

Tab 1

Just a note before you start reading. This document is in no way a hit piece, it is in no way an attempt to “cancel” someone and it is in no way an attempt to get people to cut him off. The intention of this document is to outline how this person mistreated me and the emotional damage he caused me. What I really want is for him to take accountability, take responsibility and make a proper effort to change. His behaviour is not okay and it needs to be highlighted as the experiences I'm about to share could happen to others he is close to as well. So, don't read this as an attempt at “cancellation.” I don't care for that, all I'm trying to show is that I am a real person who he affected in a very negative way and I deserve to be able to speak up about it so that hopefully he does change and that people don't suffer the same way I did.

Introduction

Hello everyone, today I am detailing my experience with Ari. First of all this isn't a callout or anything, however I feel as though I have been affected pretty badly by him and he has caused emotional damage to me. I never wanted to say anything publicly because I understand that something like this can cause trouble. But I'm sick of staying silent about this, I really want to get this off of my chest and get some closure so that I'm able to move on. I get that some people will probably take his side and defend him, if you decide to stick by his side after this then I won't hold that against anyone. And it's not like I'm trying to change people's minds about him, quite simply I'm only writing this for my own peace of mind so that I'm able to move on with a clear head.

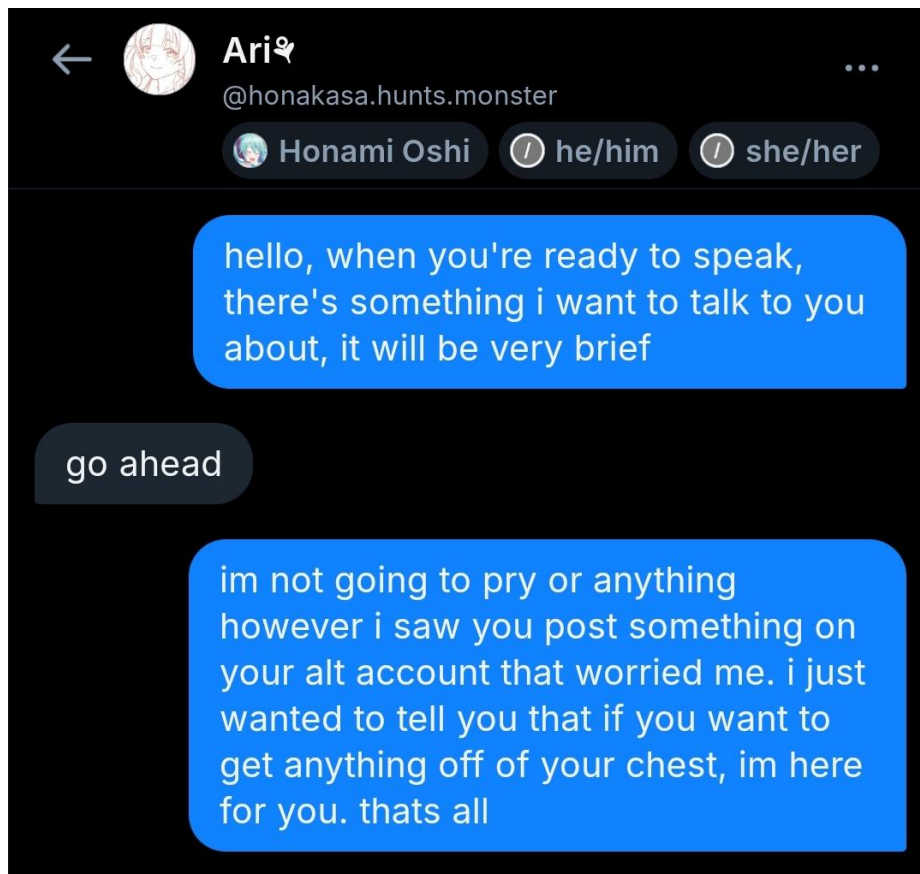
The Beginning

To start from the beginning, I met him on bsky last year and everything was fine in the beginning. During my early time on the app I tended to worry a lot about the people around me and Ari was no different. Everyone knows he has a tendency to disappear and it's fair to want space, however at this point in time we were friends and friends don't just disappear without saying anything. Any time he disappeared without a word I would get insanely worried that something happened but usually after a few days or so he'd return as if nothing happened. I don't want to seem like I'm vilifying him for wanting space, if anything it's fair if you do need space but as much as it's fair to want space, it's not fair to the people around you if you don't say a word to them because people don't know whether you're okay or not, it'd be so easy for him just to say something, it's not as though I ever wanted to know every detail but

