

Cutting Yourself Off

Listen, any joke I could probably make about this character to reel you in has been done to death. So why don't we just put a knife in that idea and get started already.

And you know, I would have been able to write this script faster if Yuri didn't steal my pen.

Oh well, at least she wrote a nice poem with it.

Show either "Wheel" or "mpdnfbo,jrfp"

Oh Yuri, that's uh—wow...so goooooood!

**Yuri pops up on the screen like she does after she shows you that poem in DDLC* -*

<https://www.youtube.com/watch?v=JoiMN9RFXNw&t=696s> (reference)

Back to me jumping back as a reaction to Yuri popping on screen

"Do you like it?" Textbox Shows up

**Back to me* Yeah...I loooove it Yuri! But you know what I love more than this poem?*

Back to Yuri* anticipating me saying "you", blushing and twirling her hair sprite *slow zoom

**Back to me* Analyzing your psyche and showing these lovely people why you might choose to do the things you do!*

Back to Yuri* "O-oh! I suppose that would be alright then..." *Back to me

sigh* ...and you. *Back to Yuri* *does a little hop* *happy sprite

To start off, we know that Yuri has some pretty intense social *anxia-tea*.

cut to me drinking a cup of tea

It's evident in the way she overthinks every decision when talking to people, double checks to make sure what she said is even "okay", and in her constant fear that she's gonna somehow end up ruining everything for herself anyway.

It's shown multiple times in the game, and she even outright tells us in a few instances.

We can show some in-game examples of the paragraph above

But first, I want to try pinpointing where that comes from. What's the source?

"...Well unfortunately, the opposite is true. That's why I'm not talkative anymore in the first place...because everyone used to think I was weird, and talk about me behind my back...that's just what happens when I draw attention to myself."

"Natsuki even said she found it more respectable when people speak their mind. So I did, and then she hated me anyway. That was enough to confirm my fears." said Yuri

hold up Monika & Yuri plushies when talking to each other* *make them kiss

What?

And so, we see that Yuri's social anxiety likely stems from this.

Her trying to talk to other people about her interests, those people thinking she was weird for them, and then making fun of her behind her back. Thus, making her overthink everything she says in social situations to prevent that from happening.

We don't know exactly when this all occurred, but I can only assume it was throughout middle

school when she was more into manga.

show footage at the start of the side story where she says she was bullied in middle school

Almost like she's *reflecting* off of Natsuki. Eh? Eh?!?

But let's be honest, *middle school is more horrifying than anything Yuri reads..*

It must have been a recurring thing over the years, it would be very unlikely that something like that happened just once.

Negative thought patterns are just that, patterns.

They're hard to break free from, and become stronger over time.

So all these behaviors only serve to reinforce themselves.

Social anxiety *can* be hereditary too, but research usually shows that children show anxious behaviors when their parents exhibit the same behaviors because it's learned behavior, not necessarily due to a gene that's passed down.

That being said, we don't know much of anything about Yuri's home life at all, but an interesting fact is that social anxiety usually sets in during your early teens!

This would back up the fact that this mentality started to develop around middle school with everything we've been presented with.

Yuri's anxiety is causing her to hide her true feelings in most social interactions.

She's putting up a mask and burrowing what she usually wants to say almost constantly, which is causing problems when it comes to processing those emotions later.

Everyone does this to an extent, but the more you do it, the more pressure you put on yourself, and so the cycle continues.

When you can't process those emotions, sudden outbursts of them are common.

Not only that, but unhealthy coping mechanisms develop in order to try and deal with them on your own because of how hard they are to regulate.

We'll get into *those* coping mechanisms a little bit later.

Yuri says she has experience with panic attacks, and that's why she knew exactly what to do.

Sometimes, our bodies can react to anxiety before our brains can even catch up to it.

That's why it can be important for people who suffer from anxiety to know grounding techniques to help them through attacks or heightened feelings of anxiety.

you can find them in the description below

"I got so excited when I joined the literature club. I thought that it was finally my chance to make friends through my interests. Because...my interests are the only things I know how to talk about. It's all I have going for me. But then...whenever I catch myself getting overly obsessive in front of other people, it feels like I'm making a fool of myself. I hate myself for it. Ultimately, I just

want to be treated like a normal person, but how am I supposed to expect that when I can't behave like one? I just...want to learn how to get along with people, and stop ruining things for myself. ...That's all."

Yuri finishes her thoughts, feeling more steady after having gotten them out.

Sometimes, it can be really helpful to try and process your feelings with other people.

Like—right now. Comment below about how you're feeling about the video!

Oh, and don't bottle up your temptation to subscribe either.

What I really want all of us to take away from this, is that constantly bottling up your emotions means that eventually they're going to spill over.

With too much pressure, you'll start to see the cracks in the bottle...and eventually, it shatters. Those cracks are symbolized by the emotional outbursts and unhealthy coping mechanisms. Which we'll get into now.

Before we get into this, I want to once again reiterate that I am *not* an expert.

I'm not a psychologist, and I'm not a social worker.

What I say is simply based on my understanding of these issues, using sources to check myself in order to educate myself and others on these touchy topics and all resources for people struggling with these issues will be in the description below.

The touchy topic in question that we'll be getting into...is self-harm.

To show a source, both Mayo Clinic and the Crisis Text Line have "poor coping skills" and "difficulty managing emotions" as the top reasons for self-injury.

I believe that this is the coping skill Yuri uses to try to process her emotions because they're too overwhelming for her.

We know she does this, it isn't speculation.

Shortly after returning to working on and finishing the door decorations, Yuri asks us to get cups for the watercolor paint tablets ready since we'll be painting a banner for the festival.

When we come back into the room, we see Yuri unrolling her sleeve quickly.

By this point, your brain should be subconsciously putting together the puzzle pieces.

We know that Yuri uses self-harm as a way to process her emotions, and with that we can assume that she might be trying to calm herself down as she's excited to be with us in the first place but doesn't want to show so much emotion as it's only gotten her into trouble in the past, like we discussed earlier.

I can't say I have the solutions.

But talking about these issues is something that's super important to me.

I think the most we can do to help other people, and ourselves, is educate ourselves on the reasons why these things happen, and learn to recognize it.

It all starts with an open mind and an open heart.

We can use resources to find the best ways of helping people through their negative thought patterns, and encouraging them to get the help they need.

What happened with Yuri is unfortunate to say the least, and wasn't helped at all by Monika's tampering.

But, these same things reflect what people here in our reality go through every single day.

From the anxiety, stemming from being bullied and socially excluded.

Slowly growing into masking in social situations and burying your feelings deep inside.

And then finally, blossoming into the inability to process those feelings and relying on unhealthy coping mechanisms.

That mentality is like a weed, spreading and infecting every fiber of your being.

The only thing we can do is uproot that infectious weed, and plant a new seed that will blossom into a beautiful flower garden.

It might take a while to find all the roots, but over time, I promise that it's possible.

Before I go, I'd like to read one final poem given to us from Yuri, one that we're rewarded with as a bonus for spending the most time with her in the club.

That's all for now, thanks for supporting me on Patreon! <3