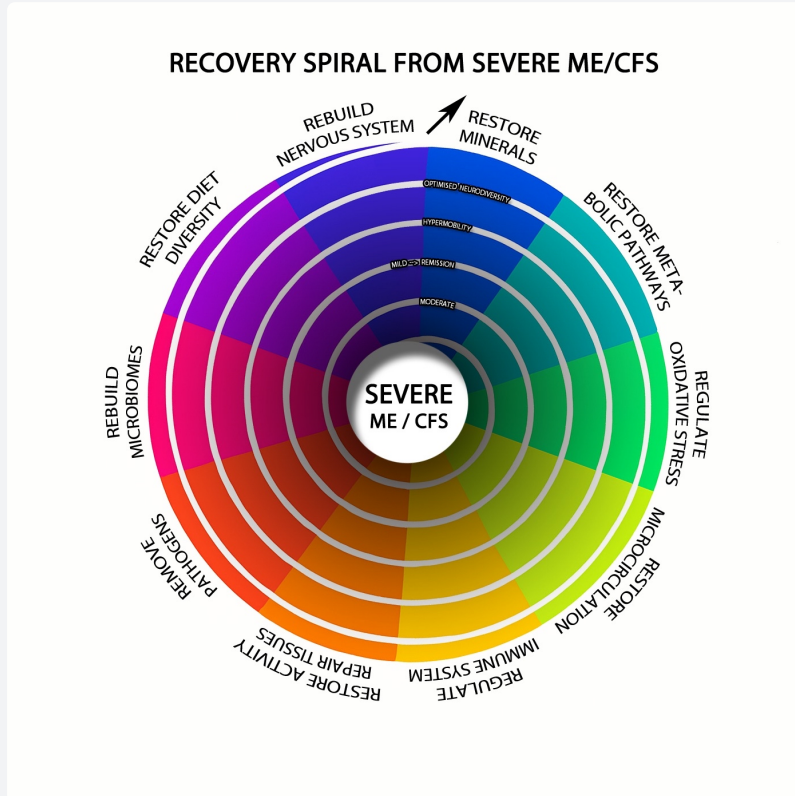


antifa_savant1917 8/7/2025 3:03:23 PM

On MMS telegram groups too



mrhappyoz 8/7/2025 3:03:30 PM



mrhappyoz 8/7/2025 3:03:42 PM

Note the nervous system included



antifa_savant1917 8/7/2025 3:03:46 PM

Anyone who does that behaviour is not to be trusted



antifa_savant1917 8/7/2025 3:04:00 PM

And Yohann and the PSSD crowd still shit talk me all the time



antifa_savant1917 8/7/2025 3:04:07 PM

I've not been in their servers since 2023



antifa_savant1917 8/7/2025 3:04:17 PM

They made a legend or mythical creature out of me



antifa_savant1917 8/7/2025 3:04:23 PM

Partially due to Talon



antifa_savant1917 8/7/2025 3:04:43 PM

NEW MESSAGES



Yohann 10:00 PM

intelligentsia 03:27

I don't think I even had anhedonia until maybe 2 months into it. I crashed from the horror stories I read online and I think that's when the anhedonia started.

he's not even a PSSD case then



R 10:01 PM

Retard alert 🚨



antifa_savant1917 8/7/2025 3:04:52 PM

Do you understand any of what I'm saying?



antifa_savant1917 8/7/2025 3:05:06 PM

I never had PSSD because (insert 1500 excuses)



antifa_savant1917 8/7/2025 3:05:33 PM

I was also always pretty nice to Ryan and Yohann



antifa_savant1917 8/7/2025 3:05:56 PM

I told Yohann months ago he would fail doing clinic IV antibiotics.



antifa_savant1917 8/7/2025 3:06:02 PM

And I know they failed



antifa_savant1917 8/7/2025 3:06:14 PM

I saw him on Reddit say it failed.



antifa_savant1917 8/7/2025 3:06:27 PM

And now he nuked his entire gut.



antifa_savant1917 8/7/2025 3:06:52 PM

People hate me because I'm pretty unfiltered and tell the truth.



antifa_savant1917 8/7/2025 3:06:59 PM

I didn't lie about any of my backstory.



antifa_savant1917 8/7/2025 3:07:05 PM

It's always been consistent.



antifa_savant1917 8/7/2025 3:07:53 PM

I'm sure you also know that chronic illness communities hate it when people get better.



antifa_savant1917 8/7/2025 3:08:31 PM

They usually say they lied about it all or say they never were sick or that it was a misdiagnosis or it was actually depression or a mental illness or insert whatever mental gymnastics explanation they cook up.



antifa_savant1917 8/7/2025 3:08:51 PM

Some people do lie about recovery, I've seen it.



antifa_savant1917 8/7/2025 3:09:15 PM

But some people are honest, and I'm not the lying type. Sometimes I wish I was, honestly.



antifa_savant1917 8/7/2025 3:09:51 PM

I'm also not fully recovered and had a particularly bad day yesterday and the discord shit never helps.



antifa_savant1917 8/7/2025 3:10:25 PM

I'd be a richer and more successful person if I was good at lying.



antifa_savant1917 8/7/2025 3:17:43 PM

| @mrhappyoz8/7/2025, 2:59:25 PM and the DMs?