something as simple as “I need some space from social media, I'll be taking a short break” would've been totally fine. Anyone I have spoken to about him always shared the same sentiment, none of us minded that he needed space but when he randomly disappeared and didn't say anything it was mentally taxing on anyone who was close to him. Between the months of October till December during late 2024 he would just disappear and come back consistently. But in December things were different, there was a period where he was gone for a really long time and when he came back, I expressed to him that I was worried. This happened on an alt account which he has since deleted so I only have my reply.



There were other instances of me showing worry for him earlier in private messages, he was well aware even up till this point that I tended to worry about him.



After my reply on my alt account he disappeared again up until new years eve. When he came back I was so done with him, whenever he tried interacting with me on bsky I ignored him on purpose. I was hurt, he knew that I worried about him but again he disappeared without a word and it was at that point I was prepared to end things. He noticed that I was ignoring him and he decided to finally reach out to me for once. But looking back at it now, he only reached out because he knew that our friendship could be potentially over.



Ari 🍓 穂波 31/12/2024 18:15

hi i just want to ask if i did something that bothered you



ria 🍃 志歩 31/12/2024 18:21

hi its nice to hear from you finally

there is nothing in particular but your radio silence bothered me a lot. i know you like to deal with things on your own however it'd be nice if you actually said something because it gets tiring worrying about you when i have zero idea what is going on. like i said, i understand but to be honest there is only so much my heart can take



Ari 🍓 穂波 31/12/2024 18:26

im sincerely sorry, i didnt know it affected you this much



ria 🍃 志歩 31/12/2024 18:27

i told you as such tho

its not the first time i've told you i get worried about you

are you actually sorry this time

im sorry for being harsh

but i cant keep doing this



Ari 🍓 穂波 31/12/2024 18:28

does this mean you want to break the friendship

As you can see I expressed that him disappearing worried me. And he says that he didn't know it affected me this much, despite already telling him otherwise. You can also see that I was basically at my wits end and I can't really know his thought process. He apologises to me but the more you'll see in this document the more you'll see that these apologies don't come across as genuine. And he asks if it means I wanted to stop being friends. I genuinely didn't want it to come to that. I really did want things to work out because at the end of the day, I cared a lot about him and he knew that I cared a lot. It would be impossible to not notice that I had strong feelings and that I was highly emotional about this.



ria 🍃 志歩 31/12/2024 18:28

no

i'd rather avoid that

its so weird right. even though it'd probably better to do so but i cant break a friendship so easily and it would be the last thing i'd want to do



Ari 🍓 穂波 31/12/2024 18:30

even if it causes you pain?



ria 🍃 志歩 31/12/2024 18:31

its not about me

but if you cant at the least say something to me
when you feel down and if i continue to keep
worrying, i'll keep gradually keeping my distance
from you and if you're saying you wont do that then
effectively i will talk to you way less



Ari 🍓 穂波 31/12/2024 18:38

me closing off to people when i start spiraling down
is not something i do intentionally, i genuinely
struggle a lot to even open up a bit about my
problems to others, not just you. i understand how
this has been a problem for you and that you may
feel i dont trust you whenever i go silent
you have my word that next time something
happens youll be in the know



ria 🍃 志歩 31/12/2024 18:45

its fine. like i said, i understand and im not asking
for you to go into every detail about what you're
going through. but having a little idea what is
happening would be nice. sorry if i've came across
as harsh or anything, sometimes i get a bit annoyed
and can be pretty blunt



Ari 🍓 穂波 31/12/2024 18:46

dont be sorry, you feeling like this is warranted
considering the way i act
youre not the only one too so
lol

After I said I didn't want to break the friendship he questioned me because obviously this was causing me a lot of mental strain. I didn't want to end things because at this point I was still too attached and I wanted to make things work. I tell him that if he continues disappearing and not telling me, I'd naturally begin distancing myself from him. Also I understand that someone might struggle with opening up but what I really don't like is how he says he doesn't do it intentionally because in a way it's like he was trying to remove any responsibility. Even if it wasn't "intentional" you still are responsible for your own actions, you can't make excuses like that especially when it comes to interacting with me when I was clearly in an emotionally vulnerable state. One moment he'll say it isn't intentional then the next moment he'll say "don't be sorry, you feeling like this is warranted considering the way **I act**." It looks like he's trying to take responsibility but just earlier he is saying it isn't intentional which is contradictory. The reason it's contradictory is in one sentence it looks like he wasn't aware of his actions and then in the next it looks like he is aware of his actions.

