(TW: mental abuse, mental illness, talk of suicide, cultural appropriation, manipulation)

(Don't send hate, death threats or any harmful messages towards the person in question. If you do, you aren't any better yourself. This document is to explain horrible things that happened to me and should serve as a warning to people who are experiencing the same thing and/or have people around them that show some of these traits.)

Hello. My name is Adrian. I was the composer for CDM and I am the ex-boyfriend of "CandiiClown", "thehyperharpy", "Punkity Anne" or "Krisis" now known as “Sleepybleats”, "Kat", "cl00ninaround" or "Cl0wninAround"

I’ve had enough of waiting and not saying anything. I saw so many be scammed, manipulated and lied to by a person I forced myself to love. From the early days to the end, I saw everything unfold. Here is what I have to say.

And if you see this Krisis… Get help. If you can't understand where this came from, then you are truly lost.

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4 years ago I was introduced to Krisis through a friend of mine. My friend recommended me to them because I am a musician and they needed a composer. I had just turned 18 at the time and didn't have any experience with composing for a show, but I agreed to show what I could do. After showing them some songs I had done, they immediately put me in the position of composer for the show. there was never a contract signed… no nothing. But I thought nothing of it at the time. Me and Krisis became friends at this point and I would start appearing in their live streams playing games like overwatch and stuff. I was basically fed the most positive side of everything, before hell would reveal itself.

The first hint of something being wrong was the apparent stalkers. That is something that was brought up again and again. I was fed the notion that they wanted to ruin Krisis’ life, so I began feeling empathetic.

As the Project (CDM) was starting production, there was something happening behind the scenes. What was said to me was that some of the members of the team were being really disrespectful and needed to be let go. I was told that they sided with Krisis' stalker and so many other bad stuff. As I am scared of involving myself in drama, I never thought to seek out those who were kicked to hear their story. I was also told that if I tried to talk to them I would be manipulated into thinking that Krisis was "the bad guy"...

Something that started happening after the first people were let go, was more people who didnt have alot of reach were brought onto the project. People who didn't have enough experience to really question some of the decisions made. People were being paid horribly and the excuse was that they didn't have the budget/they didn't have money. An example being one of the background artists being promised 35$, but ended up being guilt tripped down to 8-10$. With the false hope that the project would take off, we all allowed the scam to continue. We thought that one day, when the project took off we would all get a raise and get paid more for our work. That never happened.

Not even a year in production, the CDM pilot was released… and from my perspective, and I think from everyone's perspective. It was a SHITSHOW. Everything we thought could go wrong, did go wrong.

Context: There had been some issues with one of the co-writers Sean (TrashKingArisen) and Krisis. I was told that this individual was the main reason the pilot failed. The other "reason" was someone who was kicked right before the pilot was released. I was again only fed one side of the story. The situation evolved and I saw a lot of people getting kicked for working with the "stalkers". After the whole disaster, I of course sided with Krisis. I was fed so many one-sided stories about everything at this point that I actually thought I was on the right side.

It was only after the pilot that they wanted me to sign a contract. A contract where it stated that I was to be paid 40$ per piece of music. Which I find insulting today. Now that some time has passed, they still owe me money for the music I did, but I don't care… It doesn't matter now.

A couple of weeks later. I woke up to messages of krisis wanting to talk to me. I had time and I sat down with them. They revealed they like me. Through an animation. Right after waking up. I thought that maybe this could be a good idea. Dating someone I felt really cared

for me and trusted me enough to share a lot of personal “opinions” and problems. Though inside, I knew this wouldn't turn out good.

This is where things go from bad to worse.

1. *Age difference/emotional abuse*

In the beginning I was a bit nervous about the age difference. I was 19, they were 30. I first thought it was a little creepy, but I buried those feelings because I felt me and Krisis were in the same mental space.

