

Tab 1

# My Experience with QuartzIsCanon

TRIGGER WARNINGS - READ CAREFULLY!!!: Sexual assault, guilt tripping, manipulation, mentions of suicide, mentions of physical harm/violence done to self

First I quickly want to mention the majority of evidence I have will be from either the first, or last bits of the relationship, as it is the easiest to find. This all took place over the duration of 16 months of nearly constant texting, so it's simply not possible to find proof of everything ever.

There is a TLDR below, but I would recommend reading the whole doc for the full story + evidence.

TLDR: During my relationship with Quartz, I have been severely guilt-tripped and controlled. They would guilt-trip me using private twitter posts, would constantly make me feel like I was in the wrong whenever I wasn't texting them 24/7. I have also been sexually assaulted twice during meetups. When we broke up, they did everything possible to guilt me into staying, and they still kept very close tabs on my online activity.

## The Relationship

Quartz and I first met in January 2024, as part of the same team for a minecraft event. We applied to a video application event together after being invited to the same team by our mutual friends. From here we started speaking very frequently and grew very close, texting 24/7 and vc'ing nearly every day and night. After realising we both had feelings for each other, we started dating early February 2024.

I had basically no prior experience with romantic relationships, so for the longest time I assumed everything that happened was normal. Most of the stuff you'll see me agree to or understand during the doc was me being convinced I was 'compromising', even though in reality I was being manipulated and controlled, fully unaware at the time.

Right after we got together, the first issue already started. I was in a VC with a friend, practising for the event that was happening on that same day which Quartz could see, as they were also on the team and had access to the team VC. I opened twitter and saw a few concerning private tweets so I decided to check up on them. This went quite wrong, as they got upset with me for asking if they are okay. Turns out I forgot to reply to one specific message, which bothered them. They brought up how it bothered them especially when I "wasn't too busy" -> this was simply not true, like I mentioned before I was busy practising for the event later that day and hanging out with my friend. I took my accountability, apologised and tried to move on.

how are you doing rn?  
you okay?



**QuartzlsCanon** 2/3/2024 3:48 PM  
im doing great!!!



**Glitch** 2/3/2024 3:54 PM  
u sure???



**QuartzlsCanon** 2/3/2024 3:54 PM  
zzglitch

im really not trying to be rude here or anything  
but why do you ask if im ok when its very clear im not rn



**Glitch** 2/3/2024 3:56 PM  
thats

i dont really know  
its like  
im bad at showing concern but i wanted you to know that you could talk to me if you wanted to  
im so sorry if i made anything worse, thats not something i intended to do



**QuartzlsCanon** 2/3/2024 3:58 PM  
zzglitch i dont think you did anything wrong

idk  
i genuinely just think im too needy



**Glitch** 2/3/2024 4:01 PM  
quartz i dont think youre too needy at all  
you havent even asked for much




**QuartzlsCanon** 2/3/2024 4:02 PM  
zzglitch

if im rude at any point in this conversation i apologise cause like  
i feel  
really bad rn


You're Viewing Older Messages

[Jump To Present](#)




Glitch  2/3/2024 4:03 PM  
quartz its okay



QuartzIsCanon  2/3/2024 4:03 PM


zzglitch  
did you know  
in our messages  
ive sent almost double the amount you have  
kinda wacky



Glitch  2/3/2024 4:05 PM  
i feel like that makes sense tbh  
like

you split up messages a lott sometimes (which is totally fine btw)  
also if its something youre worried about, its not that youre like  
how do i say this  
ill just rephrase it  
when i look at messages with like long term friends, they also always sent more messages to me then ive sent in return  
so its not that youre like overpowering or anything  
i feel like i just generally have less to say



QuartzIsCanon  2/3/2024 4:11 PM

to be honest  
i think it just makes me worried  
cause  
i had someone who like  
just didnt like me  
but would say they did  
and the messages to and from were like  
the same kinda ratio  
obviously thats not your fault  
i just think thats why i even care about it



**Glitch** 2/3/2024 4:13 PM

mhm thats totally understandable, i get the concern  
but i can assure you  
i would not be dating you right now if i didnt like you



**QuartzIsCanon** 2/3/2024 4:13 PM

on a more  
serious note

QuartzIsCanon you're my favourite 🥰



**QuartzIsCanon** 2/3/2024 4:14 PM

if i send something like this can you reply next time  
like  
god this sounds  
like



**Glitch** 2/3/2024 4:14 PM

oh my god i totally thought i replied.  
fuckk thats completely my bad 🙄



**QuartzIsCanon** 2/3/2024 4:15 PM

its fine



**Glitch** 2/3/2024 4:15 PM

sometimes i like respond to stuff in my head and forget to actually reply  
but ill tell you now  
quartz  
youre my favourite



**QuartzIsCanon** 2/3/2024 4:15 PM

its just happened a few times and it kinda bothers me a bit  
especially if i know youre not like too busy or smn yk  
cause if youre doing something obviously its fine to not reply  
well its fine anyways



**QuartzIsCanon** 2/3/2024 4:15 PM

its just happened a few times and it kinda bothers me a bit especially if i know youre not like too busy or smn yk cause if youre doing something obviously its fine to not reply well its fine anyways  
man  
i feel like im telling you what to do  
im sorry



**Glitch** 2/3/2024 4:16 PM

nono quartz its totally okay  
i completely understand where youre coming from  
its like  
my bad for forgetting to respond



**QuartzIsCanon** 2/3/2024 4:17 PM

its really fine it just like was so much worse cause i feel so bad today



**Glitch** 2/3/2024 4:18 PM

ill tell you rn youre completely allowed to remind me to respond if you know im not already doing anything !!



**QuartzIsCanon** 2/3/2024 4:18 PM

yeah but that just feels wrong  
i dont wanna tell you to do something like ever  
it just feels really wrong to me

@QuartzIsCanon yeah but that just feels wrong



**Glitch** 2/3/2024 4:20 PM

it can literally be like in the smallest way possible  
like  
just saying my name or something  
anyways i will try harder to not forget because this is kinda my faultt  
also thank you for like actually talking about it instead of letting it go



QuartzlsCanon 2/3/2024 4:22 PM  
ofcourse



Glitch 2/3/2024 4:22 PM  
youre always allowed to tell me if youre upset at something



QuartzlsCanon 2/3/2024 4:22 PM  
that means you gotta do the same if i do anything now

@Glitch anyways i will try harder to not forget because this is kinda my faultt



QuartzlsCanon 2/3/2024 4:22 PM  
thats the only thing you did that actually bothered me



Glitch 2/3/2024 4:24 PM  
okay, ill make sure to watch it even more!!  
and also to tell you if im like busy to something, i feel like thats important too



QuartzlsCanon 2/3/2024 4:25 PM  
its fine if you dont reply i kinda just assume youre busy or smn  
its more like  
for example  
youre replying to messages in the server with blue shibe and me but then my message is just sitting there



Glitch 2/3/2024 4:27 PM  
hmmm yea  
thats fair



QuartzlsCanon 2/3/2024 4:28 PM  
yeah?



Glitch 2/3/2024 4:28 PM  
yeah  
like i said before this was my badd



QuartzlsCanon 2/3/2024 4:29 PM  
well yeah but its like  
not completely

You're Viewing Older Messages

[Jump To Present](#)

A day later, it got brought up again and they mentioned how they would've subbed out if they kept feeling that bad.



A common tactic of guilt-tripping Quartz would use was private twitter. Whenever one of my actions would slightly upset them, I would see private tweets saying they're going to disappear, physically harm themselves or want to die. I don't have any form of access to their private account anymore so I can't find anything tying to specific situations, however they would look something like this:



(The actual context to that was me going to work on a school project that needed to be finished the next day)

One of the earlier examples I could find was a situation where based on the context, I assume I streamed, and shortly joined a VC with Quartz and their best friend after. When in this call, I saw another friend of mine sitting alone in VC in a different server (which Quartz also had access to). I decided to spend some time with that friend, as I had seen them sitting alone in VC for the past few days and wanted to give them some company. This again led to a very bad reaction from Quartz, who got super upset at me.



Glitch 2/16/2024 9:29 PM

quartzz i saw your priv tweets, what happened? (if u wanna talk about it that is)



QuartzIsCanon 2/16/2024 9:30 PM

just focus on your stream <3



Glitch 2/16/2024 9:30 PM

you sure??



QuartzIsCanon 2/16/2024 9:31 PM

yeah i might talk about it after dw



Glitch 2/16/2024 9:32 PM

okok!! ill definitely be there after stream if u wanna talk about it <3  
(or just about anything really :3)



QuartzIsCanon 2/16/2024 9:33 PM

ofc <3



Glitch 2/16/2024 10:05 PM

ended stream !!



QuartzIsCanon 2/16/2024 10:05 PM

im playing fortnite



Glitch 2/16/2024 10:06 PM

omgg  
how is it



QuartzIsCanon 2/16/2024 10:06 PM

i think im in a bot lobby



Glitch 2/16/2024 10:06 PM

..probably 🤔



QuartzIsCanon 2/16/2024 10:08 PM

well taht one guy wasnt  
bro built a 5 star hgotelk

You're Viewing Older Messages

[Jump To Present](#)



Glitch 2/16/2024 10:08 PM

LMAOO

i dont get how people do that shit

its why i play zero build bc i am NOT dealing with all that



QuartzlsCanon 2/16/2024 10:09 PM

im just better



QuartzlsCanon 2/16/2024 10:47 PM

a bit sad that you left



Glitch 2/16/2024 10:48 PM

im sorry :( ill be back later okay?



QuartzlsCanon 2/16/2024 10:48 PM

when is later



Glitch 2/16/2024 10:49 PM

i dont know, doubt its gonna be any more than an hour



Glitch 2/16/2024 11:04 PM

shibe still doesnt wanna join vc when retro is theree

unless its like really important

which is sad but i also cant force her 🥲



QuartzlsCanon 2/16/2024 11:06 PM

i feel like i mgonna be rude if i say anything so



Glitch 2/16/2024 11:14 PM

fairr



QuartzlsCanon 2/16/2024 11:26 PM

why tf are you on character ai what



Glitch 2/16/2024 11:26 PM

....long story




QuartzlsCanon 2/16/2024 11:27 PM

mhm

You're Viewing C


I'm guessing they ended up leaving the server by being upset seeing me in a call with someone else, and did not want to join back as there 'wasn't any point', even though the server was full of memories and still got used occasionally.