Maybe because I'm mad that I spent a lot of time and hope gearing up for the protocol and wanted to tell people about other shit.



antifa_savant1917 8/7/2025 3:17:55 PM

I wish I knew about brain retraining early on.



antifa_savant1917 8/7/2025 3:18:06 PM

But I didn't, I got pulled into the insane rabbit holes.



antifa_savant1917 8/7/2025 3:18:46 PM

I'm more open-minded than most people.



antifa_savant1917 8/7/2025 3:19:03 PM

I might've tried it early on if I knew about it, but I didn't.



antifa_savant1917 8/7/2025 3:19:37 PM

It was never talked about in PSSD shitholes so I never found out. I didn't know about brain retraining at all until maybe May 2024.



antifa_savant1917 8/7/2025 3:20:05 PM

It took me a while to really accept it though.



antifa_savant1917 8/7/2025 3:20:26 PM

I only went back to it once more when everything else failed, as people often do.



antifa_savant1917 8/7/2025 3:21:04 PM

After all the detox evangelical christcuck telegram quack shit failed, after I did a dry fast and that completely failed.



antifa_savant1917 8/7/2025 3:23:40 PM

I do believe the online communities keep people stuck, and more and more, I wish the internet was never invented.



mrhappyoz 8/7/2025 3:24:44 PM

You mentioned that you still had some symptoms - why don't you see what addressing the deficiencies fixes?



antifa_savant1917 8/7/2025 3:26:08 PM

Because I've tried so much shit, I'm done with physical detoxing, and I've not heard of any success with the protocol. There's no one to talk to about it being done

successfully, and I'm broke these days. I wasted so much money on shit that didn't work, brain retraining is pretty cheap.



mrhappyoz 8/7/2025 3:26:37 PM

You believe your body doesn't need minerals to work?



mrhappyoz 8/7/2025 3:26:56 PM

You pulled out 1 loop.



antifa_savant1917 8/7/2025 3:27:24 PM

I don't really care about the technicals of it. Part of the approach is not analysing everything in existence. I'm good at overanalysis.



antifa_savant1917 8/7/2025 3:27:54 PM

All I know is, somehow it seems to work



mrhappyoz 8/7/2025 3:28:02 PM

Sure, but that's different to having malnutrition



antifa_savant1917 8/7/2025 3:28:14 PM

But I dug myself into holes by combining shit



antifa_savant1917 8/7/2025 3:28:28 PM

I mentioned I originally combined brain retraining with MMS and all that shit



antifa_savant1917 8/7/2025 3:28:37 PM

It resulted in a stalemate basically



mrhappyoz 8/7/2025 3:28:46 PM

There's a range of scope between hyper fixating on details and making smarter choices



antifa_savant1917 8/7/2025 3:29:20 PM

So you think no one has recovered with brain retraining?



antifa_savant1917 8/7/2025 3:29:39 PM

I'm the only 'PSSD' case I've heard of who has even done brain retraining.



antifa_savant1917 8/7/2025 3:30:08 PM

The rest of them seethe all day in their shithole servers and talk about me.



antifa_savant1917 8/7/2025 3:30:11 PM

Rent free.



mrhappyoz 8/7/2025 3:30:35 PM

You're so black and white



antifa_savant1917 8/7/2025 3:30:40 PM

I seethe too obviously as well sometimes, but I've also been much more successful than them.



mrhappyoz 8/7/2025 3:30:52 PM

Learn to appreciate nuance



antifa_savant1917 8/7/2025 3:31:16 PM

@mrhappyoz8/7/2025, 3:30:35 PMYou're so black and white

I'm so black and white?



mrhappyoz 8/7/2025 3:31:30 PM

@antifa_savant19178/7/2025, 3:29:20 PMSo you think no one has recovered with brain retraining?

This



mrhappyoz 8/7/2025 3:31:36 PM

In response to what I said



antifa_savant1917 8/7/2025 3:32:44 PM

Idk what else to say. I feel like I went through a war and I have a lot of trauma just by being in these communities.



antifa_savant1917 8/7/2025 3:33:24 PM

One of the things that originally had me interested was how people with CFS and PSSD act.



antifa_savant1917 8/7/2025 3:33:29 PM

They all act very similar.



mrhappyoz 8/7/2025 3:33:38 PM

It's the same disease



antifa_savant1917 8/7/2025 3:33:50 PM

Yes, I mean it made me believe in TMS



antifa_savant1917 8/7/2025 3:34:00 PM

Because what Sarno said is true in my experience



antifa_savant1917 8/7/2025 3:34:09 PM

There is a victim pyramid



antifa_savant1917 8/7/2025 3:34:18 PM

Ryan for instance



antifa_savant1917 8/7/2025 3:34:20 PM

You knew him



antifa_savant1917 8/7/2025 3:34:52 PM

He hates me because I've been more successful than him and I've not been sick for 1/6 as long as him, and it pisses him off



mrhappyoz 8/7/2025 3:34:55 PM

However removing the nervous system loop doesn't give you a free pass on nutrients and infections



antifa_savant1917 8/7/2025 3:35:20 PM

He wants to be at the top of the victim pyramid because he has been sick the longest and has the biggest victim complex and the most 'real' symptoms



antifa_savant1917 8/7/2025 3:35:40 PM

Meanwhile I'm not a real case since I had a lot of success with brain retraining and have almost recovered



mrhappyoz 8/7/2025 3:36:03 PM

I've worked with people who did brain retraining and later relapsed.

I've also got people who don't have the nervous system loop.



antifa_savant1917 8/7/2025 3:36:07 PM

Therefore according to him I made it all up or was never actually sick and was mentally ill the entire time.



antifa_savant1917 8/7/2025 3:36:23 PM

Don't deny this, I'm sure you've seen it



antifa_savant1917 8/7/2025 3:36:42 PM

It's like Maoism but applied to chronic disease



antifa_savant1917 8/7/2025 3:37:02 PM

Anyone who recovered can't talk since it means they were never actually sick



mrhappyoz 8/7/2025 3:37:05 PM

What you'll learn is all of these things are important



antifa_savant1917 8/7/2025 3:37:20 PM

I also did a shitload of detoxing



antifa_savant1917 8/7/2025 3:37:29 PM

And I took some supplements later independently as well



antifa_savant1917 8/7/2025 3:37:31 PM

Binders too



antifa_savant1917 8/7/2025 3:37:39 PM

But most of it was not helpful imo



mrhappyoz 8/7/2025 3:37:39 PM

That's not the same as repletion



antifa_savant1917 8/7/2025 3:38:41 PM

@antifa_savant19178/7/2025, 3:35:20 PM He wants to be at the top of the victim pyramid because he has been sick the longest and has the biggest victim complex and the most 'real' symptoms