It was after we started dating that they brought up more of their mental issues and how they were suffering from depression, anxiety and BPD, thoughts of suicide and more… Through this, I started getting scared of hurting them. A fear that would keep me from revealing how I truly felt.

There were multiple instances of me bringing up possible futures where me and them wouldn't be together and they would just shut me up and cry. They would then say stuff to the effect of: “a life without you isn't a life worth living” and other stuff in that realm. I got even more scared of revealing how I felt and would make an effort to force myself to love them. They scared me into staying with them by using their mental health as a weapon.

There were also instances where they would go silent and start blaming themselves for every little bad thing that happened around me. If my mom was upset that I didn't sleep early and would wake up late as hell, they would blame themselves and I would have to try and tell them, to no avail, that it isn't their fault. Instead of being angry, I was sad, because I knew that if something like this happens again, they would always feel bad and blame themselves. Meaning, I had to bottle up a lot of negativity.

The other thing that would have them react like this, is if I got mad at them for something. They would stop talking and would only write like they are just never going to talk to me again, because that way they “wouldn’t fuck it up” making me feel absolutely terrible. And then there were other times where they would just go on the offensive and say I’m not “Ivo”. Basically saying that I’m not myself. That led me to have multiple instances of identity crises that made me question who I am. It really fucked with my head.

2. *Overly obsessive behavior/cultural appropriation*

As we got closer they would start calling me “My Ivo” (my middle name) and call our time together their “Ivo time” and I would respond by calling it “Krisis time” because I felt they would like it if I did. But it started getting creepy when they would say when other people wanted my attention that they were imposing on “their Ivo time”... They would also get upset if I did stuff on a whim (I'm really bad at telling people about my weekly plans, especially when they’re only in dms and not physically present) and then would compare me to an abuser and say that that is what the abuser did and other bad things… I felt like a possession. I am not an object. I am a person.

The other thing was the **extreme** fascination with Norway (where I'm from) and the straight up fetishism of my home country. It would start with wholesome stuff like trying to learn Norwegian and then turn into listening to alot of Norwegian music, but it evolved from that to buying Norwegian flag-style clothes which I found, not weird, but a little off. From there they would begin joking about being “trans-norwegian”... I remember being in a call with them saying how much I am against the idea of being “trans-rasial/being half of another ethnicity by choice” because I find it to be racist and offensive. They would say that again and again and I would hint at being very uncomfortable, but it would never get to them. I found that very creepy and disrespectful.

3. *Anger/Manipulation*

They would be angry… often. 90% of the time I was on a call with them, something would just set them off into an insane rant or just completely fuck up the mood. Be it a function in Clip Studio Paint that they didn't know or somebody doing something that they didn't like. Every time it happened, I was left speechless. Absolutely terrified of saying anything that would make it worse. Some of the times they calmed down. Some of the times they would mute and just apologize and be extremely self-depressive. Saying stuff to the effect of “this is going to be the reason you leave” and “I can't control my anger because of my BPD and I hate it” making me feel really bad and making me not talk back if they ever became mad. It made me too scared to even try to talk to them when they were mad.

I was fed so many compliments and so much appreciation by Krisis that I never thought of asking to be paid for the songs I did. I thought I was being nice. I thought if I didn't ask, they

would realize one day and pay me… but of course, that never happened. After the production of the pilot episode of CDM they made me a contract. Only after. offering only 40$ per song. At the time I must have thought that it was good, but thinking back on it now… it was a really bad mistake. The worst thing is that they have yet to pay me for A LOT of songs. They said they would pay me when they had the money, but when they got some, it would always disappear without a trace!
I do not wish for it anyway. I am not asking for money. I am asking for peace of mind.

When drama happened, they would get me to only hear one side. Put blame on everyone except themselves. There was only one side of the story. Krisis' story. If I were to disagree, I would most likely be targeted and silenced by them. So I never disagreed. The one thing that ended it all and made me realize that I was being manipulated happened after the end of CDM.