QuartzlsCanon  2/16/2024 11:27 PM


mhm



Glitch  2/16/2024 11:40 PM


quaartz <3



QuartzlsCanon  2/16/2024 11:51 PM

are you not with shibe anymore




Glitch  2/16/2024 11:52 PM

they left for a few min but said theyd be right backk


i was planning to go soon but its such an odd moment to leave right now



QuartzlsCanon  2/16/2024 11:54 PM

mhm



Glitch  2/16/2024 11:55 PM

OH BTW!!

<https://discord.gg/DNncQFwf>

You sent an invite, but...




**Invalid Invite**

Try sending a new invite!

in case you ever wanna be back in :3




QuartzlsCanon  2/16/2024 11:55 PM

in all honesty i dont think ill join back

thers no use for it as far as i see now



Glitch  2/16/2024 11:55 PM

thats also totally okay!!

After hanging out with this friend for a little, I rejoined the call with Quartz and their best friend. I was struggling to speak due to being overwhelmed, so I left for a little bit in an attempt to recharge. I got made to feel guilty for hanging out with a friend, and later got questioned if I 'even liked them' because I left the call with Quartz.



QuartzlsCanon 2/17/2024 12:55 AM

whats wrong



Glitch 2/17/2024 12:55 AM

i dont knoww

its nothing specific

i just cant think of anything to say and i feel bad for it

and its just making me go even more quiet

think i might be going mute again if i can call it that 🙄



QuartzlsCanon 2/17/2024 12:56 AM

thats ok

you dont have to say anything

its a bit of a shame though

especially if oyu was talking when in vc with shibe



Glitch 2/17/2024 12:57 AM

i do wanna talk to you thooo

i think im just gonna try take a bit of time to recharge again ill be back in a bit ^^



QuartzlsCanon 2/17/2024 12:58 AM

alrighty

@Glitch i do wanna talk to you thooo



QuartzlsCanon 2/17/2024 12:58 AM

well even if you didnt its ok

i dontt expect you to always want to



Glitch 2/17/2024 1:01 AM

thats truee but like  
i wanna talk to you right now  
by brain just doesn't let me  
its so aagdksjjcf



QuartzIsCanon 2/17/2024 1:05 AM

its ok  
i get it  
i was upset the whole time you was gone tbh



Glitch 2/17/2024 1:09 AM

ill be there again when i feel better okay?? (which is hopefully soonn)  
sorry for leaving so much today btw



QuartzIsCanon 2/17/2024 1:09 AM

tahts ok just take care of yourself

@Glitch sorry for leaving so much today btw



QuartzIsCanon 2/17/2024 1:10 AM

its  
not  
the worse thing  
ever  
i can cope



Glitch 2/17/2024 1:11 AM

i still feel bad about itt



QuartzIsCanon 2/17/2024 1:13 AM

well  
idk what to say  
it is your choice if you stay or leave



QuartzIsCanon 2/17/2024 3:44 AM

thats ok  
we dont have to message if you dont feel like it



Glitch 2/17/2024 3:45 AM

mhmm  
i will absolutely message you before i go to sleep tho  
just so you knoww  
i wouldnt just like sleep



QuartzIsCanon 2/17/2024 3:45 AM

yeah  
i hope we get to talk more tomorrow  
it does feel like we didnt talk much again  
or whenever youre free i guess  
alrighty anyways  
<3



Glitch 2/17/2024 3:47 AM

im free tomorrow !!!  
and i definitely hope to talk more tomorrow yea



QuartzIsCanon 2/17/2024 3:50 AM

glitch  
this might sound stupid but are you sure you like me



Glitch 2/17/2024 3:51 AM

im so sure yes  
im sorry if it doesn't always seem that way  
but i genuinely like you so much



QuartzIsCanon 2/17/2024 3:56 AM

alright  
i hope so  
ill stop with the messages now  
<3  
rest up

You're Viewing Older Messages

[Jump To Present](#)

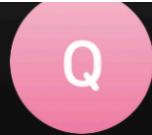
I started becoming isolated from my friends. Whenever I gave any mention of someone I was friends with (which most of the time were mutual online friends), their mood would worsen instantly, and they would seem incredibly upset with me. I started feeling like I wasn't able to for example accept stream invitations, call with a friend or even make IRL plans without their permission. I always had to let Quartz know what I would be doing, when exactly I'd be out for, and when I would be able to text or not. If I was too busy to

text for longer than roughly 2 or 3 hours, I would get complaints that we would barely talk that day and they would keep reminding me of how sad that would be for them. Or it would upset them a lot if I stopped replying for a few minutes. I basically started to feel like I had to be texting 24/7.

Any sort of real life plans I had would be dreaded for a while, and if Quartz had forgotten about anything I mentioned I had planned, they would immediately get very dry and clearly disappointed with me as if I had never mentioned anything.

Speaking to friends would also generally cause issues a lot of the time. For example, when I had just booked tickets to visit Quartz for the first time, I decided to tell my IRL friends as I was incredibly excited. While doing so I was in VC with Quartz and their best friend. Instead of being supportive my friends were just making fun of me, so in the call I mentioned being annoyed at their responses. Then later on I got messages on how I shouldn't have been texting my friends while in VC.

< 14



quartz >

there was something at the start  
that bothered me a bit

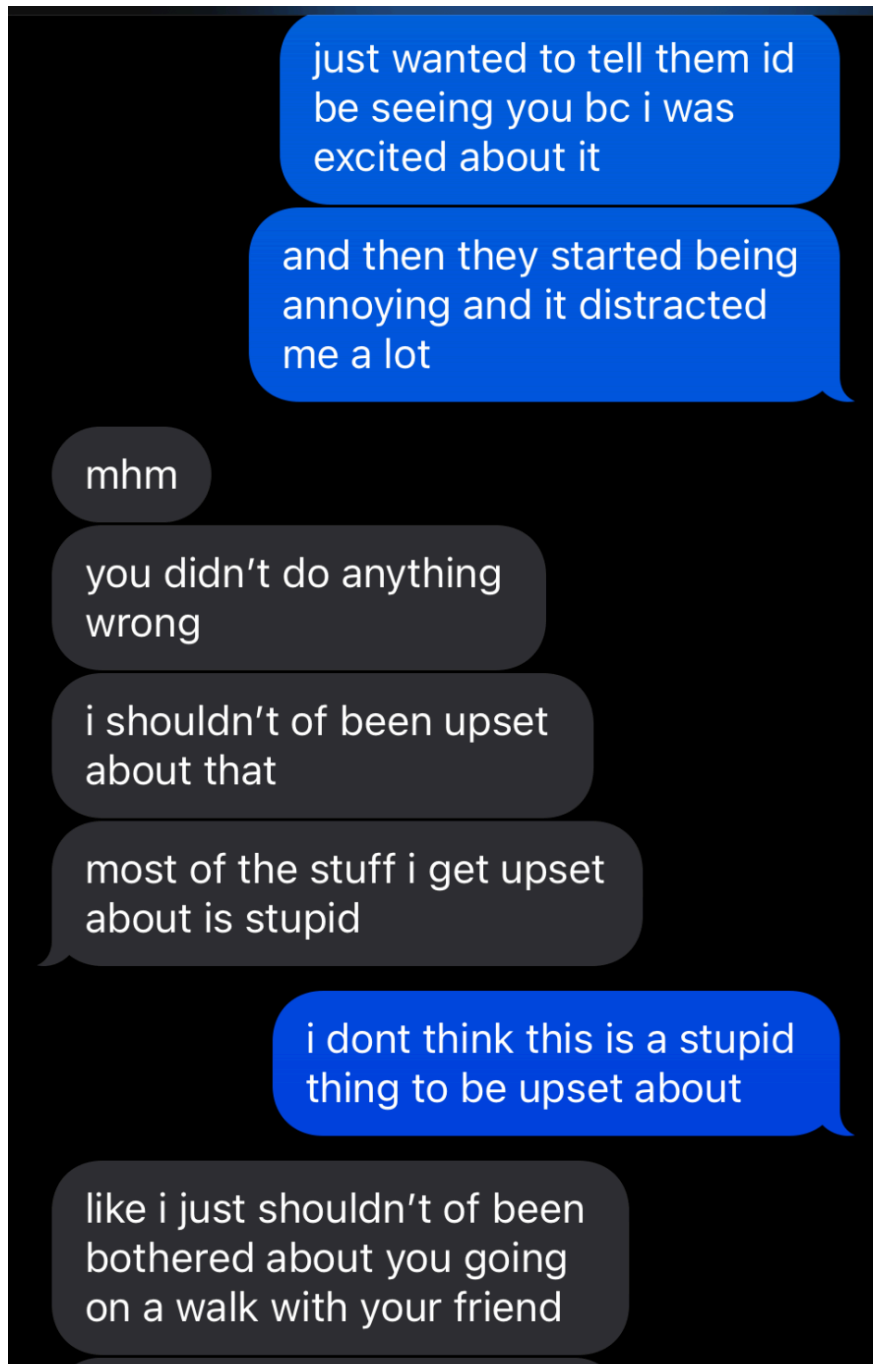
can i ask what it was?

we was in call but you was  
kinda just messaging other  
people instead of talking,  
which i guess is fair since  
you wasn't playing the  
game but i asked about you  
coming to vc with retro  
specifically so it bothered  
me a bit

mmm im sorry

i wouldnt have been  
messaging much if i didnt  
get annoyed and slightly  
upset by my friends tbh

just wanted to tell them id  
be seeing you bc i was  
excited about it



When I would bring this up how this behaviour affected me, they would say it's not in their control and I need to not let them stop me from doing anything.



quartz <3 >

but it feels kind of rude to  
just straight up leave

mhm fair enough, and im  
not saying you shouldnt be  
hanging out with retro at all,  
please hang out with your  
friends

but idk ive kinda had the  
feeling before that i  
shouldnt be hanging out  
with my friends sometimes  
bc then youll be upset  
sometimes

well

i don't want you to feel like  
that

i apologise

but

again

wrong, i mightve, thats why  
i brought it up

idk

cause i do get upset a bit,  
but not at you for hanging  
out with your friends

just that it basically means i  
can't talk to you

mhmm

i just hate it when youre  
upset, especially if there's  
something i can do about it

that's fair

i do to

for you

except

quartz <3 >

for you

except

there's never anything i can do about it

but you shouldn't let me being upset in general stop you from hanging out with your friends

i still wanna do anything i can to help tho

i dont want you to be upset

ok but it's not your fault

i want you to hangout with your friends

i don't want me to be the reason you don't hangout with people

its also partially just me

Or sometimes, they said they would try to work on it, but there wasn't really any change.