@mrhappyoz

<@109948856329863168>



mrhappyoz 8/7/2025 3:38:46 PM

Everyone has different levels of influence from different layers



antifa_savant1917 8/7/2025 3:38:56 PM

What about the learned helplessness victim pyramid aspect



mrhappyoz 8/7/2025 3:38:56 PM

@antifa_savant19178/7/2025, 3:38:41 PM <@109948856329863168>

I'm not here to talk about others



antifa_savant1917 8/7/2025 3:39:17 PM

Ok, well they sure talk a lot about me.



mrhappyoz 8/7/2025 3:39:58 PM

Do you remember all the things you've said and done in those servers?



mrhappyoz 8/7/2025 3:40:24 PM

I still have the screenshots people sent me



antifa_savant1917 8/7/2025 3:40:36 PM

What did I say? Talon said a lot of shit about me, most of it was not true or partially true but exaggerated.



mrhappyoz 8/7/2025 3:40:36 PM

Best way to move forward is own it and do better



antifa_savant1917 8/7/2025 3:41:00 PM

Send me them and I'll take a look



antifa_savant1917 8/7/2025 3:41:13 PM

I also know a few people also impersonated me at some points



antifa_savant1917 8/7/2025 3:41:21 PM

Maybe once or twice



antifa_savant1917 8/7/2025 3:42:16 PM

For various reasons, it is hard to really prove what I said.



antifa_savant1917 8/7/2025 3:42:55 PM

I was also in a difficult situation and a Greek schizophrenic was trying to get me to illegally import oestrogen from Thailand, and I had 50 symptoms still then.



antifa_savant1917 8/7/2025 3:43:30 PM

When I dropped out he started spreading shit about me and then Talon was sending people shit



antifa_savant1917 8/7/2025 3:43:43 PM

So it is hard to prove any of it



mrhappyoz 8/7/2025 3:43:53 PM

Racism, "Pakistanis must die", Nazi stuff and lots of hostility



antifa_savant1917 8/7/2025 3:44:04 PM

Screenshots?



mrhappyoz 8/7/2025 3:44:26 PM

Yea but you know all of this



mrhappyoz 8/7/2025 3:44:42 PM

Own it and do better



antifa_savant1917 8/7/2025 3:44:46 PM

No offence but I also had plenty of reason to be angry.



antifa_savant1917 8/7/2025 3:45:00 PM

When is the last time I even said anything like that



antifa_savant1917 8/7/2025 3:45:03 PM

Not recently



antifa_savant1917 8/7/2025 3:45:17 PM

And a lot of it was sensationalised and made up to some extent



antifa_savant1917 8/7/2025 3:45:30 PM

I know Talon said lots of shit



mrhappyoz 8/7/2025 3:45:45 PM

You even said stuff like that in our DMs



antifa_savant1917 8/7/2025 3:45:45 PM

Talon is psychotic.



mrhappyoz 8/7/2025 3:46:09 PM

Your behavioural pattern left a collective imprint



mrhappyoz 8/7/2025 3:46:49 PM

If you want a fresh start, it may need to be a new group



antifa_savant1917 8/7/2025 3:47:09 PM

How many people in your server even know who I am



antifa_savant1917 8/7/2025 3:47:15 PM

I can wager very few



antifa_savant1917 8/7/2025 3:47:24 PM

Mostly only a few PSSD people even knew me by name



mrhappyoz 8/7/2025 3:48:00 PM

Most people spot you in moments by your messaging content



antifa_savant1917 8/7/2025 3:48:22 PM

A lot of people from back then are not even around anymore



mrhappyoz 8/7/2025 3:48:49 PM

Based on the amount of messages I got naming you in the last 24h, I think otherwise



antifa_savant1917 8/7/2025 3:49:03 PM

Screenshots?



mrhappyoz 8/7/2025 3:49:20 PM

Don't



antifa_savant1917 8/7/2025 3:49:23 PM

I'm never mentioned in the server though



mrhappyoz 8/7/2025 3:49:30 PM

Just own it and do better



mrhappyoz 8/7/2025 3:49:51 PM

Accept that you need to relearn how to interface with people



antifa_savant1917 8/7/2025 3:50:14 PM

You think people can't be upset that they were wronged?



antifa_savant1917 8/7/2025 3:51:11 PM

As I told you, I'm done with all of the communities. I was barely involved at all anymore besides the last few days.



mrhappyoz 8/7/2025 3:52:36 PM

Yes, and that's why people are going to have issues with you being active in these communities - the previous hostility hasn't been forgotten / forgiven



antifa_savant1917 8/7/2025 3:52:45 PM

You talk about it like I'm a murderer when I have no criminal record.



mrhappyoz 8/7/2025 3:53:14 PM

The pages of screenshots showed you have severe anger issues and problems communicating



mrhappyoz 8/7/2025 3:53:45 PM

Anger, when appropriately directed can be a catalyst for change.



mrhappyoz 8/7/2025 3:54:03 PM

When it's unfocused and directed at whole communities / races .. not so much.



antifa_savant1917 8/7/2025 3:54:09 PM

The world is a horrible place, anger is absolutely everywhere and humanity will not survive this century.



antifa_savant1917 8/7/2025 3:54:13 PM

I agree



mrhappyoz 8/7/2025 3:54:32 PM

It's an interesting time to be alive



antifa_savant1917 8/7/2025 3:54:34 PM

But I've had lots of hatred and anger directed at me since I was a child



mrhappyoz 8/7/2025 3:54:55 PM

So why propagate that to other people?



mrhappyoz 8/7/2025 3:55:08 PM

Do you need to understand it from the side of the aggressor?



antifa_savant1917 8/7/2025 3:55:22 PM

Because they don't care about me. I'm the victim more than I'm the oppressor.