One day I woke up…

The day came and went. The work server was lost. Frantic messages from Krisis, and a new discord group of people who worked for Krisis/CDM. Past and present members of the team. There was just confusion. Everywhere. The end of cdm had finally happened. It felt… relieving…

As we gathered our thoughts, we started talking about our experience with the show. All of the manipulation and scamming that krisis did was revealed to me and I began to realize… the people I thought were bad people were people who were wronged and hurt by Krisis. The people who I thought were stalkers just turned out to be people suffering from what Krisis did to them. It was finally revealed to me that I had been abused for the entirety of me and Krisis' relationship. Everything that I wrote above is something I didn't think of as abuse at the time until they all started telling me *it was* after telling them everything. I was horrified.

After everything was revealed to me. I fell hard into a depression. THEN they had the audacity to try and blame everything that happened on one person… One person that did not reveal everything and was only a part of the shitshow.
That was enough. I knew what they were trying to do. I blocked them. No breakup. No goodbye. Nothing. They didn't deserve another message.

The aftermath was rough… again, I fell hard into depression. I felt like life was just a lie. I fell back into thoughts of suicide. I don’t trust anyone as I did before. and even though it's not my fault a lot of people were wronged, I still feel a sense of guilt in not realizing what was going on at the time. Even though I couldn’t stop it.

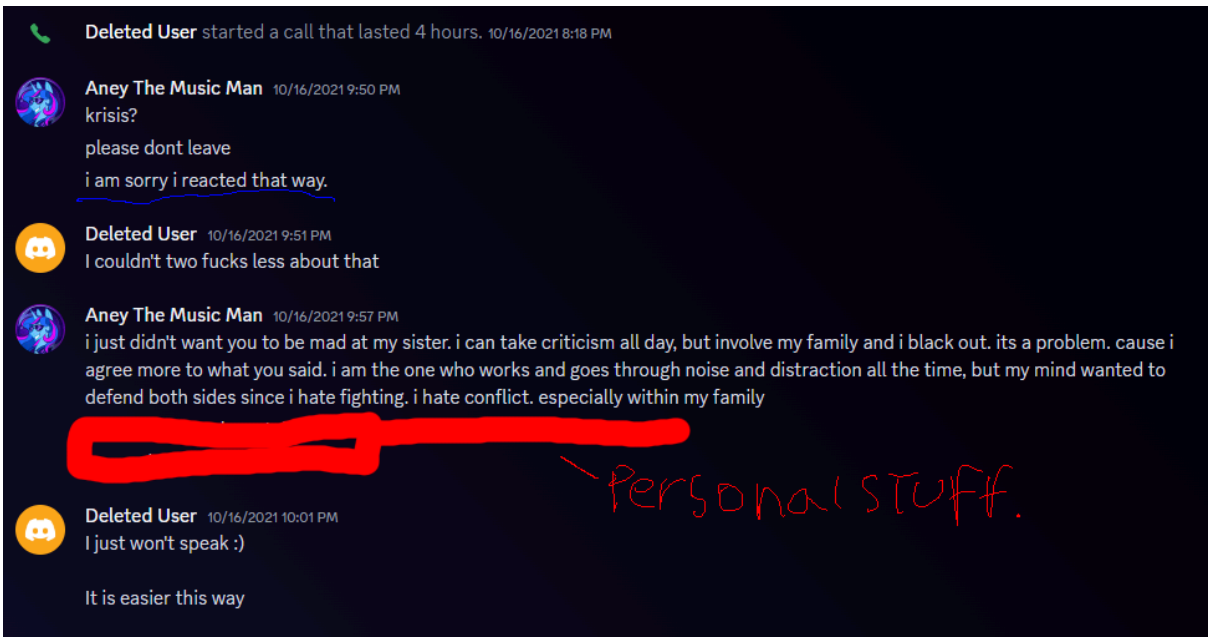
I want you to speak out. I want you to spread awareness. I want Krisis to realize that we aren't stalkers. We aren’t people who want to see you burn and die. We are people who want you to realize that you wronged us. I want you to see that. We are people too.