Eventually I was thinking about ending the relationship over these issues, as it was having a big effect on my mental health. (I think this was around June 2024??)

I completely got guilt tripped throughout the entirety of it.



idk if i'll be able to talk to you if you do end it

just so you know

it would genuinely be too painful for me

felt something was wrong

glad you're being honest with me

mhm i dont wanna lie to you

yeah

anyways just so youre fully aware

im not breaking up with you rn

rn

yeah

and i dont want to in the future

i honestly think you're going to though

i think you know you're going to

god damn



please dont make any assumptions


im just trying to get my thoughts together rn

it sounds like you're going to though

not now

but it sounds like you're going to

i really really dont want to

  
everything feels like it's falling apart

like

it's completely fair if you decide to leave me for the sake of your mental health

i can't be upset at you for that

but then i don't know what i do next

it's perfectly fair

i just don't want that

all of my plans would be

well

gone

and

like

genuinely don't think i can  
love anyone as much as i  
love you

anywhere near as much

god

i'm gonna cry

i keep just looking at the  
box you sent me stuff in

im so sorry for giving you  
even more to worry about :(

i really dont deserve you

you deserve the world

i don't know what to do

i can't breathe properly

im so sorry if i fucked  
things up

and everythings gonna be  
unfixable

there isn't any fucking  
anything up

the only thing that would  
fuck everything up is if you  
do leave me

and at that point

and everythings gonna be  
unfixable

there isn't any fucking  
anything up

the only thing that would  
fuck everything up is if you  
do leave me

and at that point

i genuinely couldn't talk to  
you again

if not

it'll be ok

it'll work out

i really hope so

can i be extremely honest rn

yes

i really feel like you're gonna leave me soon

3 Replies

i feel like my only option is to just enjoy the time i have left with you

2 Replies

well

try to

i really feel like you're gonna leave me soon

3 Replies

i really dont want to

i feel like my only option is to just enjoy the time i have left with you

2 Replies

and i dont want things to feel like this

it's going to though

i really feel like you're gonna leave me soon

3 Replies

but i just have a feeling

so far my feelings have been right

now my dad's basically telling me i'm letting depression beat me 👍

i feel like my only option is to just enjoy the time i have left with you

2 Replies

if things are gonna feel like this then i did fuck up

it'll go after a while

idk how long it'll be though

im worried that if were gonna spend time together itll feel forced

2 Replies

and im afraid thats not gonna help at all

2 Replies

and im afraid thats not gonna help at all

im worried that if were gonna spend time together itll feel forced

2 Replies

that's why i asked about this in the first place

didn't feel like you wanted to talk to me

i did

have just had a bad day

i think bad week with the exception of like one or two days would be a better description

i think bad week with the exception of like one or two days would be a better description

mm

if a bad week with a few days exception leads to this

1 Reply

i don't have much confidence for when you have your exams in july

Edited

if a bad week with a few days exception leads to this

i havent had a good time in general and you know that aswell

yeah

i know

just saying

you used this week as an  
example

so i used the week too

basically just having my dad  
ridicule me about stuff i've  
already known and thought  
about

again he should shut the  
fuck up

feel like i'm gonna throw up

i really hope this all works  
out

im not happy you're thinking about it tbh

1 Reply

but im happy you didn't hide it for too long

im not happy you're thinking about it tbh

it feels very unfair of me to say this but im not happy im thinking about it either

no that's fair

i get how it can be seen as unfair though

but i understand how you can feel like that

mhm

that's fair

i feel so sick

again im so sorry

it's ok

i have a lot of thoughts rn  
and none of them are  
positive

i feel like i know you're  
gonna leave me

like it feels like a fact rn

its not a fact at all and its  
not something i want to do

yeah

ok

confused about a lot still

i can't word things

it's bothering me that i  
wouldn't be able to talk to  
you at all if you left

like

it's not that i wouldn't want  
to

i genuinely would just like

break down every time

mhm :(

i can't think of anything to  
say

Eventually I started giving up and gave into everything - it would be easier to keep Quartz satisfied by devoting all of my time to them, than to try make plans and cause issues once again. A lot of the time I would make up excuses to decline invitations, and I would skip out on things such as non-required school events in order to keep time to talk to Quartz. With this mindset I completely lost myself, and my entire self-worth and image depended entirely on Quartz.

And now we get to our first time meeting up in person, late August 2024. I took this trip with both of my parents, who were willing to travel to the UK with me and pay for the trip. They also wanted to visit Ireland, which is where my friend Shibe lives, so I wanted to meet up with them.

On the night I had just gotten to Ireland, which was a few hours after I had said bye to Quartz, I started hearing how sad these next few days would be for them, which had made me feel terrible for travelling further instead of just going home.

< 14



quartz >

all i can think about is that  
you're gonna be here  
eventless tomorrow

like

way less

i'm trying to distract myself  
but i can't

i tried putting music on but  
it's not working

and i can't focus on videos

mhm :(

i'm still walking now

almost back at the hotel

mhm

i miss you so much

i dont know what im doing

i dont think this is helping

i think i feel worse

:(

i feel worse aswell

feels so long

its not even that

even if i go there youre  
gonna be gone for one of  
the days

i dont know if id be able to  
get the whole week off from  
work in the first place

yeah but i feel like the miku  
thing is gonna take uo your  
whole day

(Extra context: we were talking about our earliest possible next meetup, and in that week I was supposed to go to Miku expo with an irl friend (I had bought the tickets months before) - this never happened because I had a fallout with that friend and sold the tickets)

i dont wwnna leave before i have to

mhm okay

just make sure to take care of yourself please

especially with not knowing how much we're gonna get to twlk tomorrow

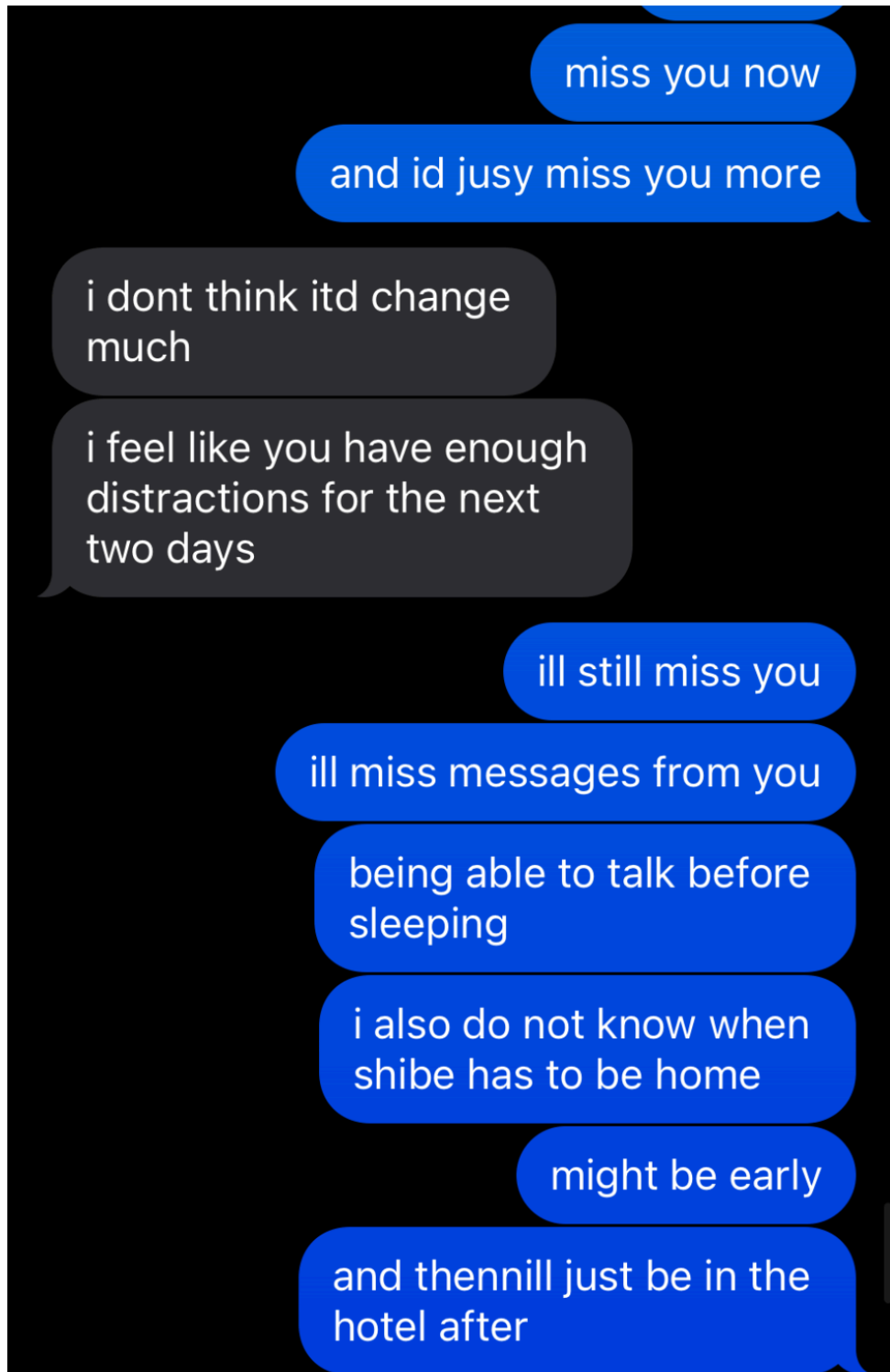
mhmm

or the next day

ugh :(

yeah :(

i wanna just not exist for the next two days



That's another thing they would do a lot - diminishing my feelings in these sorts of situations. I missed Quartz while I was at school and can't be on my phone? They miss me more because I'm the one gone. I'm super stressed out from school projects + work? It's worse for them because I'm not around much.