antifa_savant1917 8/7/2025 3:55:32 PM

My dad was an alcoholic and paedophile



mrhappyoz 8/7/2025 3:55:47 PM

I had a similar but different set of issues



mrhappyoz 8/7/2025 3:56:00 PM

I made different choices



antifa_savant1917 8/7/2025 3:56:04 PM

I never felt accepted by anyone



mrhappyoz 8/7/2025 3:56:08 PM

Same



mrhappyoz 8/7/2025 3:56:11 PM

You get used to it



antifa_savant1917 8/7/2025 3:56:12 PM

I grew up in a bad time



mrhappyoz 8/7/2025 3:56:16 PM

So did I



mrhappyoz 8/7/2025 3:56:43 PM

While all of these things will traumatise you, they don't have to define you.



antifa_savant1917 8/7/2025 3:56:50 PM

I want to say you're right but I idk



antifa_savant1917 8/7/2025 3:57:28 PM

I'm very much against certain religious groups because I'm fundamentally against many things they do.



antifa_savant1917 8/7/2025 3:58:04 PM

I don't believe in forcing shit on kids



mrhappyoz 8/7/2025 3:58:16 PM

Then learn how to communicate that in a way that is meaningful and not hateful, so you gather support



antifa_savant1917 8/7/2025 3:58:33 PM

Yes, but I get called a nazi no matter what I do



mrhappyoz 8/7/2025 3:58:48 PM

Well.. you did send many pictures of Nazi memorabilia



mrhappyoz 8/7/2025 3:58:55 PM

And say a bunch of Nazi things



mrhappyoz 8/7/2025 3:58:57 PM

So.



mrhappyoz 8/7/2025 3:59:05 PM

That tends to stick around.



antifa_savant1917 8/7/2025 3:59:06 PM

When did I say that recently?



mrhappyoz 8/7/2025 3:59:36 PM

That doesn't matter - you get painted with that brush until you apologise for it and mean it



mrhappyoz 8/7/2025 3:59:40 PM

Even then..



antifa_savant1917 8/7/2025 3:59:59 PM

I'm not even sure exactly what you're referring to since it was so long ago and a lot of it could've not actually been related



mrhappyoz 8/7/2025 4:00:31 PM

You even started putting the Nazi memorabilia on my server



antifa_savant1917 8/7/2025 4:00:38 PM

I never did that



mrhappyoz 8/7/2025 4:00:43 PM

Yes you did



antifa_savant1917 8/7/2025 4:01:01 PM

I don't think I ever did that. If you provide evidence I can see what I can do.



mrhappyoz 8/7/2025 4:01:21 PM

I think I deleted it long ago



antifa_savant1917 8/7/2025 4:01:27 PM

I never did that



mrhappyoz 8/7/2025 4:01:34 PM

Yes, yes you did



antifa_savant1917 8/7/2025 4:01:37 PM

I never posted any of that on your server



mrhappyoz 8/7/2025 4:01:40 PM

Yes



mrhappyoz 8/7/2025 4:01:43 PM

You really did



antifa_savant1917 8/7/2025 4:02:06 PM

Is that what you tell people?



mrhappyoz 8/7/2025 4:02:13 PM

No, that's what you did



antifa_savant1917 8/7/2025 4:02:20 PM

You said you don't talk about other people



mrhappyoz 8/7/2025 4:02:23 PM

Take ownership of it and move forward



mrhappyoz 8/7/2025 4:02:31 PM

I'm talking about you, to you



mrhappyoz 8/7/2025 4:02:39 PM

We're having a direct conversation



antifa_savant1917 8/7/2025 4:02:51 PM

You know one person impersonated me around July 2023



antifa_savant1917 8/7/2025 4:02:57 PM

He used my name and pfp



mrhappyoz 8/7/2025 4:03:13 PM

It was one of your accounts



mrhappyoz 8/7/2025 4:03:25 PM

You were Dming me from the same account



antifa_savant1917 8/7/2025 4:03:53 PM

I was in hospital that same month and had no access to my phone



mrhappyoz 8/7/2025 4:04:02 PM

Sure, I remember that too



mrhappyoz 8/7/2025 4:04:06 PM

This wasn't it



antifa_savant1917 8/7/2025 4:04:34 PM

I'm pretty confident I never posted that on your server though



mrhappyoz 8/7/2025 4:04:43 PM

No, definitely did



antifa_savant1917 8/7/2025 4:05:35 PM

Ok, well, whatever, to each their own



antifa_savant1917 8/7/2025 4:05:52 PM

I know you've never liked me



antifa_savant1917 8/7/2025 4:05:56 PM

And that's fine



antifa_savant1917 8/7/2025 4:06:04 PM

I know a lot of people do not like me.



antifa_savant1917 8/7/2025 4:06:53 PM

That being said, why is my name not mentioned in the server if they dm'd you saying it must be me? There are maybe 10 mentions of my name and all 2 years old



mrhappyoz 8/7/2025 4:07:37 PM

I don't like how you treat people. I don't like how people treated you.

It's pointless and just causes trauma, drama, outrage, etc



mrhappyoz 8/7/2025 4:08:06 PM

@antifa_savant1917 8/7/2025, 4:06:53 PM That being said, why is my name not mentioned in the server if they dm'd you saying it must be me? There are maybe 10 mentions of my name and all 2 years old

DMs to me aren't going to be on the server



antifa_savant1917 8/7/2025 4:08:19 PM

I'm not even that similar to back then



antifa_savant1917 8/7/2025 4:08:32 PM

There are still some similarities, sure



mrhappyoz 8/7/2025 4:08:38 PM

Clearly enough for multiple people to see who you are



antifa_savant1917 8/7/2025 4:08:50 PM

Yohann was one



mrhappyoz 8/7/2025 4:08:57 PM

Actually he didn't message me



mrhappyoz 8/7/2025 4:09:20 PM

No doubt he spotted you, by the messages in the channel



antifa_savant1917 8/7/2025 4:11:14 PM

He seethes about me all day



antifa_savant1917 8/7/2025 4:11:28 PM

There's definitely a rent free thing going on



antifa_savant1917 8/7/2025 4:11:48 PM

Which is funny since Yohann also talks a lot of shit about Arabs in other servers



antifa_savant1917 8/7/2025 4:12:29 PM

Also Talon did go on a campaign against me back then



antifa_savant1917 8/7/2025 4:12:36 PM

Do you approve of all the shit he did?