(Update: 19th of january 2024)
I didn't want to write about this because I only wanted to move on. But in light of their release of their own doc, I have to respond to the lie they wrote about me.

> And once again people started to have their family drama’s leak into the calls. Lot’s of crying and comfort. Or ***a different ex of mine*** who I will not name, aggressively yelling and being upset at his own living situation, taking it out on others and even me sometimes. Which I admittedly did not take well to, and I would shout back, causing it to scare and overwhelm others in the call. It was a toxic work environment for everyone. And I can’t take back the pain I caused or the trauma I caused, which could have been so easily stopped with me just taking those calls outside of a public work server. But I didn’t, and I was wrong not to do so.

I am the other ex they talked about. I would never talk about private matters in front of others who I don’t know. The example they used was something that happened in a private call between me and Krisis or SleepyBleats. I was mad for some reason about something a sibling had done or said. I vented to them about this and they did something you should not do. They talked shit back about the sibling in question. Normally, I wouldn't react to something like this. but in this instance they went out of line and I reacted pretty negatively.

Their reaction to this situation:



I admit it was wrong of me to react the way I did in this instance, but I did not aggressively yell to people or them about this. I am an introvert who would never want to make people uncomfortable. We were together, dating, so I trusted that I could talk about difficult things to them and for it to be left private, but no.
Also, if they had a problem in any way of me being slightly miffed and depressed (Not raging mad) about my home situation, they should have told me. but they didn't.
To take this situation out of context to say that I did this REGULARLY on work calls?!?! This was a private matter between me and them that happened once. It should have been left that way. But they decided to kick the hornet's nest and I have to now respond to it.

To Krisis or sleepybleats:
Leave my name, mentions of me, anything related to me OUT OF YOUR MOUTH!!

Proof of behavior: (deleted user is Krisis)

Deleted User 10/26/2021
...If you oversleep...
I will be so mad

Deleted User 10/26/2021
.....

Deleted User 10/26/2021
...I'm going to bed.