During the meetup with Shibe, I got completely spammed with messages of how upset they are (some of which included mentions of them wanting to kill themselves or hurt themselves).



please :(

14:15

i miss you so so so much

14:19

i miss you

14:27

i love you

14:29

i miss you so much :(

14:31

this sucks so mych

14:34

i miss you so much

14:34

this really sucks

14:36

ugh :(

14:46

i miss you so so so mych

14:46

im sorry if im messaging  
yoo much

14:48

really really wish i could just not exist for a while

this is like

idk

i dont wanna say the saddest ive been but it might be

mhm :( i understand

for me the saddest was still actually leaving

but its still not fun

i really miss you

i get that but i dont think it had fully hit me then

mhm yeah

i really miss being able to  
just

16:42

hold you

16:43

whenever

16:43

i miss you so much

16:48

~~:(~~

16:48

i miss you so much

16:52

:(

16:53

and its worse cause youre  
not even free to message

16:54

i miss you

16:58

16:59

please come back

16:59

1 Reply

thats really sad

i mean if it was possible id  
just stop existing for a bit  
but thats not possible so

i really wish i could be with  
you

doesnt matter

my brains beingnso fucking  
stupid

im gonna slam my head into  
a wall

genuinely

don't hurt yourself please

but then i could probably  
stip thinking

genuinely hate that im like  
thos

why i cant i just like

be normal sad

why does my brain have to  
make other shit up and just  
fucking stick in there

i cant even distract myself

everything im trying to  
distract myself with is just  
reminding me pf you

im sorry its so difficult for  
you D:

not your fault

i miss you so much

im gonna cry again :(

gonna throw myself off a  
bridge

this sucks so bad

no

please

i dont wanna think about  
you dying

and i especially dont want  
you to be gone

id have to miss you forever

thats worse than having to  
wait to see you again

this sucks so much

i don't even feel any better  
than last night

probably worse

and i dont think it should be affecting me this much

4 Replies

idk if its something i can work on

ts the first time ive felt this bad

mhm :(

and i dont think i can control my brain

or the things its thinking

even tho theyre so stupid

and theres

im pretty sure like no chance of any of them

I love gambling

3 Replies

we went back to go gambling

but couldnt bc we need 20 cents

and dont have any 20 cent coins

i feel so sick

i wanna turn off my brain

its being incredibly mean again

oh no :(

think im gonna

off myself

i wanna hold themmm

are you still with shibe

yeah

ok so

she didnt have to be home  
at 5-6?

apparently not

fun

im gonna turn my phone off

please take care of yourself  
love

stay safe

it was fun

worth it imo

ok

whatever

im not gonna get addicted  
bc of this please dont worry

mhm

doesnt matter

have fun

turning my phone iff again

love you

stay safe

im sorry D:

canr type im sorry

i feel so sick

turned my phone off but it didnt help at all

nothings working as a distraction

everythings just annoying me

my brains being so shitty too

idk why i keep looking at things like someones gonna have messaged me

literally no one wants yo fucking talk to me

keep looking for messages from you aswell :/

youve not done anything wrong

just no one else even wants to talk to me :/

people could be busy?

i highly doubt everyone is busy EVERY time i ask if anyone wants to hngout

i wish i could hang out with you

irl

dowsnt matter

genuinely just dont wannqa exist tn

rn

everythings so shit

its not

just no one else wants to  
talk to me

its not like im not tryinf

like usually i could say its  
my fault causw i dont have  
friends

but i thought i did

you do tho

no i dont

people not being able to  
hanf out rn doesnt mean  
uou dont have friends

no one messages meq

not even just rn

i guarantee if you tweeted asking to hangout with people

someone would reply

i dont know

im 99% sure

i highly doubt it

i dont

i dont think people have had an enjoyable time hanging out with me

they all prefer you so

they usually just leave when everyone else is gone

they usually just leave when everyone else is gone

same for me so

still

i know 100% most of them prefqrr yoy

and im a 100% sure they dont

you're wrong

doesnt matter

thats not my point

my point is

people just dont wanna talk to me

its not like this is a oneq tome thing

After these meetups, my mental health continued to get worse and worse. And this is where I take full accountability, because during this time I dealt with it in the completely wrong way. This whole time frame is very blocked out of my memory so take this whole part with a grain of salt in Quartz's benefit, because I don't trust my own memory and can't find evidence for anything around this time. I am doing my best to recall as much as I can, and I completely apologize for how I acted.

Instead of leaving the relationship like I should've done, I started to lash out at Quartz when they would do something that they wouldn't let me do. This got worse as time went on, to the point where in roughly late 2024 I would have daily meltdowns over how unfair everything about this relationship felt. However I was too scared to leave. When they would always say how I was their only hope for the future and how they wouldn't have any will to live (I suspect this has to do with money - I had a higher education and more of a chance at future job opportunities, and would often say how I wanted to earn enough money for the two of us to move in together. Quartz did not have a job or education, and whenever they found even a slight opportunity it would get diminished cause they did not want to do it), I completely took it seriously. I was scared they would worsen their life if I left, or even completely end it. Breaking up just did not feel like an option, even though it was.

During this time while I was completely unstable, I always gave Quartz the opportunity to leave if they wanted to. I would tell them I completely understand and that it would be completely fair - I knew my behaviour was absolutely horrible.

I ended up going to therapy because I knew I was hurting and worrying the people around me, and I knew it had to stop. After getting into therapy I started getting a bit better. I can't recall much about my relationship with Quartz around this time, however while I'm not fully certain I think things slightly improved from here. I still felt like I had to text 24/7 and would get scared to make my own plans, and Quartz would still be upset if I was too busy. However the bad meltdowns and arguments pretty much stopped as far as I remember. I think I just accepted it all and sucked up to it. My typing to them did get a lot shakier so I apologise for any issues with reading the upcoming screenshots.

The only issue I can remember was my high school prom. From the moment I mentioned it (probably a month in advance), I would hear a lot of worrying about it. Worrying about how we wouldn't get to talk at all that day, but also worries about me cheating on them. Cheating was something they've always been generally super worried about, and they made sure to remind me. Any sort of reassurance would barely help.

Q cheatinf is like >

youre never getting cheated on >

Q if i got cheated on it would completely destroy me >

Q because i really don't think you'd cheat >

Q i wish cheating just wasn't a thing people did >

---

quartz 23/07/2024

Q and i don't think you'd cheat so >

Q is if you cheated >

---

quartz 20/07/2024

Q cheat >

quartz

02/12/2024

i cwn promise you im not cheating



idk why im so worried about cheatinf all of a sudden again

Q



quartz

25/11/2024

obviously i have no idea if you dream you was actually cheating but it looked like it

Q



there was a part in my dream where it looked like you was cheating on me

Q



quartz

21/11/2024

unless you cheat on me

Q



yeah no its just because  
my brain knows that  
being **cheated** on is  
one of the things i worry  
about most so