antifa_savant1917 8/7/2025 4:12:54 PM

He was harassing me constantly and sending me insane voice messages rambling.



antifa_savant1917 8/7/2025 4:13:41 PM

I also was nice to you when Gemma died



antifa_savant1917 8/7/2025 4:13:50 PM

I offered to talk to you



antifa_savant1917 8/7/2025 4:16:36 PM

As I've said 1000 times, I'm done with the communities. I was already basically done with them, why wouldn't I be done with them? There will be no more communities.



antifa_savant1917 8/7/2025 4:17:24 PM

I shouldn't have tried to come back, but I also know that no one ever accused me of being a nazi when I active in the server back then. Why would they suddenly be now?



antifa_savant1917 8/7/2025 4:17:35 PM

In March last year



antifa_savant1917 8/7/2025 4:17:51 PM

I don't recall any issues and I didn't cause any issues either.



antifa_savant1917 8/7/2025 4:18:44 PM

So some things don't seem to add up very well, but okay. I'm done with the back and forth melee.



antifa_savant1917 8/7/2025 4:19:05 PM

There were also legitimate nazis in the server



antifa_savant1917 8/7/2025 4:19:14 PM

Like the cajun guy



mrhappyoz 8/7/2025 4:24:55 PM

@antifa_savant1917 8/7/2025, 4:17:24 PM I shouldn't have tried to come back, but I also know that no one ever accused me of being a nazi when I active in the server back then. Why would they suddenly be now?

They did



mrhappyoz 8/7/2025 4:25:14 PM

I wonder if ECT or something may have affected your memories around that time?



antifa_savant1917 8/7/2025 4:28:11 PM

I wish



antifa_savant1917 8/7/2025 4:28:55 PM

There's lots of things I wish I've forgotten, ECT did nothing about that



antifa_savant1917 8/7/2025 4:29:54 PM

I also didn't get ECT when I was trying that protocol



antifa_savant1917 8/7/2025 4:30:09 PM

I don't recall any mentions of me and I searched the server and didn't see any recent mentions then



antifa_savant1917 8/7/2025 4:30:32 PM

All the mentions or almost all of them were from late 2023 or thereabout



antifa_savant1917 8/7/2025 4:30:50 PM

...which is months before I tried the protocol



antifa_savant1917 8/7/2025 4:31:45 PM

This is what I mean when some of these details don't add up. If many people dm'd you recently about my identity, how come almost no one mentioned my old name in the server history in the last 2 years or so?



antifa_savant1917 8/7/2025 4:31:59 PM

You'd think they'd have mentioned it in the server too



antifa_savant1917 8/7/2025 4:32:29 PM

None of the brain retraining people I mentioned also knew who I was and they were old members of the server.



antifa_savant1917 8/7/2025 4:33:29 PM

As I said, most of the people who know me by name at this point seem to be PSSD 'veterans' who knew me from the estrogen server ages ago, like Yohann and Ryan.



antifa_savant1917 8/7/2025 4:38:18 PM

Around 10 months ago that jack krause guy came into the server asking for me by name



antifa_savant1917 8/7/2025 4:38:30 PM

No one answered, that was the last mention of me afaik



mrhappyoz 8/7/2025 4:44:35 PM

@antifa_savant1917 8/7/2025, 4:30:50 PM...which is months before I tried the protocol

[@antifa_savant1917](#)

Which name? You had multiple accounts



antifa_savant1917 8/7/2025 4:57:28 PM

Idk, I've had a few.



antifa_savant1917 8/7/2025 4:57:36 PM

I just know no one has recently mentioned sturm at all



mrhappyoz 8/7/2025 4:57:45 PM

No, they haven't



antifa_savant1917 8/7/2025 4:57:48 PM

Latest afaik was 10 months ago



antifa_savant1917 8/7/2025 4:57:56 PM

That was the name I was usually known as



mrhappyoz 8/7/2025 4:58:01 PM

Only the PSSD server ripples know that name



mrhappyoz 8/7/2025 4:58:08 PM

You had multiple on BF



antifa_savant1917 8/7/2025 4:58:50 PM

Not even remotely



antifa_savant1917 8/7/2025 4:59:02 PM

I had that name for a year and a half



mrhappyoz 8/7/2025 4:59:09 PM

Yes you did



antifa_savant1917 8/7/2025 4:59:36 PM

Ok, then give some evidence please, really



antifa_savant1917 8/7/2025 5:00:38 PM

You didn't have ANY screenshots at all?



antifa_savant1917 8/7/2025 5:00:47 PM

I'm standing my ground here



antifa_savant1917 8/7/2025 5:01:25 PM

I deliberately was pretty tame on that account in your server since I didn't want to get banned, so I'm 99% sure I never really said anything.



antifa_savant1917 8/7/2025 5:02:11 PM

The only ones that even said anything were old accounts before that on PSSD servers and even then, it's lost to time now and I'm not sure how significant it was, considering my name is not known in your server.



antifa_savant1917 8/7/2025 5:03:16 PM

I also was friends with many people in the server on that account



antifa_savant1917 8/7/2025 5:03:24 PM

I was friends with Gemma too on that account



antifa_savant1917 8/7/2025 5:03:35 PM

Super Fondant as well



antifa_savant1917 8/7/2025 5:04:24 PM

I remember once Andreas or whatever was being attacked by trolls and I defended him, this was maybe February or March 2024



antifa_savant1917 8/7/2025 5:04:43 PM

I take a lot of screenshots



antifa_savant1917 8/7/2025 5:04:49 PM

I can probably prove a lot of it



antifa_savant1917 8/7/2025 5:05:36 PM

I know you don't like me and you're trying to conceal it under a guise of paternalising.