Also he hasn't changed since this conversation, so he hasn't ever taken responsibility because if he did, he would've made the effort to change. Even recently he randomly disappeared from the platform without saying anything (we'll get to that later though). Also I wasn't forcing him into telling me anything, he didn't have to agree to what I requested. You could say he probably felt like he might've had to agree in order to preserve our friendship. But in his messages to me when I said I didn't want to break off the friendship, he says "even if it causes you pain." It shows that if he cared about my feelings, he would've been fine with ending things. He should've just been honest and told me that he couldn't imagine himself opening up about his problems because I would have actually distanced myself which means I wouldn't have spiralled the way I did. But if he did do that, then he wouldn't have been able to string me along and make me believe I was more important than I actually was. At the end of the day, he disregarded my own mental wellbeing whilst lying to me in the process.

His Lies and Emotional Manipulation

After this conversation it did really seem like he was changing. He really would talk to me about things when he was feeling down and I would also open up to him. You need to understand that we became very close over this period. We would message each other often and I would say out of everyone (except my

partner) he was the person who I became closest to on this platform. My emotional attachment was at an all time high, I really did think that we had moved on and that things were changing for the better. There's also a couple things during this period I can't mention because it relates to other people's experience with him. As we approached the beginning of February, I started getting a bad feeling that something was going on.