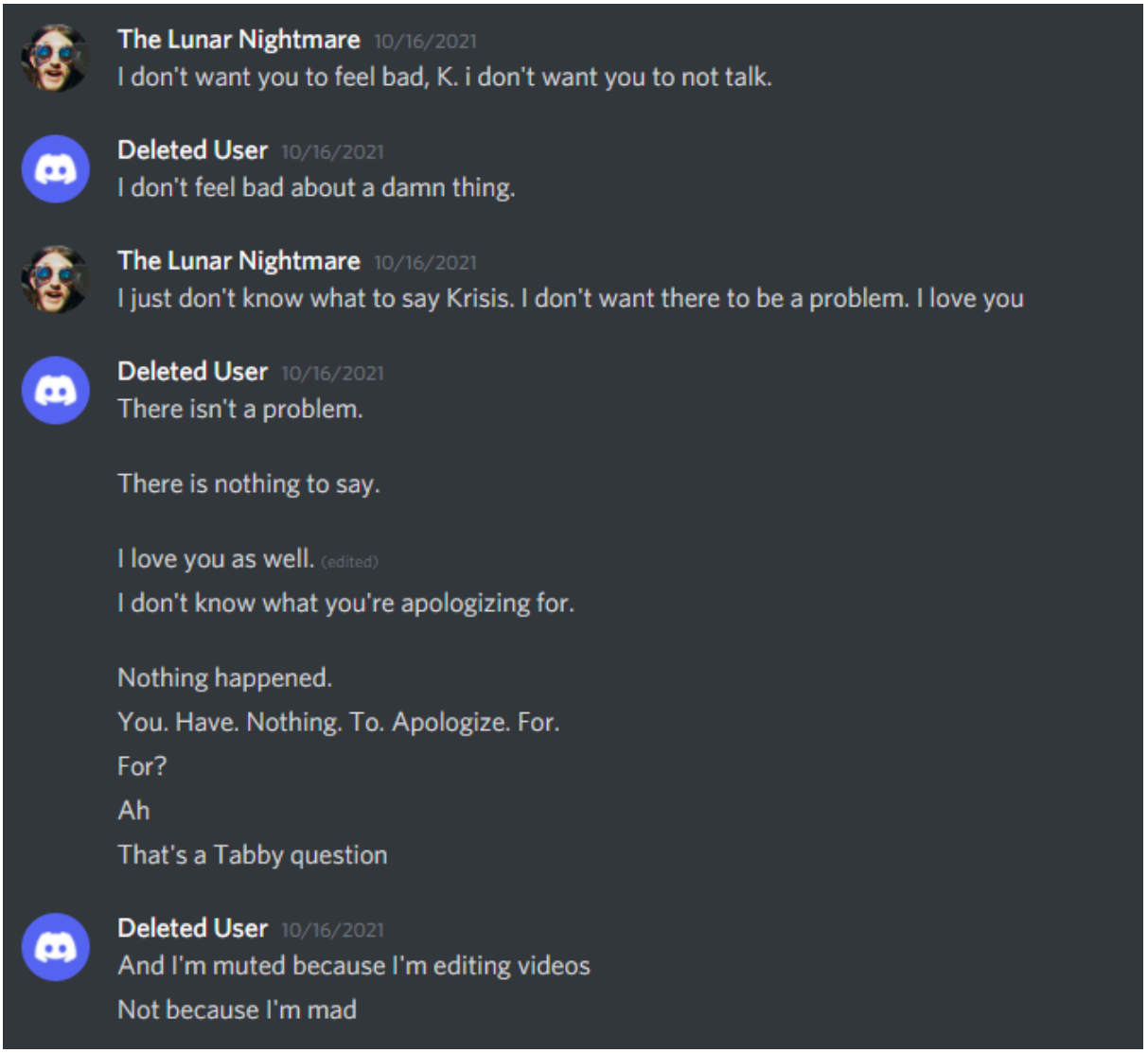
I wasn't able to sleep, so I'll probably end up sleeping all fucking day.

So I guess that was a waste of time trying to plan a day with you.
Please at least TRY to be up before your mother has a fit



The Lunar Nightmare 10/26/2021
I am up now... I'm sorry.

Deleted User started a call that lasted 12 hours. 10/26/2021



(context: I was out with my family on an unplanned trip) **V**

Deleted User 10/04/2021
Jeg elsker deg
I'm just mad, because now I have to do work - and you need to sleep
And I'm gonna end up sleeping on you when you wake
And I'm mad
Or you can just log offline



The Lunar Nightmare 10/04/2021
I am here

Deleted User 10/04/2021
Like I'm gonna end up spending 0 time with you tomorrow



The Lunar Nightmare 10/04/2021
If I knew, I would have told you in advance. But I didn't.
I'm so sorry.

Deleted User 10/04/2021
Nei
I'm just upset, because now I have to work
I don't have time to turn away
This is work that needed to be done 3 weeks ago
It's not your fault...I'm sorry
I'm just....angry.

Deleted User 09/28/2021
Isn't here.
She's dead.
I'm going to go take a cold shower.

And forget today happened.
I'll be silent on my end, so you're free to talk or not, whatever you want to do. I can still hear you.

The Lunar Nightmare started a call that lasted 3 minutes. 09/13/2021



The Lunar Nightmare 09/13/2021
nonono... hey hey.
its not
your
fault
this is my own fault.

