

I'm sorry.

I want to start off by apologizing to everyone I've hurt over the past few months. I'm sorry for hurting you, and I'm sorry for betraying your trust. For those of you who have enjoyed my content over the past year, before I went psycho, I want to thank you all from the bottom of my heart for being there to support me. I also want to thank those who still choose to support me even though things have changed for the worst, I appreciate you too. Ever since I was a kid I had dreams of entertaining people, and throughout the last year I feel like that dream has come true. This year has been a rough one for me, and none of you truly know what's been going on behind the scenes. Over the past few months there has been a ton of speculation, some people straight up hating me just to hate, and people harassing me constantly. Today, hate me or love me, I'm going to tell you all exactly what's been going on with me behind the scenes that led me to where I'm at currently. Raw, and unfiltered.

The past few months have been horrible for me, and it's nobody's fault other than my own. Early this year, I had a really bad breakup with my girlfriend of nearly 5 years. At first, this had felt like a weight being lifted off my shoulders. What I didn't know, is that this was anything but a weight being lifted off my shoulders. I had never experienced something like this ever in my life up until this point. I have no experience processing the level of emotions I was feeling, and I ended up suppressing them. I was doing things in order to distract myself from feeling what needed to be felt. I want to be very clear in saying that I am in no way seeking any sympathy by writing this. I want you all to have a better understanding of what led me down the path I chose to walk for the past 5 months. My promise to whoever may be reading this is that you will learn something by reading this. Whether it be how to avoid making the same mistakes that I made, or how you

might not see things clearly until it's far too late. My goal is not to garner sympathy from any of you, but to tell you my story so that someone down the line can learn from my mistakes and not make those same mistakes themselves. I've made many decisions that I do not agree with, that I regret, and that I don't plan on ever making again. These decisions don't match my values, beliefs, or portray me in the way I want to be seen by the world.

This year I turned 26, which means I lost healthcare unless I purchase my own, or get a job that provides me with a healthcare plan. I am lucky enough to have parents that were able to provide me with healthcare up until I turned 26. Some of you may not be, and that's okay. I understand I have an immense amount of privilege in this regard. Even when I was working a traditional job I never took healthcare from my employer. Losing my healthcare was an incredibly scary and stressful thing for me to have to face, as I've been medicated for ADHD and binge eating disorder since I was 10 years old. Knowing that I wouldn't be able to afford healthcare on my own, even though I was making above minimum wage doing youtube, stressed me out immensely. Once my health insurance was gone, I was unsure what exactly my life would turn into. I had never lived my life unmedicated for any significant period of time since I turned 10. I figured out very quickly what this meant for me. The drive I once had to work on anything at all ceased to exist so suddenly after stopping my medication that I lost all hope for my future. The dreams I once had suddenly meant nothing to me at all, and I began searching for anything that could possibly help me cope with the way I was feeling. This ultimately led to me making many irrational decisions over the coming months, many of which I would come to regret. I said this in a later paragraph but I'm going to say it here as well. I never once over the past 5 months made a singular decision that goes against my

morals or values. I will stand by that statement until my cold dead corpse lay lifeless in a casket.

Starting around September, and leading up to the beginning of November, the emotions I had been suppressing for years and years were finally catching up to me. I started regretting every single decision I made when it came to my previous relationship that had ended earlier this year. I was crying every single night and I didn't know how to stop myself. All I could think about were the things we had missed out on because of my own selfishness. I have since come to terms with these feelings, and I believe our relationship ending was positive for both of us. I've moved on, and I'm not seeking any sort of empathy or sympathy by sharing this with you all. I am only sharing this because I need to in order to help myself understand, and to help you all understand what's been going on with me. I never want to make the same mistakes I made this year again.