andrea 31/01/2025 15:26

are you doing ok



Ari 31/01/2025 15:41

why do you ask



andrea 31/01/2025 15:42

just checking in



Ari 31/01/2025 16:01

dont worry



andrea 31/01/2025 16:03

you cant tell me to not worry



Ari 31/01/2025 16:04

i just did



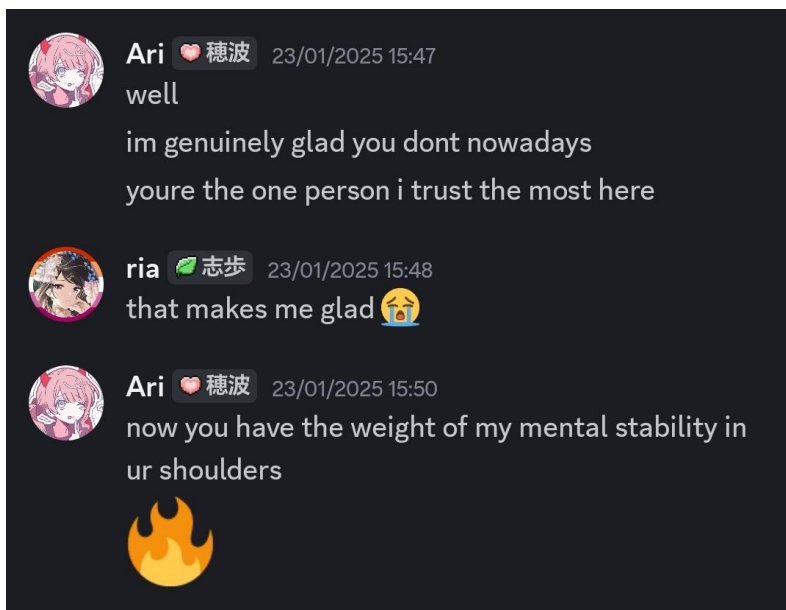
andrea 31/01/2025 16:05

i see how it is

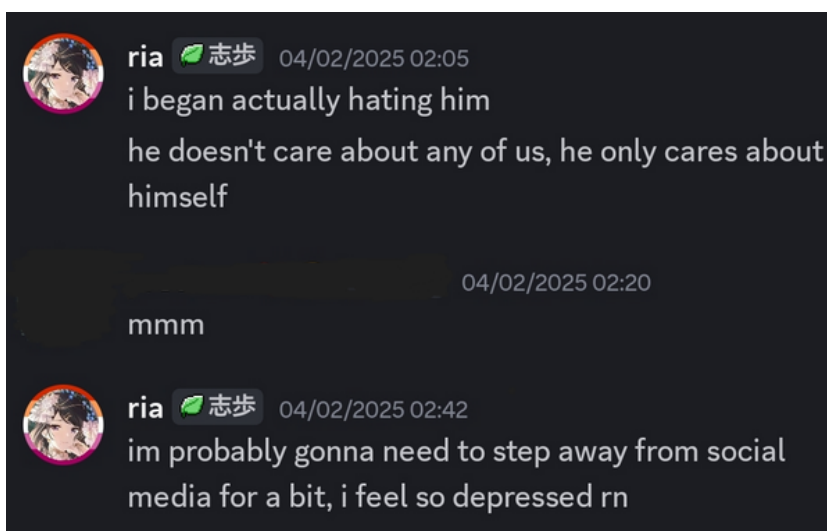
hope you get better soon

I had a sense that he was closing himself off again so I asked him if there was anything wrong. But as you can see I got pushed away and after this he disappeared again without a word. As days went on without any contact from him, I began mentally breaking down. We were supposed to be close friends

who could confide anything, he told me I was one of his best friends and that I was one of the people he could trust the most.



Yet he never came to talk to me about how he was feeling after giving me his word that he would. At the time I felt as though my feelings were manipulated and taken advantage of, he knew just how emotionally taxing this was for me and instead of sticking to his word he went against it. I was lied to and it hurt so much. I had placed full trust in him yet I was just pushed aside like I meant nothing to him. When I say I mentally broke down, I really mean it. We had a “final” conversation and after that conversation for multiple days I broke down crying due to the mental strain that was put onto me.



This is unfortunately the only evidence I have to show that displays how mentally exhausting this was for me. I had a private twitter that showed more posts and on there I would vent about what happened. I ended up nuking that account because I wanted to turn it into a public account and I also didn't like reading the posts on the account as it really showed what I was like in my darkest moments. If I had access to those posts I would share them as it showed just how awful my mental state was. The message above was me venting to my partner about the situation and it shows that at that time my mental state had deteriorated. As I mentioned I broke down crying for multiple days and a lot of it was due to the mental toll the entire situation put on me. A part of why my mental health took a hit was due to me feeling like it was hard to let go. Because despite how much I was mistreated, I still treasured the time we shared together. Which is also why it was so emotionally draining to go through something like this with someone I had placed my full trust in. Him calling me his "best friend" and the one he could "trust" the most honestly feels like a title he was just calling me, because he obviously didn't treat me as though I was any of that. Through him calling me things like his best friend and such, it obviously will make me believe that. So, obviously when it turns out he lied, therefore showing he didn't care about me in any way, of course it would hurt a lot. Whether he meant it or not, he emotionally manipulated me. He knew that I worried about him and he knew that I was really emotional about this. But he lied to me and made me believe I was something I was not. He used my emotional vulnerability to make me believe that we were close but really the fact that he was willing to drop me at any moment shows that he didn't really value me in any way. I honestly don't care if he meant to do it or not, he still did it and he emotionally damaged me to a point where I spiralled pretty bad. It goes back to what he said before during new years, is it not intentional or are you aware of your actions? Like I said it doesn't matter, whatever he meant to do or not, it really doesn't matter. He still lied to me and he still destroyed my mental state at the time.



