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Hello, and Happy Sunday. I hope you're having a beautiful week. So I have a really pointed story that I'm going to share with you today about abandonment issues. So if you are an abandonment baby like me, maybe this will be of service. I had a lot of realizations this week about the nature of how my abandonment shows up in real time, right. And even though I've done a lot of therapeutic work on it, theory and practice or verbal processing versus in real time, healing can be worlds apart.

So I will share what I realized this week, what happened, and how I'm moving past it, how I got back from a trauma response, probably quicker than I have in a long time, if not ever. So a quick background on my particular original wound. My father always lived in another country for me, so I always had a long distance connection with him. And eight or nine months out of the year, I never saw him and he was not someone to call and this was pre email time, right in the 90s. He would return once every few months for a week or two. And I would always be hoping that me being a good enough kid, performing desirability would be enough to convince him to change. This is an old ache that periodically gets hit in different ways. And even though you know about it, that don't mean you've healed from it.

So I met a person on Tik Tok, but a 2022 Dating story. When I found out that he was in Berlin, I slid into his DMs and I was like, you want to get coffee sometime? I see we follow each other. We met two weeks ago, even though we've been following each other for months. I think he's been following me for years. We only met two weeks ago. There was a lot of chemistry there. There was a lot of, oh, yeah, I could definitely sit on this man's face. And what also became clear in that chat is that he's leaving town. but you're here for another two weeks. You want to see each other again?

this could be not good for me. And also, I was feeling greedy enough and horny enough that I was like, let's do it. Let's do it. Right. And I don't even think it's bad, I don't think I was being a bad you know, polyamorous person or being a bad Healed person. In order to pursue this, I think it is helpful to know our buttons so that if we do enter a risky situation, we're at least going into it with knowledge about that risk, and then set up our support network set up potential harm reduction measures, you know, accordingly, so I knew this is emotionally risky for me, and I was willing to take that risk.

The next thing I noticed about my own personal cycle of this abandonment reenactment is anticipation. a build, you know, working out and thinking, I'm gonna look so hot and all of this. in the back of my mind, you know, not obsessive, not totally preoccupied, but in the back of my mind, looking forward to it to a degree that seemed almost like ritualistic. and that is very old to me, harkening back to my dad. I used to, you know, clean my room, redecorate it, cut my hair, do things that I hoped would improve the performance of goodness. But that part was not conscious to me last week, only in unpacking and digesting it do I kind of see that in hindsight.

So we go out and have sex, and I stay over and we have sex again in the morning. it was a really hot and heavy fun date for me. And also, I did notice some flags for me, right? If we say somebody has red flags, I think that that can sometimes be declarative and condemning. As if these are universal red flags. It's like, okay, if somebody is abusive, universal red flag. if they hit their girlfriend, universal red flag, right. But when it comes to, oh, somebody has a pattern of being avoidant, that's not a universal red flag, right? That is a way that somebody relates to people and I have varying degrees of how important and how adaptable I can be to other people's way of being you know what I mean? And so I look for flags for myself yellow red flags for myself in terms of how harmful it might be for me to get close.

A big flag for me was he misunderstood something I said, for an hour or two, and I accidentally clarified it not knowing he misunderstood and only then did it get resolved. I was mentioning a video that had gone viral about wanting a video date with my nesting partner prior to him welcoming meta that I've never met before into our home and sleeping in our bed right and that I wanted that sort of grounding care plan video date prior to it just to help with my nervous system with change. He misunderstood and thought that I It required a video date with my metaphor that I required a screening process or an interview process prior to giving permission for her to sleep over, that is such a dramatic misunderstanding. And he just walked away with that interpretation and didn't clarify. And then a couple hours later, I mentioned something in passing, that accidentally clarified it. And he was like, Oh, I thought you meant this. I was like, Why didn't you ask if that's what I meant? Because sure, if there's a minor misunderstanding, it's not the end of the world. But what you've walked away from is significantly different in terms of ethics and boundaries and way of existing in the world. and my polycule. Ask a second question about it right, especially because it was clear that he was uncomfortable with that interpretation, as would I be. And so this was a flag for me, I'm like, you might not be a proactive communicator, my dude. you might not be someone I can totally relax around. Because if I can't trust that you will speak up, if something is weird to you, that you will speak up. If you're confused about something, if I can't trust that, then my brain will always be trying to edit and mold and double or triple clarify to make sure and do my work and your work, right. And that is a no go for me.