antifa_savant1917 8/7/2025 5:06:07 PM

I'm not dumb.



antifa_savant1917 8/7/2025 5:07:09 PM

I have more broad knowledge on a huge array of areas than anyone else I've seen.



antifa_savant1917 8/7/2025 5:11:08 PM

I've always been obsessed with finding out new information



antifa_savant1917 8/7/2025 5:12:56 PM

So denouncing me as some evil nazi or something is a bit cliché,



antifa_savant1917 8/7/2025 5:13:46 PM

I've never heard of a neo-nazi or whatever skinhead who cared about any of the stuff I do. They're all pseudo-intellectuals and use it as a larp.



antifa_savant1917 8/7/2025 5:15:51 PM

I'm a person of history.



antifa_savant1917 8/7/2025 5:17:12 PM

You call me black and white, but you seem to think everyone fits in a neat box. Is anyone truly one thing?



antifa_savant1917 8/7/2025 5:17:30 PM

I'm not black and white to assume everyone fits in a single category.



antifa_savant1917 8/7/2025 5:20:12 PM

I try to be unbiased with these things, I've read both communist and fascist literature before, I've read a lot of basically everything. As I said, I do not fit in a single category and I do not like being put in one.



mrhappyoz 8/7/2025 5:28:36 PM

@antifa_savant1917 8/7/2025, 5:00:38 PM You didn't have ANY screenshots at all?

I remember pruning threads of it



mrhappyoz 8/7/2025 5:28:48 PM

It's possible that some is still there



mrhappyoz 8/7/2025 5:29:39 PM

And if that was "tame", you're essentially admitting you've posted a lot of worse stuff in other places.

So what's your real message here ?



mrhappyoz 8/7/2025 5:31:16 PM

@antifa_savant1917 8/7/2025, 5:05:36 PM I know you don't like me and you're trying to conceal it under a guise of paternalising.

I already said I don't like how you behave. There are DMs with things you've said to me directly about other groups of people which contribute to that.



mrhappyoz 8/7/2025 5:33:16 PM

I'm not going to go back and find leftovers from your previous posts. Even if I felt inclined, the user account doesn't exist and searching will be tedious.



mrhappyoz 8/7/2025 5:34:00 PM

By your own admission, you know you've had a problem with this generally. Why is it so hard to believe you did the same here?



antifa_savant1917 8/7/2025 5:34:40 PM

Was I ever banned on that account?



antifa_savant1917 8/7/2025 5:34:54 PM

I was only banned once originally, when Talon was around



antifa_savant1917 8/7/2025 5:35:03 PM

Talking about old accounts



antifa_savant1917 8/7/2025 5:35:06 PM

Not this one



mrhappyoz 8/7/2025 5:36:07 PM

I didn't ban that account



antifa_savant1917 8/7/2025 5:36:14 PM

If I was really so bad, how come I never was banned by Discord on that account? I had it for a year and a half



mrhappyoz 8/7/2025 5:36:19 PM

Came close a few times and gave you warnings



antifa_savant1917 8/7/2025 5:36:22 PM

Never banned



mrhappyoz 8/7/2025 5:36:38 PM

Probably because people didn't report it to discord



antifa_savant1917 8/7/2025 5:36:51 PM

Well I was in other servers too



antifa_savant1917 8/7/2025 5:36:53 PM

Still nothing



antifa_savant1917 8/7/2025 5:37:20 PM

I was also friends with a lot of people under that account



antifa_savant1917 8/7/2025 5:37:21 PM

Gemma



antifa_savant1917 8/7/2025 5:37:27 PM

Many others



mrhappyoz 8/7/2025 5:37:29 PM

But what's the point of behaving like that and further - why try to deflect from it now?
If you're a changed person - just apologise, own it and move forward



antifa_savant1917 8/7/2025 5:37:32 PM

Probably at least 10-15



antifa_savant1917 8/7/2025 5:38:11 PM

@mrhappyoz8/7/2025, 5:37:29 PM But what's the point of behaving like that and further - why try to deflect from it now? If you're a changed person - just apologise, own it and move forward

Because I feel like you're trying to paint it as worse than it ever could've been



mrhappyoz 8/7/2025 5:38:51 PM

There are shades of grey when it comes to hating groups of people and sharing Nazi memorabilia, etc?



mrhappyoz 8/7/2025 5:39:04 PM

I don't think I've encountered that



antifa_savant1917 8/7/2025 5:39:38 PM

Also nazis were allied with muslims and I mostly criticised muslims as a religion, not usually racially



mrhappyoz 8/7/2025 5:39:39 PM

Are you trying to justify it now, or do you want to put it behind you?



antifa_savant1917 8/7/2025 5:39:55 PM

Nothing wrong with criticising a religion



antifa_savant1917 8/7/2025 5:40:15 PM

I did say bad things about pakistanis



antifa_savant1917 8/7/2025 5:40:19 PM

I'll admit that one



mrhappyoz 8/7/2025 5:40:23 PM

I don't have an issue with challenging an ideology



mrhappyoz 8/7/2025 5:40:28 PM

And calling out bad things



mrhappyoz 8/7/2025 5:40:42 PM

That's different from "exterminate the xxx" type comments



mrhappyoz 8/7/2025 5:40:52 PM

Nuance



antifa_savant1917 8/7/2025 5:41:20 PM

I don't think I ever said that on your server under that account.



antifa_savant1917 8/7/2025 5:41:47 PM

I just am offended because I feel like people think edgy posts from years ago are worse than being an actual violent criminal or pedo in today's society



antifa_savant1917 8/7/2025 5:41:57 PM

I regret posting anything



mrhappyoz 8/7/2025 5:41:58 PM

Anyway, I answered your request to give you feedback you can take onboard and help understand how to improve your communications



antifa_savant1917 8/7/2025 5:42:36 PM

I saw a Reddit person claiming a paedophile is better than random losers on 4chan - seriously?