Deleted User 09/13/2021
Im ruining everything
I didnt mean to get you in trouble
And I did
And now your more tired than ever
And your mom is mad
Thats not what I wanted.
I just wanted your sleep sxhedule to get back on track



The Lunar Nightmare 09/13/2021
nonono. i would have been even worse of if i didnt sleep at all

Deleted User 09/13/2021
Im so sorry.....im not going to interfere anymore

We'll just have to call on your days off
Because I can't keep fucking your sleep
Its not fair

Deleted User 09/13/2021
No.
Just sleep Ivo.....you need it.
You work tomorrow



The Lunar Nightmare 09/13/2021
i love you. so much.<3 (edited)
please dont be so harsh on yourself (edited)
min krisis

Deleted User 09/13/2021
I'm not bring harsh.
I know when I'm wrong.
Which has been 90% of the last 31 years hahahaha



The Lunar Nightmare 09/13/2021
No. just one thing. please don't stop calling me after work. its my favorite time of the day.
fuck this job
i just want to spend all my time with you. (edited)
to make you smile

Deleted User 09/13/2021
I have to.

You need sleep and to eat, and to relax
If I call. You won't do those things
I am a distraction
If I am lonely, I will just sit in a call somewhere
Someone will come eventually
I'm not going to bother my Ivo
He needs this job, so he can gtfo his mom's place
And eventually we live together

Deleted User 09/13/2021

Either do I.

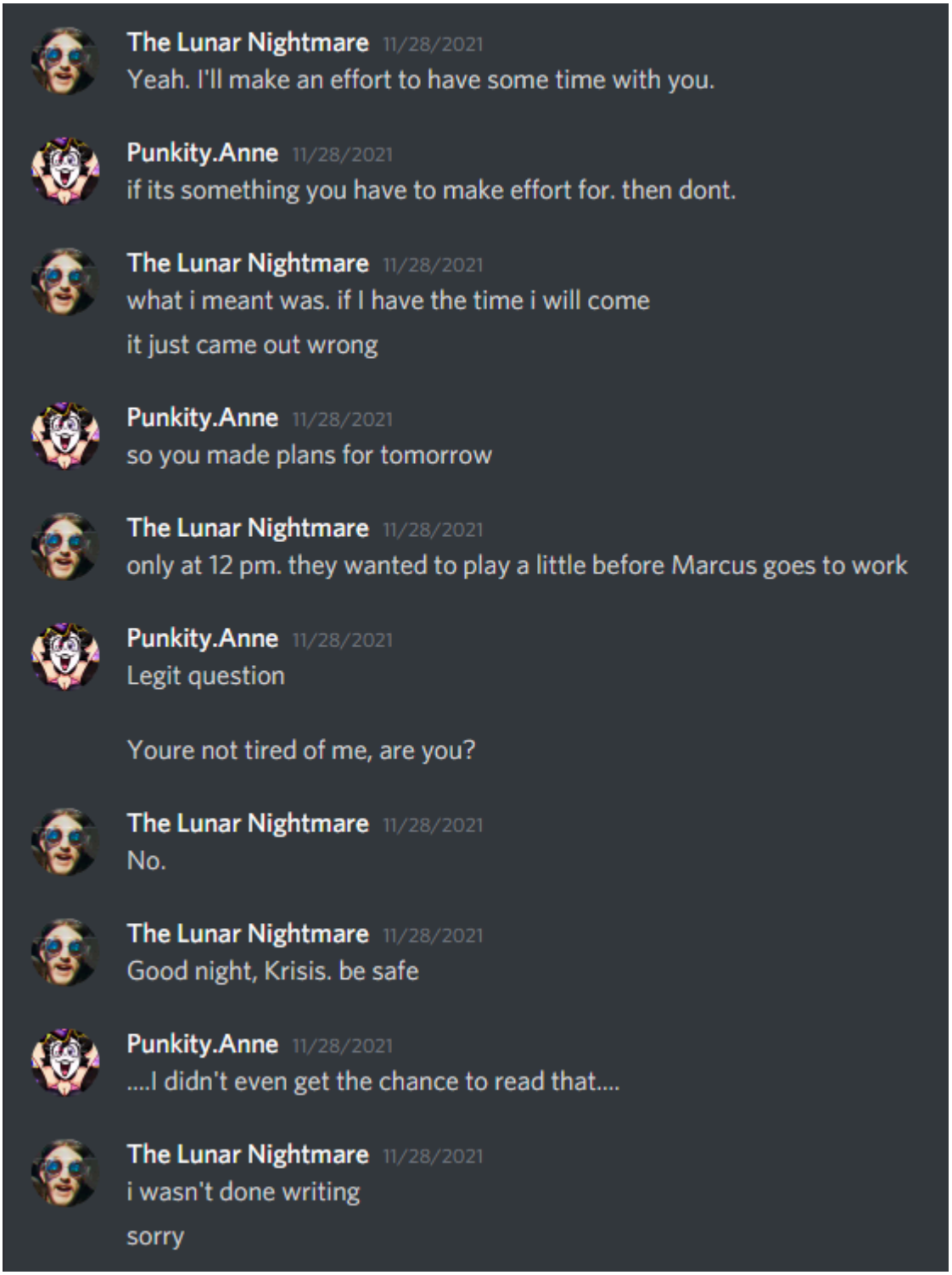
Which is why I'm going to stop lying to myself