Another flag for me, in a similar vein was you know, we were doing sexual negotiation. And it was actually it was really fun, really sweet and cute. And I had a really nice time. And also, when we got into something a little bit more D/S adjacent, we weren't entering a scene, we weren't developing that kind of a structured power dynamic. But it was something that carried more risk than a bit more of a vanilla setup. And I was like, okay, so what is it that you like? Or what are your buttons, What should I definitely avoid doing? And he couldn't vocalize that in that moment. I was like, Okay, maybe we don't, maybe we just don't do that, then because I don't want to be in my head guessing. I want to have all the information, I want the push back, I want the clarification of boundaries, so that I don't cross them.

Those were the main flags for me of just, communication wise, there are some incompatibilities to say the least. And also, I don't need, that's not mandatory for me to be aligned with everybody. It just sort of determines how close or how far I will bring that person. In the morning, I noticed a an ache start to form, I think it was the anticipation of leaving the interaction and

knowing that this person would not only leave the interaction, but I don't have the option of another interaction anytime soon. And that any future interactions will not be on my terms that hits that old original wound. And I mentioned aftercare, do you ever need aftercare of any kind for hooking up with a new person? He says I don't think so. As I expected, but. he asked if I do. And I said, Well, in general, I just need a text one to three days later, saying you had a great time, or you never want to see me again, or the content of the text can be whatever is true. I just need to have that loop closed, right? I just need some finality to that moment.

Walking home, I felt the drop really start to kick in. And a friend of mine helped me frame it as a drop, because I do think some of it was physiological hormones, adrenaline and endorphins and stuff. And so there will be a withdrawal after that. And I don't want to put a whole lot of import on drops and always be thinking, Oh, what's, what's the emotional source? What should I talk to my therapist about because sometimes it is just a withdrawal, not unlike coming down from a drug. And also, I noticed simultaneously there was something different in my body that isn't usually how drops feel for me.

And so I started talking, I'm a verbal processor, clearly, and I just will open up my phone and speak into the voice recording app and just kept talking and talking. What do I want from this person? what would ease the ache? Is it that I want him to stay that you know, a date one date with me one night have sex with me was so amazing that he's going to cancel his plans to move to another country, and I think on some level? Yes. I think on some weird level that was kind of a surprise to me. Yes, I wanted to be powerful enough special enough that it would make somebody stay. That was so interesting to sort of realize because I know the original wound, and this sneaky motherfucker will show up in the most subtle ways with people I barely know. and in this way, it was actually a gift that I just met this person twice.

The cycle of what happened is what hits this for me the optics of what happened is what hits this for me because I know it's Not this person, I don't know this person, it could not be cleaner in terms of separation of my shit and my shit with this person, because I don't have any ship with this person. So how do we get out of the drop? Well, I did a lot of physiological things to help with physiological drop. Literally got home wrapped myself up had nourishing food, drink lots of water, all of that, and talk to friends who know me really well. Really strong, reinforced feeling of being held, you know, by people who weren't even in the room with me, but they just have my fucking back, you know, and that helps me feel grounded. Continued to verbally process alone. And then honestly, back on the apps. I wanted to remind myself, how many people exist in my city, how many people are available for me? And what is it in me that continues a cycle of pining yearning after someone who explicitly cannot give what I need?

there continued to be an ache, if he didn't text within the couple of days that I requested. That was going to hurt. I think, in seeking a reiteration of that wound. I'm also seeking healing from it, right? I'm like Papa? looking for, you know, who - are you there? and, and then hoping that it will happen differently. And that this time, I will be enough, right? And so, even though that was now conscious information that was not explicit in my brain, I still felt an ache all of the time that he was not texting me. And there was a little bit of reactionary thinking of, if this motherfucker

doesn't text me? And I asked for so little? And if he makes me feel like that, very cool, reasonable, chill, ask was too much? Fuck him, you know. I started to get that kind of thinking. And then I would just pause redirect, it's only been two days.

