



## The Problem Is You (content note)

CONTENT WARNINGS: verbal abuse, victim blaming, death/suicide, racism, misogyny, ableism, slurs

SPECIAL SNOWFLAKE  
Too sensitive  
Why are you so easily offended?  
I'm just amplifying my bad experiences a lot  
Was it really as bad as you claim?  
STOP BLAMING YR CIRCUMSTANCES  
MAYBE THEY'RE RIGHT.  
IT HAPPENS AAAAALL THE TIME (TO ERRRRYONE)

IT'S ALL IN MY HEAD  
I shouldn't be taking it so seriously  
STUBBORN INCONSISTENT  
This is NOTHING.  
WHY SO ANGRY  
MAYBE THEY'RE RIGHT.  
IT'S ALL MY FAULT.

Let it go, don't let it hurt you...  
What you went through was just NORMAL narcissist  
You're taking it to heart when you don't have to  
No no - this is how you SHOULD feel.  
Wait till you get to the real world  
My behaviour led them to bully me  
I'm trying to HELP you!!!  
THE PROBLEM IS YOU.

Forgive & forget! ♡  
Others have it worse  
Come on it can't be that bad  
Grow up.  
QUIT WHININ'  
I'm trying to HELP you!!!  
Get a thicker skin  
They're just trying to push me  
They were just angry/kidding

\*sarcastic partitioning comment\* "Eww" "WTF is wrong with her" "loner"  
"Weirdo" "Imagine kissing/cheating THAT"  
"Retarded" \*making fun of my name & culture\*  
"CHING CHONG CHINESE" "Dumb gook bitch"

"Useless" "You owe us" "You should be grateful"  
"Too clumsy for a girl" "I WANT TO KILL MYSELF & IT'S YOUR FAULT"  
"Can't do anything right" "Why did I even have a child?!" "Other girls can marry rich but you're not pretty enough"  
"Hopeless case" "Failure" "Disappointment" "Embarrassment"

Though simple, this is the rawest, most confronting thing I have ever made. It required me to be completely open and honest with myself, and my past. On the bottom are what my parents have said to me, and on the side are what my peers have or would have said to or about me.

And on the top are things that had been said to me, to "help" me heal from those things, or more often, to "get over it" - including voices of doubt and self blame from inside my head. Many of those were said with good intentions - the fault of our individualistic culture centering much too heavily on the idea of personal accountability, especially for victims, not so much for perpetrators.

I want to present my experiences with both victimisation and victim blaming, in which I do not want to self censor at all. This one goes out to everyone out there like me. I will not judge, or try to argue against your feelings, experiences, or coping mechanisms. I believe you, and I am here for you to lean on, always.



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