Q

i can promise you im not  
**cheating**

i just had 2 dreams that  
you **cheated** on me

Q

quartz

12/12/2024

yeah they do that here  
too if you **cheat** on even  
one part

i didnt **cheat** on the first  
one

Q

quartz

10/12/2024

im not **cheating** on you

unless you're **cheating** on  
me

Q



idk why i'm so worried  
about cheating :(



quartz

20/04/2025



unless you like cheated  
on me



quartz

11/04/2025



the only time id be  
uncertain is if you  
cheated on me 😭



quartz

08/04/2025



unless you like cheated  
on me



cheated on me or  
something but i doubt  
that



quartz

06/04/2025



even if you cheated on  
me





worried about getting  
cheated on

quartz

07/02/2025



i really hate seeing things  
about people **cheating** on  
their partners

quartz

06/02/2025



i keep seeing things  
about people **cheating**  
and i hate it so much

quartz

30/01/2025

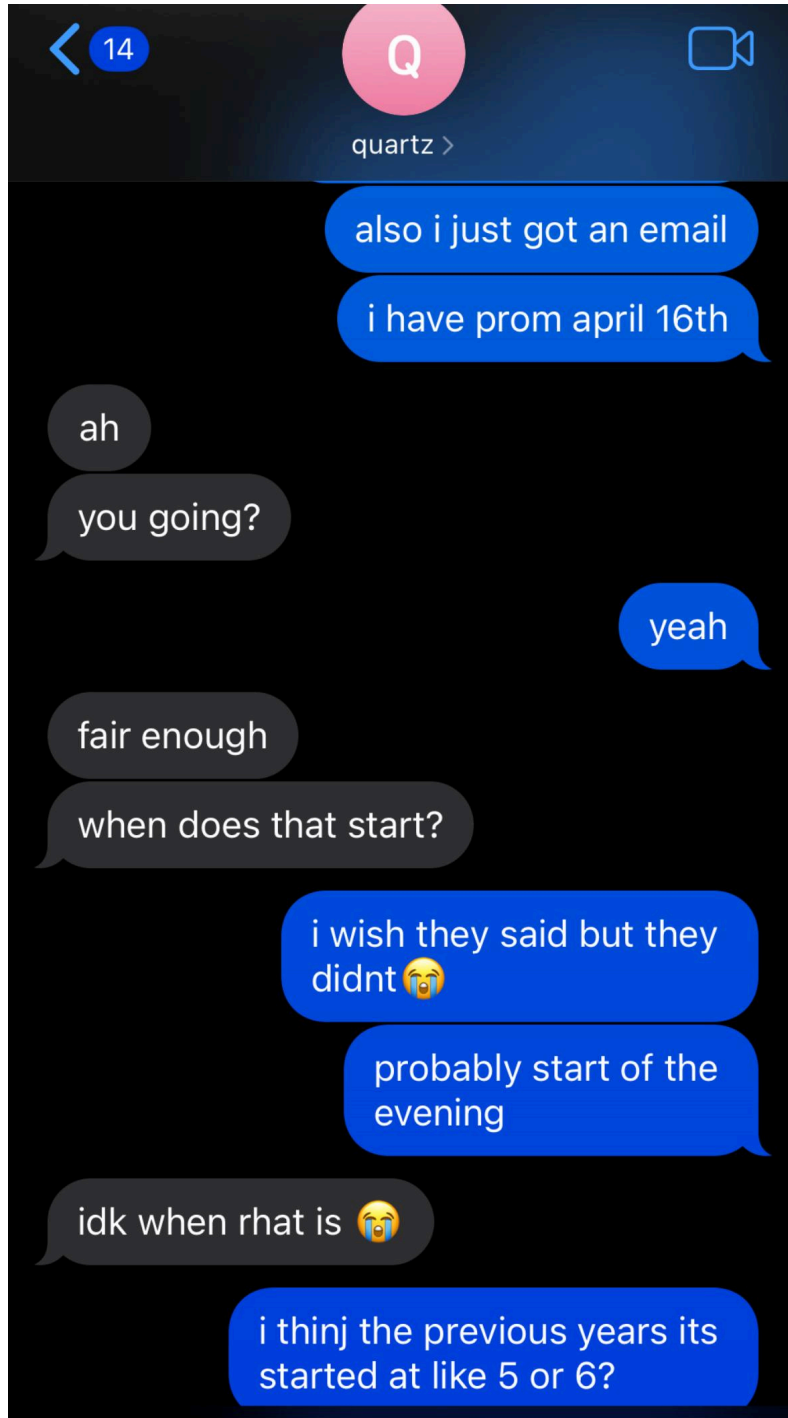


yeah that can happen but  
its normally very rare and  
ive seen people say that  
this is just an excuse to  
**cheat** aswell :/



and literally like all the  
comments are saying or  
insinuating that shes  
**cheating** on him

This fear of being cheated on was also very prevalent during the times before - even though I have never cheated on anyone, nor showed any willingness to do so. Throughout the month before I had prom, I would occasionally hear how much they were dreading it, which really made me dread it.



do you have any idea when  
youll be home

i dont have any info on  
times yet so nope

thats fair

im gonna hope youre just  
going with friends 😭

i dont think theres really  
anything like prom dates  
here either way 😭

itsnothing ive heard about  
at least

as far as i'm aware that's  
the whole point of prom

i wish i could know exactly when things started and ended

it's just way nicer to my brain 😭

im sorry

1 Reply

i mostly just wanna know when i can expect to talk to you again on the day

and from the sounds of it youll provably need torest as soon as you get home

im sorry

please don't be sorry i just wish i could know what to expect

it was also quite sudden, i don't think you've mentioned it before 😭

but making you feel bad isnt fun at all

i'm just worried we won't get to talk and i'm pretty sure my brains gonna be mean because of what i know of prom as

especiallt with stuff ive been worried about recently

and i really dont want you to feel bad

i wanna be able to tell you this. stuff and it be ok

it helps for me to tell you

do you know when your normal day ends on that day?

i dont have anything else that day i dont think

my normal lessons are over now

mhm ok

i just hope you don't get home like really late 😭

its ok if you are

it just sucks for me

ugh

im sorry

ieishicould justlook into  
thefiture and telluou what  
you wanna know

im sorry im so unhealthy

im worried im gonna get  
really tired before you get  
home

and thenif that happens i  
know im gonna get really  
really anxious about not  
knowing whats happening

and then ill be really really  
tored but i wont be able to  
sleeo because im really  
anxious

im sorry this happens  
everytime you do  
something

im really sorry

i wish i knew how to handle  
this better

im really sorry

you shouldnt gave yo deal  
witj this

it snot yourfault

but i should be able to deal  
with it

im sorry im so insecure

it snotyourfault love

it is

i shouldn't make every fun  
thing in your life not fun

whens that prom yhing  
again

1 Reply

and on tuesday ive gotya  
be at school from 8:30 til 4  
pm for a massive art  
assignment 😭

whens that prom yhing again

april 16th

ok

imsorry

why

yousohnd upset

i mean im not looking forward to it but i wanna be as prepared as possible

mhm

im sorry

i wish i could just not worry about it but it doesnt give me a great feeling

imsorry

it's not your fault

why are you sorry

:(

im sorry youre worryingabout this

its just a week of nothing

i really hope we get to talk  
on wednesday

imsosryu thisnissuch a big  
thjng

i shouldvejust notwent

no

please dont say that

do you not have any time  
before it?

ithinkin fully freebefore  
butim too scared topromise  
anything

beauseiknow its justgonna  
make you feel even worse  
ifnim wrong

its not gonna make me feel any worse than not getting to talk afterwards

imsirry

i really hope we get to talk for a tiny bit after atleast :(

even if its really short

i actually just wish it was wednesday already

so i could just get it over with

ireallywish sotoonow

im sorry

please don't let me stop you from doing things in the future love

i really wanna skip tomorrow :(

im so sorry

please dont be sorry

you havent done anything wrong

istill feel bad aboutgoing eventho i knew youwouldnt like it:(

i just don't like the possibility of not getting to talk to you st sll

and my only knowledge of prom is like a romantic thing :(

its really notlike that at all

The day of, a few hours before my prom started wasn't any better. Something like prom was out of my comfort zone and I was nervous, and there was no support or understanding at all.

thatsnot good:(

[redacted] this is really stupid but  
can you promise youd tell  
me as soon as possible if  
anything ever happened  
between you and another  
person

yes i promise

it wouldn't happen in the  
first place but

id tellyou if it did

thank you

but i can also promise  
nothing would happen

i wish i wasn't so worried

i really just wanna skip  
today :(

im really not feeling good

i have my therapy thing  
soon

1 Reply

i wish i didn't

want more time with you  
before you have to go

how long is it until you go

^

idont knowexactly

roughly?

imnot surehowrings are  
gonnago icant sayanyrhing

what changed?

jistextrauncertainty

but why?

if you know you have to  
leave earlier can you just  
tell ne now

itsnotjing like that

14:10

idont think i have to leave  
earlier

14:10

idont know ifyou count me  
getting ready as leaving  
either

14:11

i mean is there gonna be  
any messages inbetween  
you getting ready and  
leavint?

14:11

:(

14:12

can you just be here for  
now please

14:13



14:15

you're already gone aren't  
you :(

14:15

i wanna cuddle so bad

i wanna hold onto you  
tight :(

i wanna cuddle so bad tooo

i really don't know what's  
going on with my brain :(

i'm sorry if i ever just

disappear or something

itsokay love<3

please just take care of  
yourself

i cant

theres nothing i can do

i love you too

imjustnervous  
anditsmessung up my  
typing:(

why are you nervous?

youthinj imnot gonnaget  
nervousabout a bigsociak  
thingv

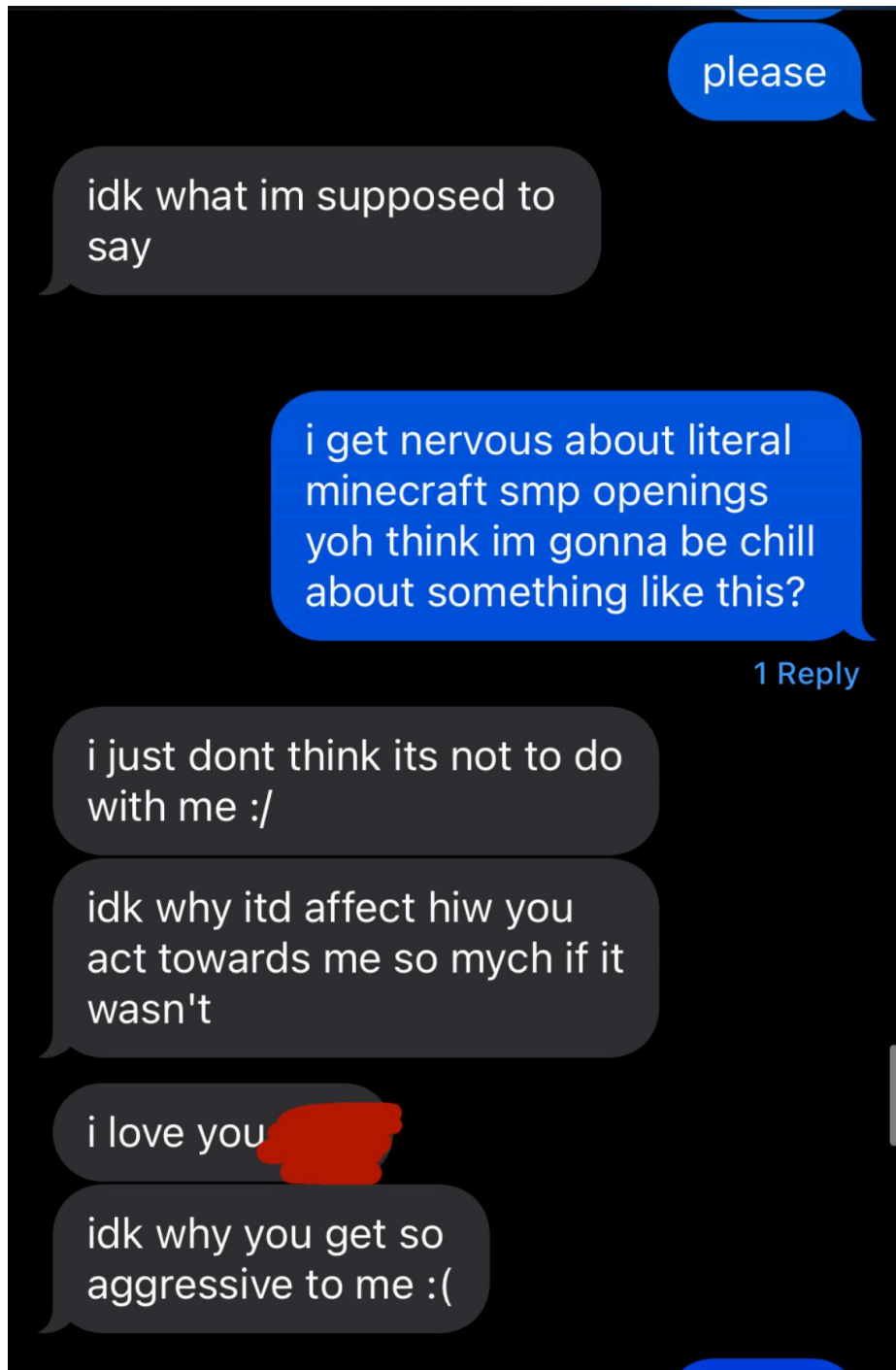
?

i mean

i just didnt go to stuff like  
that

because i didnt like it

i assumed you would be  
fine with it cause you chose  
to go 😭



(This aggression is referring to me ending my sentences with a ? during any sort of disagreement, something which Quartz would do aswell. I never personally had aggressive intent, I was moreso upset I wasn't fully being listened to.)