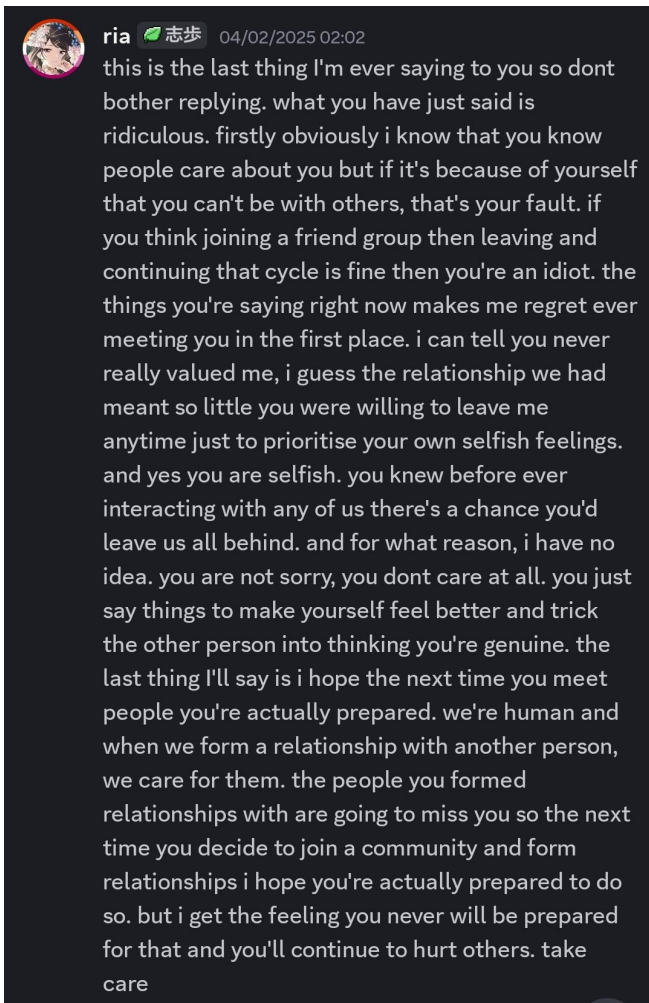
ria 志歩 03/02/2025 23:13

you are making the wrong decision. what you are doing right now is not right. for once im gonna be mean to you. you are being a fucking idiot. i can't change the way you're thinking, i can't change your feelings but you are being stupid right now. saying things like "im saving the trouble" is stupid. you are being an idiot right now. i know that you are going through it and i dont even know what is going on but making decisions based on emotions instead of taking a second to think about what you're doing, the regret you are feeling now will be tenfold in the future. i was the same as you, i convinced myself that people i spoke to didn't want me around and me being around was a bother to them. i regretted it heavily, i eventually wanted to reconnect with them but felt as though there was no way back. you will feel the same, i fucking promise you. you will feel much worse about this in the future, trust me as i have went through this. if you decide to not trust my words or whatever then that's unfortunate but you should trust me and what im saying



Ari 穂波 03/02/2025 23:56

do you think i dont know that the others that do care about me wont be sad? of course i fucking do, but whats the point in being there if i feel fucking miserable all the time that i cant be with other people anymore so much that it hinders the enjoyment i have with the others? do you want me to only be there for their sake? this is not the only time i have left a group like this but its the only way i know that makes me feel better even if at the cost of the others. call me fucking selfish but thats how it is for me



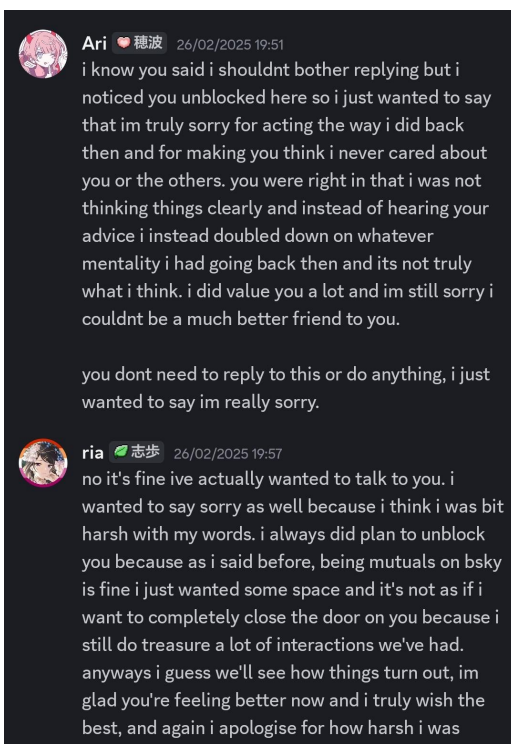
I feel compelled to share a couple of the “final” messages. I regret what I said and I even apologised because I felt bad. What I’m saying is harsh and even though it came from a place where I was emotional, I think it doesn’t excuse how harsh I was with my words. However if you take away the harshness, do I say anything incorrect? I understand that people need space, but leaving people behind entirely without saying anything is awful. I am correct in saying that people do care about him and I bet you anything that there were people who missed him during the last month that just went by where he decided to just disappear again without saying a word. It is selfish to prioritise your own feelings so much that you don’t have any regard for anyone around you. I don’t want to air out other people’s feelings about him, but I am not the only person he affected negatively and there could be people I don’t even know who got affected negatively. The point is, he only cares about himself and always has, he doesn’t care about me or anyone. And that should be obvious considering he just drops people without saying anything.