One night I was sitting at my computer watching reels on my phone, and I came across an advertisement for a product my ex had gotten me for our anniversary the year prior. This was not only the night I realized there was something seriously wrong with me, but this was the moment everything I had kept hiding away for years came out and immediately I began to cry. I cried harder than I ever had this night, and what this night turned into, I can only describe as the lowest I had ever felt in my entire life. I would calm myself down from crying for maybe 30 seconds at a time, then burst out into a fit of crying again. I didn't and still don't understand why this was happening. The only thing I can even consider to be the reasoning for these emotional outbursts I began to have, was the fact that I had no longer been on my medication at this point. I suddenly, after over a decade and a half of being on my medication, had no choice other than to not be on it. I didn't understand what this meant for me at the time, but I began to

feel things much more heavily than I had prior. These emotions were so incredibly strong that I couldn't handle them, and they began to overwhelm me every single day. Eventually, the emotions I was feeling were so overwhelming that it got to a point I began to shut down mentally, and I couldn't feel anything other than despair. In these moments I had felt so low that nothing at all could bring me out of them other than time. I couldn't handle feeling these emotions suddenly consuming my soul, since for so long I had been suppressing them. For months, I was working every single day to make my dream become a reality, but I was distracting myself from grieving over what had happened earlier this year. Thinking back on this night, I realize now that instead of moving on from my relationship, I was trying desperately to find something, anything to replace what I thought I had lost. Instead of worrying about improving myself, which was what I had actually lost, I was trying to find something to replace what I thought I had lost. Under the pressure of everything weighing down on my mental state, I was making decisions I wouldn't normally make, and I take the full blame for what came out of this time in my life. However, none of these decisions I was making cross the line of being morally unacceptable. I would never and have never done anything that goes against my morals. Yes, I got emotional over things frequently during this time, and I'm not proud of myself for lashing out and making decisions I would later regret. Again, I want to apologize to everyone I've hurt throughout these few months. I don't hate you, I don't have any ill will towards any of you, and I'm truly sorry for anything I've done that might have caused you distress, anxiety, fear, or anything in between. I betrayed you all, and I should have taken the time I needed before it was too late. I didn't think I needed help, I thought I was okay, but I was anything but okay.

Tonight is the first night I have been able to think clearly enough to coherently organize my thoughts and write them down. I've been away

from the internet for the majority of November and am now back on my medication. I finally feel like I can breathe again. I want all of you to know that I genuinely love every single one of you who has believed in me. I want you all to know that I plan to do good going forward, and if there is ever a time in the future that I feel I'm not myself, you'll know. I will simply disconnect myself from the internet, and come back when I'm in the right state of mind. I will not allow myself to fall into that hole ever again, it's not a fun place to be. I've learned over the past year that if you're not taking care of yourself, you will fall apart. Whether it be physically or mentally, everyone has a breaking point. You might not think you do, but I promise you there is a point where you will break. I'll do everything within my power to ensure that I never hit that point again, no matter the circumstances. For a while I dreaded feeling the way I felt that night again. The thought of it was incredibly scary to me, and I felt constant anxiety and fear that feeling would come back again, and then it did come back. The second time around was worse than the first, and I'm incredibly thankful to the person I reached out to this time around for telling one of my family members what was going through my head. If they hadn't, I truly don't know what I would have done. Please, for yourself, and everyone that may love you or end up loving you eventually. Please, take care of your mental health.

Going forward there will be no more crashing out, no more speaking to women on the internet, no more making videos I'm not proud of, no more slurs, no more hating on people simply to hate on people, and no more starting things with other creators simply because I personally don't like them or feel a certain way about them. That's my promise to all of you going forward from this point on. I am sorry, for everything. Over the past few months there has been a lot that has been floating around regarding me, my actions, and myself as a person. I want you all to know that I am not the person you all think I

am, and I plan to prove that to everyone with my actions going forward. I'm not proud of the decisions I've made in the past few months, and I'm not proud I let myself fall into a hole so deep I thought I'd never get out.

I want to leave you all with some advice for those of you who might be struggling with your mental health right now. Having thought my whole life that it was impossible for me to feel depressed and anxious. I now know what you're going through. I know what it feels like to not want to leave your bed for weeks at a time, and I know it's hard to find the motivation to do anything. Don't let anything in life distract you from taking care of yourself, because the most important thing in life is life itself. You only get one, and there will come a time when you regret not taking care of yourself like you should have.

Thank you for taking the time out of your day to read what I've written down tonight.