The actual prom was fine, however when I got home they were sad I went to sleep early because we hadn't talked much that day, which was their usual reason for getting upset at me sleeping.

## Twitchcon 2025 (TRIGGER WARNING: SEXUAL ASSAULT IN THIS SECTION.)

/

/

/

/

/

/

/

We went to Twitchcon 2025 together, and Quartz stayed over at my house for nearly two weeks after. During this time, I have been sexually assaulted.

When they were over at my house, we were laying in my bed, my cat was in my room somewhere out of sight. We got a bit touchy which escalated further, and while I'm typically hesitant to do anything like that with my cat in my room because it makes me uncomfortable, I did end up consenting. While stuff was going on, my cat jumped onto the bed. Quartz knew this would make me want to stop, as this exact thing had happened before. Instead of agreeing to stop, they physically moved my head and covered my eyes to 'distract me' until they were finished.

This wasn't the only time it happened.

I don't remember when this took place exactly, other than that it was at my house. It was some point early in the morning, I had just woken up and I was still tired, so while still barely awake I tried to get back to sleep. Quartz was awake at this point, and went in to cuddle and started off with some innocent touches, which I was fully okay and comfortable with. I kept trying to go back to sleep, barely moving - If I remember correctly I hadn't even spoken a word yet - when all of a sudden these touches escalated to get a bit more sexual. I was not reciprocating any of this, or moving at all. I tried to shrug it off and stay comfortable, because I didn't want it to be anything sexual. Before I knew it, they were humping on my back without asking or any sort of approval from me. After a bit they started asking if this was okay, to which I hesitantly said okay because I just wanted to sleep without causing any issues. I was not in a proper state to consent to anything, and there has never been any previous talk of this being okay.

## Breakup + aftermath

Right after Twitchcon, it fully kicked in that this relationship wasn't good for me and I needed to leave. I was absolutely terrified but I tried pushing through and fully going through the breakup.



imreally not feeling good about things 18:50 ✓✓

im sorry 18:50 ✓✓

why are you sorry 18:50

do you want to leave me? 18:50

its understandable if you do 19:00

im sorry 19:00

please just 19:10

tell me 19:10



idontknow 19:15 ✓✓

can you please just do it if you do 19:17

i dont know what i can do :( 19:18

i dont want you to leave me 19:19

i just dint want it to drag out 19:21

it hurts 19:21

please 19:28



i 19:31 ✓✓

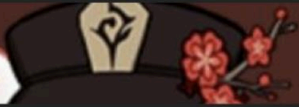
reallydont know if i can keep up our  
relationship 19:31 ✓✓

imsosorry 19:31 ✓✓

are you sure that's what you want  
19:31

if youre doing this can you be here  
please 19:32

please 19:33



and know that i dont want that at  
all 19:33

and know if you are doing this  
19:34

i dont think ill be able to get myself  
to talk to you 19:34

so 19:36

know this isnt mutual at all 19:36

and if you go through with it this  
will probably be one of the last  
times we speak 19:36



im sorey 19:39

i cant make this feel any better

19:39

i made a mistake and i know that  
and i feel so so bad and so much  
regret

19:39

i love you more rhan anything and  
youre literally the last thing id ever  
want to lose

19:40

but if this is what you want

19:40

i cant stop you

19:40

i just

19:43

i cant treat you as something other  
than someone i love so id have to  
just not talk to you

19:43

i can't not love you

19:44

im gonna throw up

19:46

imsosorry idont know what to do

19:47 ✓✓

it is 20:11

i made a mistake and it ruined everything 20:11

thats just how it is i guess 20:11

it just doesnt feel right anymore  
i dont feel like im really able to live  
my life anymore i feel guilty and/or  
worried about nearly everything  
and i just cant do that anymore

20:13 ✓✓

and most of my trust just feels like its  
gone after the thing and its not  
helping

20:13 ✓✓

i dont want you to feel at fault  
cause i dont think i have a reason to  
feel like this anymore but i just cant  
stop it

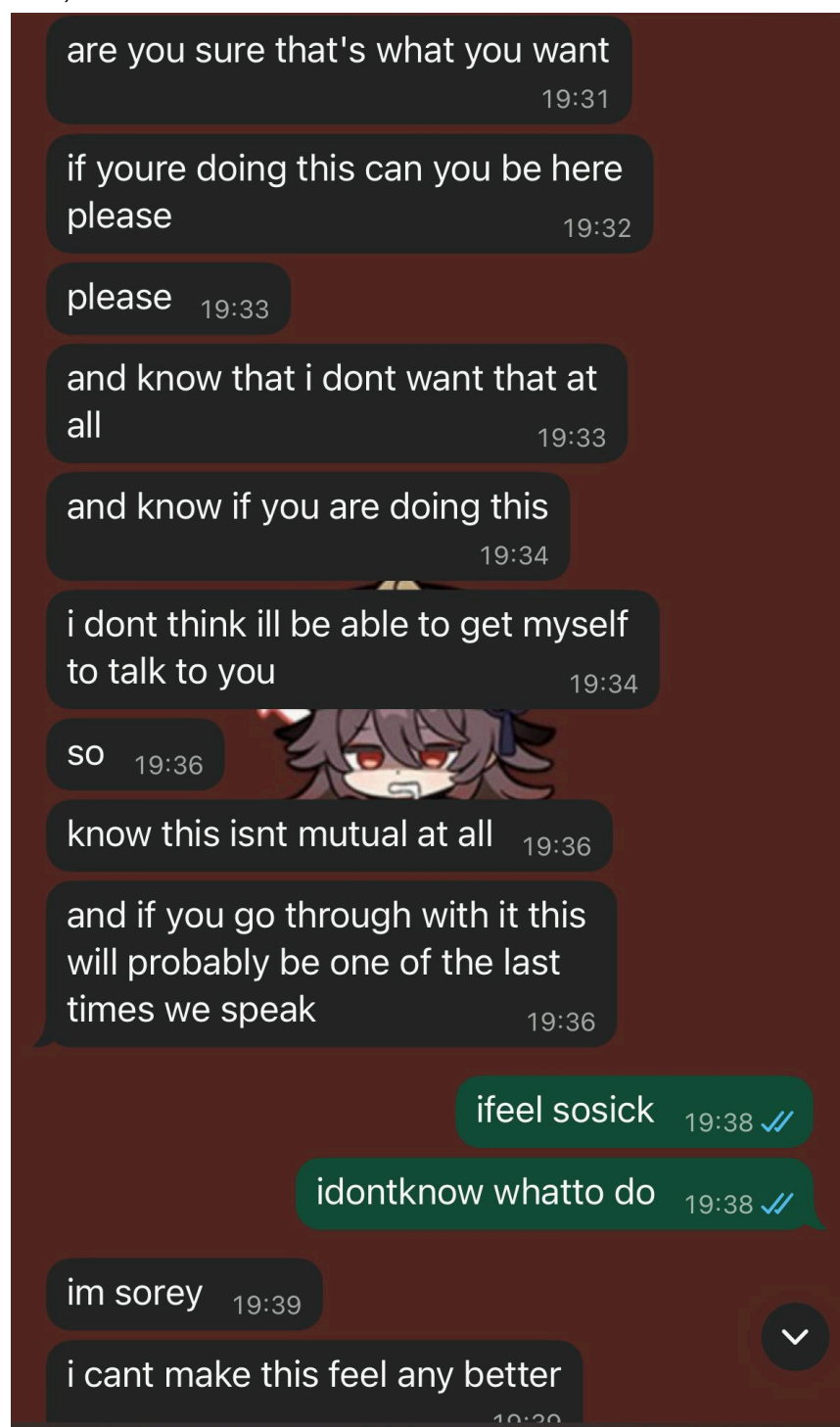
20:14 ✓✓

im gonna tell the events i need to  
sub out 20:14

i can sub out too 20:14 ✓✓

From there, it just followed with a bunch of guilt-tripping and a lot of constant messaging, which made me really doubt myself and my choices. Also in the past (and

even at the start of this breakup), Quartz would tell me so many times that if we ever broke up, they could never talk to me again. They completely changed their mind on this now, within these few hours.