mrhappyoz 8/7/2025 5:42:40 PM

That's done, so there's not much else I have to say



mrhappyoz 8/7/2025 5:45:22 PM

Maybe you can just learn how to get along with people and stop being so hostile?



antifa_savant1917 8/7/2025 5:45:40 PM

As I said, the world is hostile



antifa_savant1917 8/7/2025 5:45:57 PM

When it is all you ever see, how does that manifest?



antifa_savant1917 8/7/2025 5:46:43 PM

I've improved in some ways but it is hard to not be angry about many things still and the unknown.



antifa_savant1917 8/7/2025 5:46:53 PM

There's lots of unknown.



antifa_savant1917 8/7/2025 5:47:09 PM

My life was ruined by being sick, even recovering, what do I do?



antifa_savant1917 8/7/2025 5:47:47 PM

And it makes me think I'll break free fully and then hang myself like the old guy in Shawshank Redemption.



antifa_savant1917 8/7/2025 5:48:20 PM

That's a hard thing to deal with.



antifa_savant1917 8/7/2025 5:48:27 PM

And no one talks about it.



antifa_savant1917 8/7/2025 5:49:15 PM

I also had a terrible day yesterday.



antifa_savant1917 8/7/2025 5:50:08 PM

I've already thought a lot about my previous behaviour and the victim mentality and all of that. I've addressed part of it.



antifa_savant1917 8/7/2025 5:50:41 PM

I've acknowledged my behaviour sucked and that I was toxic and a sick person and it wasn't just the meds that fucked me.



antifa_savant1917 8/7/2025 5:51:00 PM

- that's all part of brain retraining.



antifa_savant1917 8/7/2025 5:51:52 PM

@antifa_savant1917 8/7/2025, 5:47:47 PM And it makes me think I'll break free fully and then hang myself like the old guy in Shawshank Redemption.

You work hard and you're free...finally. But what then?



antifa_savant1917 8/7/2025 5:52:09 PM

Do you crumble under the pressure of trying to return to a regular life?



mrhappyoz 8/7/2025 5:53:24 PM

Ask yourself what aspects of it feel like pressure and work on understanding why they feel that way?



mrhappyoz 8/7/2025 5:53:57 PM

And I assure you - the brain retraining is just one part of it



mrhappyoz 8/7/2025 5:55:52 PM

There is still pressure from the underlying cascade. You've forced your nervous system to not be caged by that, but the pressure that primes it needs to be resolved to be truly successful.



antifa_savant1917 8/7/2025 5:56:54 PM

Part of the reason why I respond hostile a lot is that I feel like I'm being blamed.



mrhappyoz 8/7/2025 5:57:40 PM

Blamed for?



antifa_savant1917 8/7/2025 5:58:29 PM

I feel like you're talking to me like a delinquent or criminal.



mrhappyoz 8/7/2025 5:58:48 PM

I'm talking to you like someone who has behaved really badly in the past



antifa_savant1917 8/7/2025 5:58:48 PM

And I've been treated very poorly by authority figures in the past.



mrhappyoz 8/7/2025 5:58:58 PM

However I'm also trying to help you move forward



antifa_savant1917 8/7/2025 5:59:19 PM

Do you even know anything about me? Just curious.



antifa_savant1917 8/7/2025 5:59:30 PM

Most people don't know anything, not even PSSD people.



antifa_savant1917 8/7/2025 5:59:36 PM

They know basic information



mrhappyoz 8/7/2025 5:59:48 PM

So.. other than taking ownership of your behaviour, there's nothing else left



mrhappyoz 8/7/2025 6:00:15 PM

Let's see - at various stages you've shared a number of traumas



mrhappyoz 8/7/2025 6:00:22 PM

And your family history



mrhappyoz 8/7/2025 6:00:40 PM

Or at least some of it



antifa_savant1917 8/7/2025 6:00:43 PM

This is sort of what I mean. Do you think saying unhinged shit a few years ago is worse than being a murderer or terrorist?



mrhappyoz 8/7/2025 6:00:59 PM

No, but you don't seem to be able to actually let it go



mrhappyoz 8/7/2025 6:01:17 PM

You appear to trying to justify it



mrhappyoz 8/7/2025 6:01:32 PM

That's why I said "take ownership of it"



antifa_savant1917 8/7/2025 6:01:42 PM

The reason is because I also hate the PSSD community and I hate how they treated me



antifa_savant1917 8/7/2025 6:01:47 PM

I hate how sweaty treated me



mrhappyoz 8/7/2025 6:01:54 PM

You treated them pretty badly too



mrhappyoz 8/7/2025 6:02:00 PM

I don't think anyone is faultless there



antifa_savant1917 8/7/2025 6:02:23 PM

I didn't say anything until sweaty kicked me out and called me a social retard



antifa_savant1917 8/7/2025 6:02:27 PM

So he started that



antifa_savant1917 8/7/2025 6:02:40 PM

Then got his cult to gang up on me



mrhappyoz 8/7/2025 6:02:42 PM

What did you do that he called you that?



antifa_savant1917 8/7/2025 6:02:45 PM

I responded by saying shit



antifa_savant1917 8/7/2025 6:02:57 PM

@mrhappyoz8/7/2025, 6:02:42 PMWhat did you do that he called you that?

I said I didn't want to do his protocol anymore



antifa_savant1917 8/7/2025 6:03:02 PM

He took my mod away and banned me



antifa_savant1917 8/7/2025 6:03:15 PM

Said I was a retard and loser and a social reject



mrhappyoz 8/7/2025 6:03:29 PM

And nothing else? No nazi material and hate stuff?



antifa_savant1917 8/7/2025 6:03:31 PM

I never said anything up until then



antifa_savant1917 8/7/2025 6:03:35 PM

@mrhappyoz8/7/2025, 6:03:29 PMAnd nothing else? No nazi material and hate stuff?