Giving Him A Second Chance And His False Apologies

After some time passed, for whatever reason I decided to give him another chance. I have tried to rationalise why I even gave him another chance, I think that I tried to push the negative feelings I thought aside. As I said, I had a hard time letting go due to the fact that even if he was awful to me, we still shared some good times together. So, maybe I was trying to push those negative feelings aside in order to only remember the good times we shared. It still doesn't make much sense to me but I guess it's difficult to fully separate yourself from someone you've known for a while.

However this time I decided that I didn't want to be so close to him. I set those boundaries early because I didn't want to go through what I did again. Even though I set those boundaries, he would still continue to private message me and interact with me on bsky as though we were best friends. Honestly I don't know how to feel about this looking back on it.

Because I didn't stop him from messaging me or anything. I will say though that there definitely was a feeling of uneasiness, but I didn't really think much of it because to me it seemed as though there was an appropriate level of distance. Yeah we messaged but I made it a point that I didn't want access to any private accounts, the only sorta private account I had access to was his bsky alt but I don't really count alts as proper private accounts because there's no way to lock them.





This conversation was the first one we had since our “final” conversation. I had always planned on unblocking him because I made it a point to him that I didn’t mind being mutuals on the bsky tl. However it makes it look like I wasn’t as emotionally affected by the entire situation. After showing my partner more of what happened, it told me that it would have told me to not interact with him again if it saw the extent of what happened. I think I didn’t realise how bad it actually was, it’s only looking back at it now months later where I have a clearer head that I recognise that his behaviour towards me was awful.

In the messages above you can see him apologising and you can see that I accepted his apology. It seemed like a genuine apology at the time but looking back on it, this guy apologises for the same thing over and over again. You’ll see later in this document that he apologises to me AGAIN. How many times do you need to say sorry before you actually change? After this apology not much happened, it was pretty evident that we were friends again but it wasn't as if I had gotten super close to him.

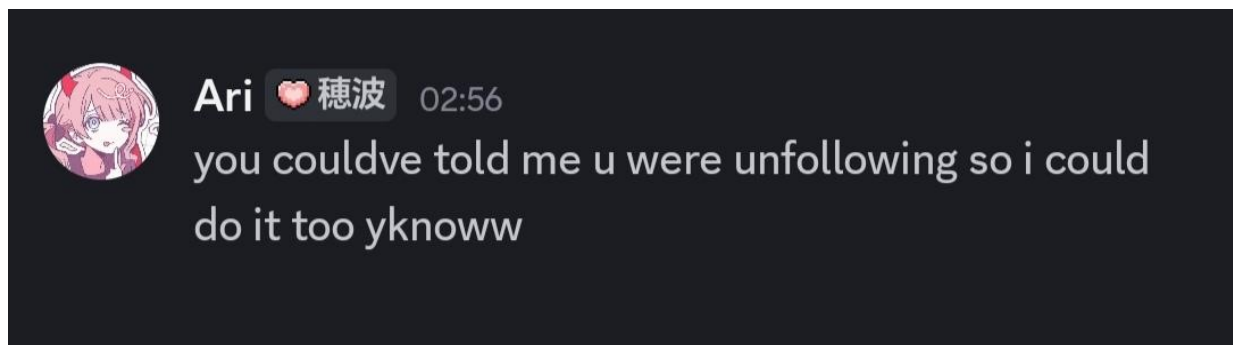
Now this brings us to recently, there was a time where I didn't post for a couple days on bsky and mainly the reason why I was on twitter mainly. Obviously I still kept contact with my friends and my partner, I don't cut contact with people and I don't make people worry. Anyways when I came back, after a few days of being back I obviously noticed that he wasn't posting again. Honestly my mind felt at ease that he wasn't around and at the time I didn't really think much of it. Obviously I felt more at ease because he wasn't there and after having a conversation with someone a few nights ago, I ended up opening up about what happened back in February.