you are the one thing i never  
wanted to lose 20:28

im so sad it wasnt like that for you  
with me 20:28

i always knew you was gonna leave  
me eventually and that it was just  
too good to be true 20:28

i wouldve and probably still would  
give anything for you 20:30

this hurts so much 20:30

i really thought you loved me how i  
loved you 20:31

this really hurts 20:31

everything youve said to me just  
hurts so much now 20:33

it just feels like you was lying to me  
the whole time 20:33

OWW 20:33

please be here 20:35

i dont even know what im gonna do  
without you 20:36



imsosorry i lost hope of things  
working out im sorry 20:20 ✓✓

i do wantyou to know im never  
gonna regret loving you

20:21 ✓✓

imsorryrhjs ishapoening im sos  
orry 20:21 ✓✓

i dont rthink you wouldve gave up if  
you really wanted things to work

20:21

im sorry but i just cant get myself  
to believe that

20:22

im gonna sub out of everythin  
except chamber trials

20:22

you dont have ro 20:23 ✓✓

i am 20:23

i dont want to play them 20:23

i feel loke im not remembering one

20:24

i wish you wanted this to work as  
much as i do

20:25



you told me you loved me earlier  
today

20:56

how could you lie to me like thay

20:56

i cant believe i let you convince me  
you loved me as much as i loved  
you

20:57

i shouldve known that wasnt  
possible

20:57

this realt doesnt feelcreal

21:02

you convinced me youd never  
leave me

21:02

oi was so sure wed work through it  
if we loved eachother

21:02

but you clearly didnt actually love  
me rhat much

21:02

this really doesnt feel real

21:03

i want it to stop

21:03

why did you tell me you loved me  
today

21:03

please respond

21:07



and why did you agree to vc today  
if you was feeling like rthat 21:17

please answer soon 21:17

please 21:20

did it not feel bad to lie to me?  
21:20

please reply 21:25

plwase 21:29

i dont wanna be left alone 21:33

idk how im gonna delete all the  
photos of you 21:37

please be here 21:37

i know you left me but its still  
comfortinf to have you here 21:37

even if i dont have you gere in the  
future 21:37

please 21:40

im just gonna say it one more time  
cause i feel like i need to 21:43

but i love you 21:43



privase 21:29

i dont wanna be left alone 21:33

idk how im gonna delete all the photos of you 21:37

please be here 21:37

i know you left me but its still comfortinf to have you here 21:37

even if i dont have you gere in the future 21:37

please 21:40

im just gonna say it one more time cause i feel like i need to 21:43

but i love you 21:43

i hope things work out for you 21:43

im not gonna block you or anything because i want there to be a chance of us being friends when we both feel a bit better 21:44

im not sure i could think of you like that but i dont want there to be no chance of it 21:44



**You**

imsorry for not being there, im trying to cope myself and i dont think im the right person to comfort you in this situation eit...

and im sorry if this sounds rude but i really feel like i deserve answers :(

22:29

it felt so sudden 22:29

you even convinced me things were gonna be ok 22:29

you told me you loved me earlier today 22:29

i really feel like i deserve answers and i dont feel like i should have to wait 22:30

i really donr know what to tell youbecause the more i think about it the more sudden it feels ro me too and ijust feel lost and i dont know what im doing or whats going on 22:32 ✓✓

ao you just suddenly dont love me anymore? 22:33



love someone

22:39

its been over a year  22:39 ✓✓

and weve made progress from  
where we started

22:39

just not on that

22:39

but we did with other things

22:40

i just dont believe that you loved or  
love me when you give up like that

22:40

suddenly

22:40

in one day

22:40

when telling me you love me earlier

22:40

when telling me you love me more  
than anything last night

22:40

i dont think i can believe it when  
you give up that easily

22:40

not that anything can change now

22:41

as much as i wish it would

22:41



anymore.

22:33

thats not why i did this because i  
meant it and still do mean it when i  
say i love you

i didnt just stop loving you and  
thats what makes this hurt so mych

22:36 ✓✓

i dont think youd leave me if you  
loved me

22:36

you dont give up on someone you  
love

22:37

**quartz**

most of that stuff is content creation stuff  
and i don't feel capable of doing that and  
keeping you happy 😭

when borh of us have been feeling  
stuff like this for a long time then  
its justnot gonna work

22:38 ✓✓

its something we work on and keep  
trying?

22:38

you dont just give up if you really  
love someone

22:39



i just 22:43

either way 22:43

it doesnt matter now 22:43

you clearly never loved me as  
much as i loved you 22:43

and that hurts enough 22:43

because it wouldnt be possible for  
me to give this up 22:44

i really do just feel lied to :( and i  
dont understand at all 22:45

i really just think if you love  
someone more than anything than  
you dont give up on it 22:46

maybe youll understand that one  
day but it hurts so much that it  
wasnt with me 22:46

there was so much i was looking  
forward to doing with you aswell :(  
22:48

areyou sure im the right person to  
talk to aboht thjs 22:51



yeah

im telling you i talk to you more  
than anyone 23:08

can you trust me with this please  
23:08

youre genuinely the entire reason i  
was trying to sort my life out 23:09

because i wanted a future with you  
23:09

look 23:10

im not gonna try to convince you to  
take back what you did or anything  
23:11

but do know that i dont want to cut  
communication or anything 23:11

i still wanna talk about things and  
try to figure out what went wrong  
23:11

this is really the last thing i wanted  
to happen out of literally anything  
23:12

i really dont see a future without  
you 23:13

i said it to you before and i really  
meant it 23:15



i cant 00:31

i hurt too much 00:31

i cant stop thinking of you :( 00:56

ill stop messaging now idk if youre even ok with me messaging, please know how much i care about you, its so hard to accept that you dont want to be with me, it hurts so bad and i wish none of this ever happened i want things to go back it hurts si bad, i hope youre resting well and im gonna try to sleep again, goodnight again 01:08

goodmorning 08:31

i dont know what to do 09:30

i know i shouldnt keep messaging you 09:30

i hate this so much 09:30

i gate this so much 09:59

im in so much pain 09:59

i'm sorry 10:12



im sorry i keep messaging 10:19

everything just hurts so much

10:19

im just feeling like i shouldn't have  
given up i feel so sick 10:22 ✓✓

you said you were sure that's what  
you wanted 10:23

and i think that makes it hurt way  
more 10:25

i hate this so much 10:45

i've been trying to distract myself  
but everything makes me think of  
you 10:47

i regret everything i should've just  
taken some space and try again i  
feel so sick im sorry 11:03 ✓✓

i can't tell if you actually regret it

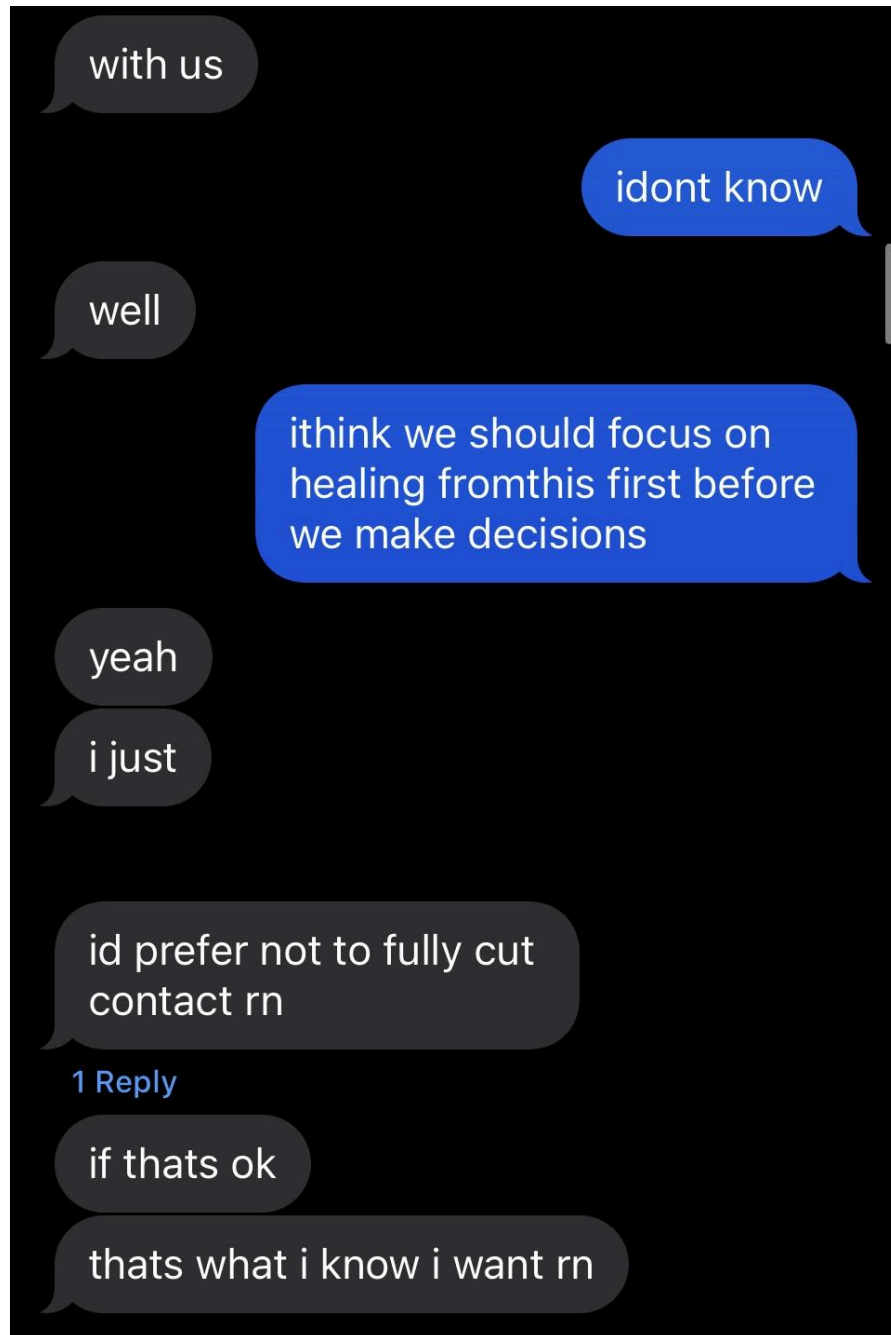
11:13

or if you just feel bad because of  
how it's affecting me 11:13



After taking a bit of time, I got convinced to try again and we secretly got back together. This didn't last long - I realised exactly what I was doing and that it still wasn't feeling good, so I fully ended it about two days after.