When I say "No Krisis, you aren't going to ruin this relationship! Not this time!"
It's been too good, for too long.

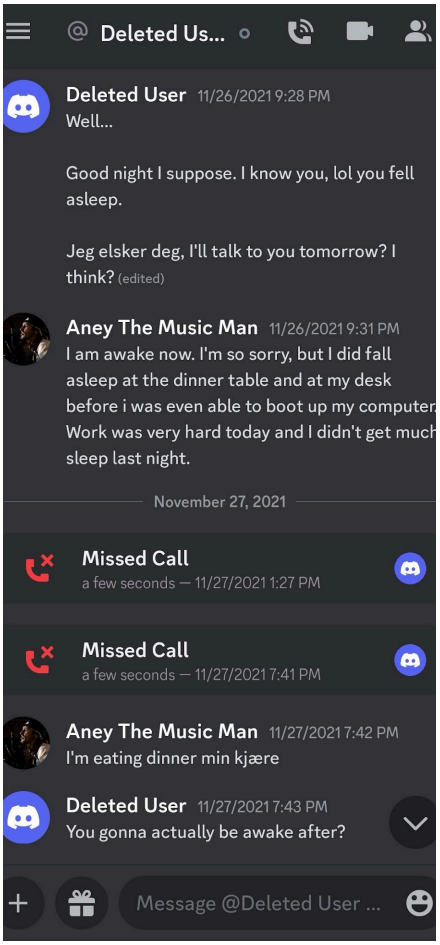
The shitty brain chemicals had their break, now they're back from vacation
And remind me that I fail.

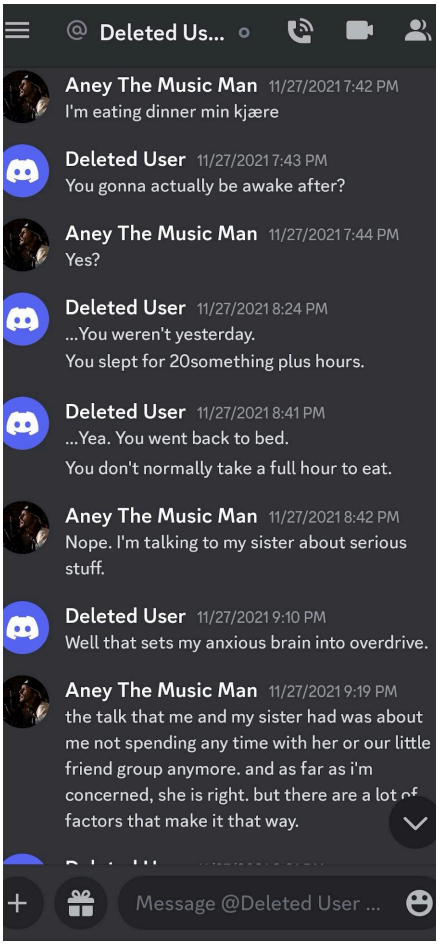
And soon, I will fail you too.