So that is why I started talking with people who are available who do want to go on dates with me, who would feel lucky to go on dates with me, building plans with friends that I'm really close to, to bring them closer and invest energy in that way. And so that is kind of a sense of how I got my power back to where I am approaching a place that if he does not text me, I think I will be fine, it would suck, I had a nice night. And that would be a shitty thing to do. But the reaction became right sized.

And then he texted. and he said he had a great time and all of that. And so a text from someone I don't know is not going to fix my issues with my father. And I think the impulsivity, the the preoccupation with getting that reassurance is, I don't want to sit anymore in this feeling of remembering what it is like. I want this situation to no longer look like the original wound. So please do something differently. So that I don't have to continue being reminded of it or continue processing it please somebody outside of my control, change the situation so that I can feel better. That is a spirally powerless place where I don't want my internal world to be dependent on external circumstances that I have no control over. And I need my expectations managed. And so I responded saying, essentially, Yeah, I had, I had a nice time, too. Would you be open to a comet-y thing? what that looks like for me is, continuing to build a friendship at no particular pace, we just text each other or reach out whenever we occur to each other. Also, the doors open to reach out for emotional support, he's about to go on a very emotionally taxing event. And I was like, feel free to message me, I've got your back. And then also we sext and fuck sometimes, right? And so I put that out there to, to sort of offer a container for what continuing to know you would look like.

And then he took a few more days to respond. And I was like, Well, this is informing me of what I can expect. I am getting to know a person who will take days or a week or two, to reply. And I thought, I have people like that in my life. I've been a person like that, you know, to people that are in my life. And so there is a position in my orbit where that could function where I would not need a person to be different in order to get along well with them. It became this internal process of continuing to think how can I alter my expectations and alter my needs so that this could find some sustainability. sustainability being I don't go up and down, I don't get resentful. I don't have a heartbreak, you know, that sort of thing.

He actually just responded today to that proposition around comet-y things, was basically saying yes to all the above. and so because I initiated that and he rose to the occasion and met me in that conversation, didn't just bounce, you know, he has now earned the ability to continue to know me in this way. And we have now set the tone for if I text him, he's not wondering What is she thinking? Oh, no, we hooked up once and now she's obsessed with me. there's no possibility for being misunderstood. I've said exactly what my texts mean, I've said exactly what reaching out to randomly because I'm thinking of you means and so to not interpret my actions as anything other than what I've explicitly said they are.

That feels really, really nice to have advocated for myself in that way. to have taken my trauma response to my support network, and also outlets like exercise and you know, a lot of sex with my nesting partner, you know, exerting a lot of carnal energy, and then resting and taking a bath and loving on myself. not needing another person to do anything for me in order for me to be okay. how can I be okay? And what can I do to break this cycle and not reenter it?

What I do love about polyamory is that it doesn't have to be so binary. Now I feel a sense of security. And I've successfully detached the past trauma from the most recent iteration that reminded me of that trauma. And I see this person as just some dude, you know, who is very sweet and very brilliant and can be in my life in some way that does not fuck with me. really leaning into the humility of who is standing in front of me, and what traits are they offering me now? Okay. okay. with these terms? How do I want to know you? how will I not be hurt by knowing you? And that's easier said than done. Clearly.

If this is something that you relate to, or that you notice in yourself, just make sure that your support network is there, fucking solid, and maybe even anticipate a need for more emotional and physical support, after an interaction with a risky person. with the anticipation that someone who has never been able to take care of you in that way, will probably continue to not be able to take care of you in that way. So how will you get your needs met somewhere else, you know? anyway, that's what's on my mind. I hope that you're having a beautiful week, and I'll talk to you later. Bye.