Again I was not given any sort of space or understanding.



just

i dont want no contact with you

i honestly wish i could understand better because from my perspective, it seems most likely that you just dont love me anymore. and you dont have any alternative reason so it kinda just backs that up


and i just wish i could understand, it hurts cause i know i would never do anything like this to you lol

i wouldnt be able to

idk if i even believe in the you dont love me  
\*anymore\*

if anything it just makes me  
doubt you ever actually  
loving me

i really dont think im the  
right person to talk to this  
about

youre the only person who  
knows 

if its gonna be like this i  
really just need space

its not gonna be like this

this is the only time ill talk  
about it

i promise

i just want to know the truth

it doesnt feel fair to leave  
me without any reason

me without any reason

it just gave me a really bad feeling and that's genuinely all i know

so

you wont because you have a bad feeling

thats your reason?

i really cant wrap my head around this im sorry, i dont get how you leave someone you supposedly love like this

i really do not wanna talk right now

just

no actual explanation isnt fair

1 Reply

i get it, we're over, you dont want to be with me. but i really deserve an actual reason

either way

im just gonna say this one last time because itll hurt more if i dont

i love you

no actual explanation isnt fair

that is genuinely the best explanation i could give and im sorry its not enough for you but its all i can say

I reached out to ask for approval for a breakup announcement, as a few days before that I got told I should make one. They kept the conversation going, and I didn't get believed when I said it didn't feel right to try again. A few days later, I had to explain myself again, and got told I must be hiding something.

is this okay?

2 Replies

i guess, but again i dont feel like my opinion really matters

why not

because all of this is one sided

Edited

im just gonna ask again

is that okay to post?  
anything i should add?

~~it~~ it doesnt matter

i dont want any of this to begin with

im asking because it does

i dont wanna get into it, it clearly doesnt, you havent even given me a proper reason, youre clearly not telling me something. i dont want to talk right now, i need time, do whatever you want

this is gonna be my last message now cause i get that you need time and dont wanna talk. i need my time too, i just wanted to get something sorted. ill wait to get that posted cause i feel like i need confirmation from you. anyways i told you everything, i dont know what else to tell when there's nothing. it just felt really bad and im trusting my feelings there, that's genuinely all there is to it.

im sorry but everyone ive talked to has said that thats not a helpful reason, or that youre clearly not telling me something and i feel the same as them :/

Mon, 23 Jun at 21:25

why did you have to message, i wasnt doing anywhere near this bad i hate this so much

i dont know if you just, dont know how much im hurting?? or how much you hurt me?? and i cant even say you were cause you are still literally everything to me.  
idk how you arent being affected the same and that hurts even more

From here I got checked up on about every day, even though I had made it clear multiple times I did not want to talk and needed space. My socials were also still being actively checked by Quartz, which is going to matter very soon.

Tue, 1 Jul at 23:37

how are you doing

Thu, 3 Jul at 05:51

an answer wouldve been nice

why did you do it, i hurt so much, i want a reason so bad

Thu, 3 Jul at 16:53

ive told you already

and i really dont wanna talk yet

Fri, 4 Jul at 06:43

im sorry, i had a breakdown last night, things are incredibly difficult for me right now, im really not handling this well

quartz >

do you think it looks weird if i still like openly support your streams and stuff? ive been hesitant on like reposting your subathon thing because i feel like it looks weird

i have no clue

i guess ill hold off

Sat, 12 Jul at 13:50

can we talk at some point, whenever really i dont mind waiting, and if you think that would be bad for you then just tell me and we wont

Thu, 17 Jul at 18:14

hey

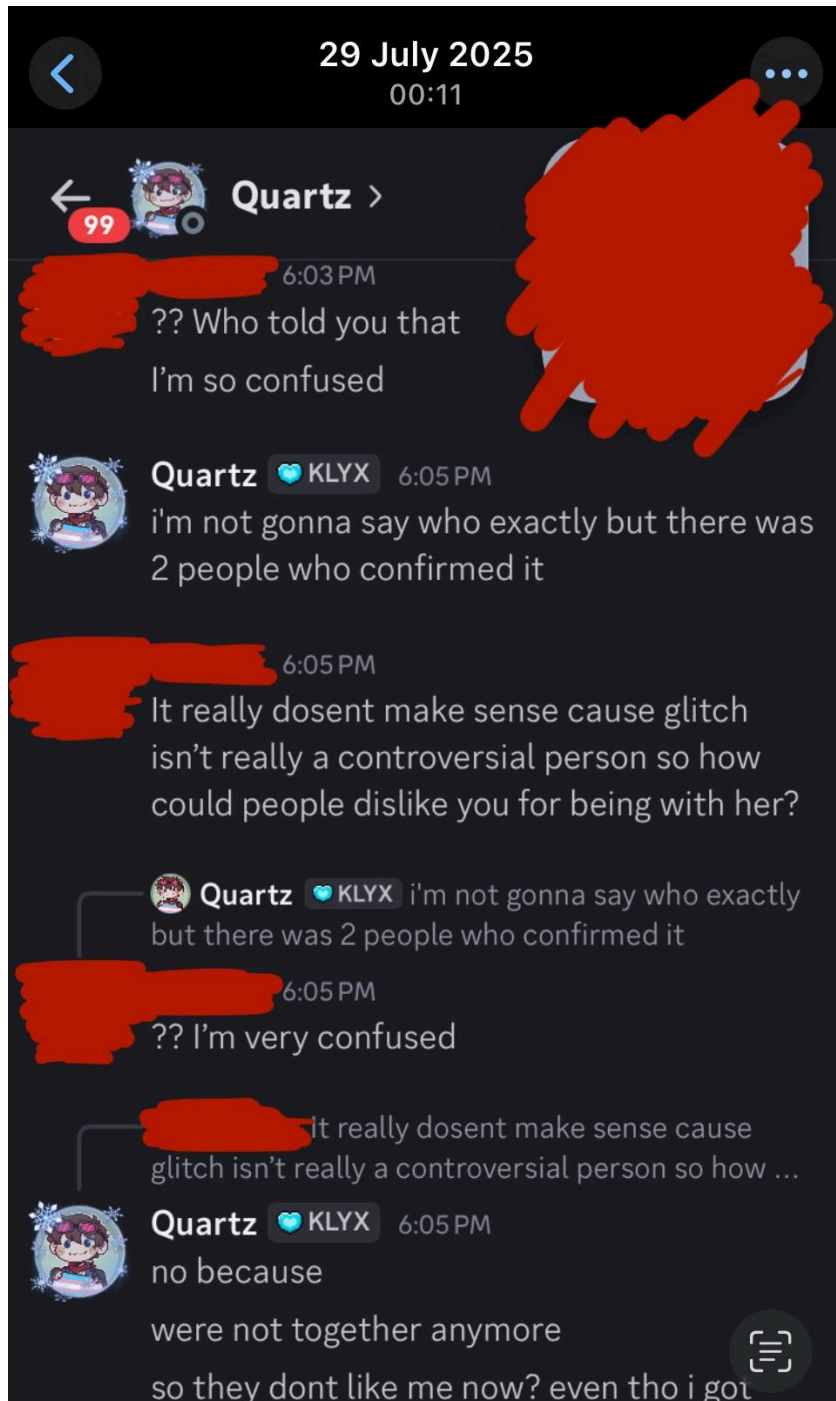
none of this feels fair, i get you need time to heal but its like, i get broken up with for no apparent reason, the second time atleast, and then i have to keep doing stuff to help you feel better while i cant do anything to make me feel better, and youre happy with everything while im not at all and i just want to be able to understand.

i dont get how youre so ok with everything and just throwing me away i dont get it

what do you mean its not fair these are basic boundaries ???

i meant it doesnt feel fair, surely you can understand that

From here most of the messages stopped, however I still wasn't being left alone. Over a month later, some of my friends would be asked about me behind my back. Both of these I was friends with publicly by the way. One person got messaged:



29 July 2025

00:11



99



Quartz >

6:05 PM

?? I'm very confused

It really doesnt make sense cause glitch isn't really a controversial person so how ...



Quartz  6:05 PM

no because

were not together anymore

so they dont like me now? even tho i got broken up with

idk

6:06 PM

Can I know who? I'm not gonna do anything with the info I'm just curious af I'm genuinely confused

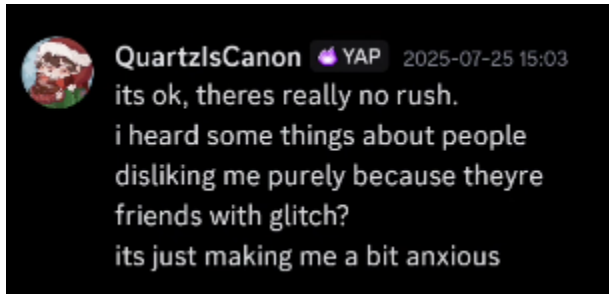


Quartz  6:07 PM

idk who it is exactly that doesnt like me but it was confirmed to me that theres a few people who dont like me because theyre friends with glitch and we broke up sleeper crew people



They reached out to another friend of mine with the same story:

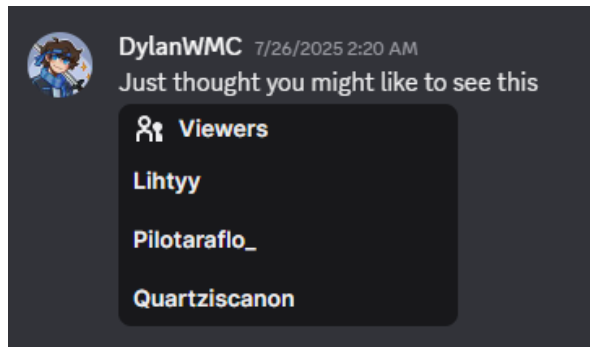


And got in a call with this friend right after over frustrations of being benched from an event, and was trying to get all the information possible on people who don't like them because of me.

What makes this even weirder is that at the time of this conversation, Sleeper Crew was barely even a public thing. It was a friend group that started after me and Quartz had broken up, and this was everything known about Sleeper Crew at the time, meaning they had to be watching these streams with me in it:



Also while I was doing my subathon at the end of July, they were seen in my chat/viewer list the entire time.



I want to end this doc on a *slightly* more positive note - I've been doing a lot better since this has all ended :) I've made some absolutely incredible friends who've shown me so much support and helped me get through everything, genuinely can't thank them enough <3 I unfortunately can't say I've been healing too well, which is why I'm writing this in the first place. Keeping quiet has just been eating away at me and I had to put something out there. I'm hoping publishing this will allow me to completely get over everything and finally find my peace.