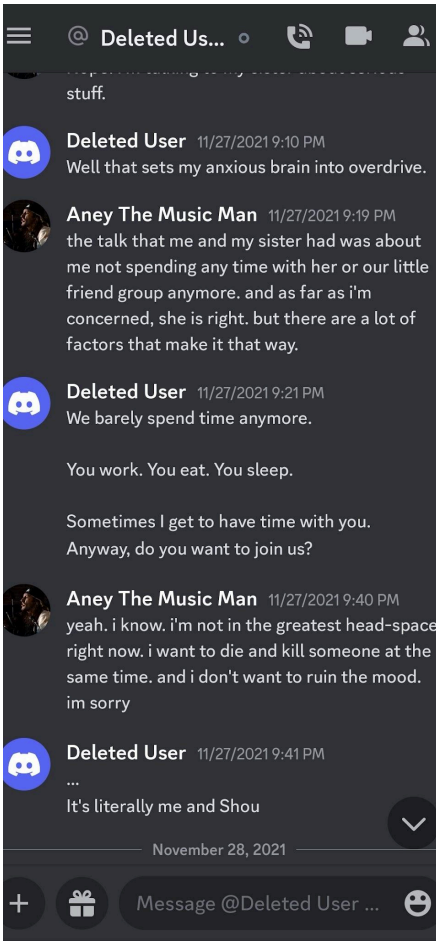
It's already started.
I don't want to hurt you.
I don't want you sad.
I don't want people upset with you.
I don't want to ruin your good days.
I want you to be happy, as happy as you fucking make me
Every god damn day



(I was lying about what me and a sibling were talking about. It was about Krisis and me not being strong enough to leave them.)


Deleted Us...
Deleted User 11/26/2021 9:28 PM
Well...
Good night I suppose. I know you, lol you fell asleep.
Jeg elsker deg, I'll talk to you tomorrow? I think? (edited)
Aney The Music Man 11/26/2021 9:31 PM
I am awake now. I'm so sorry, but I did fall asleep at the dinner table and at my desk before i was even able to boot up my computer. Work was very hard today and I didn't get much sleep last night.
November 27, 2021
Missed Call
a few seconds — 11/27/2021 1:27 PM
Missed Call
a few seconds — 11/27/2021 7:41 PM
Aney The Music Man 11/27/2021 7:42 PM
I'm eating dinner min kjære
Deleted User 11/27/2021 7:43 PM
You gonna actually be awake after?
Message @Deleted User ...


Deleted Us...
Aney The Music Man 11/27/2021 7:42 PM
I'm eating dinner min kjære
Deleted User 11/27/2021 7:43 PM
You gonna actually be awake after?
Aney The Music Man 11/27/2021 7:44 PM
Yes?
Deleted User 11/27/2021 8:24 PM
...You weren't yesterday.
You slept for 20something plus hours.
Deleted User 11/27/2021 8:41 PM
...Yea. You went back to bed.
You don't normally take a full hour to eat.
Aney The Music Man 11/27/2021 8:42 PM
Nope. I'm talking to my sister about serious stuff.
Deleted User 11/27/2021 9:10 PM
Well that sets my anxious brain into overdrive.
Aney The Music Man 11/27/2021 9:19 PM
the talk that me and my sister had was about me not spending any time with her or our little friend group anymore. and as far as i'm concerned, she is right. but there are a lot of factors that make it that way.
Message @Deleted User ...



Thank you for reading my doc.

Again, don't harass the person mentioned.