Nope



antifa_savant1917 8/7/2025 6:03:44 PM

It didn't start at all until maybe June 2023



mrhappyoz 8/7/2025 6:03:44 PM

Well I'm sorry you had that experience



antifa_savant1917 8/7/2025 6:03:58 PM

And that triggered it and I was already unstable



mrhappyoz 8/7/2025 6:04:18 PM

However you made the choices after that, even if you were in psychosis at the time and I do make a lot of space for people dealing with that



mrhappyoz 8/7/2025 6:04:21 PM

Yes I recall



mrhappyoz 8/7/2025 6:04:43 PM

The “pressure” I mentioned before leads to that psychotic state also



antifa_savant1917 8/7/2025 6:04:59 PM

Well I wasn't truly psychotic



antifa_savant1917 8/7/2025 6:05:04 PM

Mental breakdown I guess



antifa_savant1917 8/7/2025 6:05:07 PM

No hallucinations



antifa_savant1917 8/7/2025 6:05:18 PM

I've never had psychosis



antifa_savant1917 8/7/2025 6:05:31 PM

Mental breakdown is a better way to phrase it



mrhappyoz 8/7/2025 6:05:57 PM

So your Nazi stuff wasn't psychotic? You were fully in control?



mrhappyoz 8/7/2025 6:06:00 PM

> Psychosis refers to a collection of symptoms that affect the mind, where there has been some loss of contact with reality. During an episode of psychosis, a person's thoughts and perceptions are disrupted and they may have difficulty recognizing what is real and what is not.



antifa_savant1917 8/7/2025 6:06:04 PM

I was being ganged up on so I said shit to scare them away from me to leave me alone



mrhappyoz 8/7/2025 6:06:16 PM

So why did you say things like that to me?



antifa_savant1917 8/7/2025 6:06:47 PM

@mrhappyoz8/7/2025, 6:06:00 PM> Psychosis refers to a collection of symptoms that affect the mind, where there has been some loss of contact with reality. During an episode of psychosis, a person's thoughts and perceptions are disrupted and they may have difficulty recognizing what is real and what is not.

I still hate psychiatry terms



antifa_savant1917 8/7/2025 6:06:48 PM

Tbh



antifa_savant1917 8/7/2025 6:06:50 PM

Idk



mrhappyoz 8/7/2025 6:07:12 PM

Maybe think about that and how that may apply to other random people



mrhappyoz 8/7/2025 6:07:26 PM

And what the ripples from that can be



antifa_savant1917 8/7/2025 6:07:47 PM

@mrhappyoz8/7/2025, 6:05:57 PM So your Nazi stuff wasn't psychotic?
You were fully in control?

I barely even remember early PSSD



antifa_savant1917 8/7/2025 6:07:52 PM

Very foggy



antifa_savant1917 8/7/2025 6:08:06 PM

Some stuff I remember but some stuff I don't seem to



mrhappyoz 8/7/2025 6:08:08 PM

I'm *unusually* understanding of these things because I help people going through it all the time. I don't judge, I help.



mrhappyoz 8/7/2025 6:08:24 PM

Other people are much less understanding.



antifa_savant1917 8/7/2025 6:08:28 PM

Don't think it was really related to ECT and I barely had any ECT



antifa_savant1917 8/7/2025 6:08:52 PM

I also hadn't slept in months at that point in time



mrhappyoz 8/7/2025 6:09:13 PM

Anyway, I have to go. Maybe think about what we talked about and if you can improve your situation moving forward.



mrhappyoz 8/7/2025 6:09:41 PM

I'm working with others that have done well with brain retraining, but are cleaning up the residual mess.



mrhappyoz 8/7/2025 6:10:02 PM

You're doing things in that order.



antifa_savant1917 8/7/2025 6:12:53 PM

@mrhappyoz8/7/2025, 6:07:12 PM Maybe think about that and how that may apply to other random people

I also would think people going through horrible shit would be less judging and care less about drama, but that's not true at all.



antifa_savant1917 8/7/2025 6:13:06 PM

They actually care a lot about drama



mrhappyoz 8/7/2025 6:13:13 PM

No, if anything they're less tolerant being similarly wound up



mrhappyoz 8/7/2025 6:13:42 PM

Especially if the behaviour is repetitive and no apologies are offered



antifa_savant1917 8/7/2025 6:13:46 PM

Sweaty almost killed people yet he gets a free pass, but I don't. So yeah, the disparity gets to me a bit.



mrhappyoz 8/7/2025 6:13:55 PM

I don't know sweaty



antifa_savant1917 8/7/2025 6:13:58 PM

I never actually hurt anyone



antifa_savant1917 8/7/2025 6:14:03 PM

Remember the estrogen server



antifa_savant1917 8/7/2025 6:14:06 PM

You joined it



antifa_savant1917 8/7/2025 6:14:12 PM

He ran it



mrhappyoz 8/7/2025 6:14:13 PM

I barely did anything there



antifa_savant1917 8/7/2025 6:14:22 PM

Yeah but it was terrible



mrhappyoz 8/7/2025 6:14:27 PM

They were a bit focused on estrogen



antifa_savant1917 8/7/2025 6:14:29 PM

Like all PSSD servers



antifa_savant1917 8/7/2025 6:14:39 PM

PSSD servers are cesspools



antifa_savant1917 8/7/2025 6:15:02 PM

It's always the same people for years saying the same shit



mrhappyoz 8/7/2025 6:15:24 PM

Seems to be a problem demographic - certainly most of my moderation tasks have come from people from the PSSD servers.

Could be age + hormones + disease.



antifa_savant1917 8/7/2025 6:15:35 PM

I'm not claiming innocence, but I also generally leave people alone until I'm threatened



mrhappyoz 8/7/2025 6:15:44 PM

Anyway, that's all I have time for. Hope you succeed.