As you can see, he apologises AGAIN. Argue all you want that they are for different reasons, but every apology has one common denominator. ME. He's always apologising because I could be affected by his actions. But maybe at some point you should learn that maybe you shouldn't act in a way that could potentially hurt others. I know I say to him here that I didn't hold any negative feelings towards him but this conversation took place before I spoke to my bsky mutual. As I mentioned when I spoke to my mutual, I ended up opening up about what happened in February. I realised that even after all of this time I was still carrying unresolved emotions and feelings due to how I was mistreated. My unease when interacting with him made sense as I was still associating him as someone who treated me badly and it makes sense why my mind was at ease when he was gone as I didn't have to see the person who mistreated me. Over time the negative emotions I had repressed due to what happened to me were starting to spill out and once I realised those emotions were still there, that's when I looked back on what happened and saw just how badly he treated me. Also this showcases how he has NEVER changed. What do you mean you "unfriended everyone." Does that mean you pushed away people who care about you AGAIN? It makes me so angry that even after all this time and after how he treated me, he never learned or changed. His apologies mean absolutely nothing to me if you REFUSE TO

CHANGE. He understands just how emotionally affected I was but clearly it doesn't matter to him that he could potentially be doing what he did to me to others. And yeah even after this conversation, I didn't have a "clear head" interacting with him, if that wasn't obvious enough.

His Final Message To Me



And out of everything he has ever said to me, this is the one thing that makes me the most mad. You actually think you deserve the respect of me telling you I unfollowed you after ALL the times you pushed me away, after ALL the times you didn't tell me what was going on and after ALL the times you just disappeared leaving people who care about you behind??? I see how it is, I'm the one who needs to communicate yet you can just fuck off without saying anything. You obviously don't care that much that I unfollowed you, you don't seem to be that upset about it. And here you are trying to guilt trip me about not telling you something that I didn't even need to tell you. I'm done talking to you, you don't deserve my respect after everything you have put me through. I'd go as far to say you don't deserve respect from ANYONE on the platform considering you don't care about anyone but yourself. I already know you're gonna disappear and come back like nothing happened, you haven't changed and you refuse to change, you haven't taken proper responsibility or accountability for what you've done and for the things you continue to do. He sent this message to guilt trip me, he sent it passive aggressively and he was clearly trying to get some sort of reaction out of me. It baffles me that he ended up sending this message because it shows just how much of a hypocrite he is, he literally unfriended me without any notice so why would I need to message him about unfollowing? This message just shows his true nature through and through, he clearly doesn't care about anyone but himself.

Conclusion

In conclusion, as I said this isn't a callout post, I have unresolved emotions from what this person has put me through and only a small number of people know about it. I want to get this off of my chest so that I can have a clear mind going forward. Ari emotionally manipulated me, lied to me and tossed me aside like I didn't matter after telling me that I did matter to him. He continues to disappear without saying anything which shows he hasn't changed a single bit. And his apologies are meaningless as a result. Whether any of this is "intentional" or not, I was still emotionally damaged and have felt the effects of it for months now. I'm really sorry that I had to write this and share my experience. I really didn't ever want to and I really don't want to cause any trouble. But I need some sort of closure and some peace that I can heal from the damage that was caused. Anyways thanks for reading or something, I just want to move on now.

Edits To The Document

Last edit: 22/10/2025

After finishing this document and sharing it within a small circle of friends, one of the others who was affected by Ari's actions opened up to me about what they personally went through. This person is Jamie who is someone that many of you are aware of. She noted very similar experiences to me including being called a person that they "trusted the most." Also she noted that Ari would acknowledge that he was doing things wrong but refused to change, something I have also brought up in this document. Jamie noted experiences that were different to mine. Jamie says that Ari actually did have contact with someone during the times he would shut himself away from others and the person he had contact with was Jamie herself. Jamie says she felt pressured in a way to stop him from completely leaving and as you can imagine that can be pretty mentally exhausting. Jamie also says that Ari would give her compliments that felt unnecessary, which to her felt like a cheap way to gain her friendship back. When he disappeared during the last month and unfriended everyone, she was more affected by it than me and she was also annoyed that he came back as if nothing happened. Overall, she has also shared a similar experience to me and is an example of another person he emotionally hurt. I got permission from her to share her experience in this document.