

WORSHIP ME

OR

DIE!!

**Mermaids,
Stonewall and the
Police...what you
see in the news is
just the start!**

**How to make any man
worship you...or kill them
and to get away with it
thanks to the Identity
Politics Revolution!**

“It is now time for you to put your feet up and enjoy the relationship. Knowing that your each and every whim will be catered for and like is only about your enjoyment. He will never want to stray from you, he will adore and glorify you. But remember also that that comes with a cost. You now have the responsibility of another human being and all life decisions have been passed onto you. His sole purpose is your happiness so you must give him every opportunity to provide him the ability to do this. This will mean that you will be continually looking for new opportunities for him to do this. You must make him grateful to serve you.” (source revealed later in the document)

John and Ben, there is nothing that I could put into words that can express how much love and gratitude I have for the both of you. Without either of you giving the support you have over the last 12 months or so I would never have got to this stage. If indeed this does, as I expect it will, help pave the way, not only for justice for myself, but actually helps to end the horror that is beginning to unfold across our society nationally and internationally relating to all aspects of this identity revolution then know that you have played as big a role in saving those lives and the future of humanity as a whole as myself. But something that has meant more than what you have both done for me emotional as friends and even financially over the last year or so whilst I have been undertaking this battle - faith in my character. There are many people who were close to me and had valued my mind in the past for improving their own lives who did not believe the reality of what I had experienced last year. Even though most would not express so, it was the most painful thing to myself to see was those doubts and belief that I must have been mistaken about the following events from people who had depended on my mind in the past let alone question it. Both of you, even when elements were too beyond belief or I had not even given the full context to findings, never questioned me and still knew that Adam would not be saying this if it were not true. That continued faith and understanding is something that meant more to me than anything over the last year.

My oldest friends back home, you know who you are, and the above can relate to each of you and each of you have given me what established my highest values in the first place, ones many of us share - trust, loyalty, family and love. My life has been interesting as you all know and at times I have needed to feel the love most only receive from their family if at all, I have always had you in particular to provide me with that.

Dad, thank you for the last 12 months. I do wish I had reached out earlier so you could have known the me before all of this, but your emotional support at times over the last year has been amazing - thank you!

Mum, I am sorry that for the first time in my life, you had not believed me and instead believed the words of others be it Kay, the police or anyone else, despite of all things I would have hoped you know of me my honesty and intelligence were things you would have never before questioned. Whilst the support of my mother emotionally and for somewhere to go to be out of Yorkshire would have changed everything that followed, maybe this is what life wanted as the

following is far far bigger than my life alone. I would not be writing this had it not been for having your amazing love and support for all my life prior to the last few years.

To everyone else and there are too many to name, including friends, clients and followers of my work - thank you for all you have done for me over the years and I am sorry I have not managed to achieve justice whilst also repairing my own life.

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Worship Me

I knew already from a source that he was one who displayed traits that would make it easier for me to convert, and I got to know him really well, his stature, positivity, leadership, physique, confidence, complete confidence in himself. I'd get excited each time I thought about the resulting transformation.

We remained friends for two years prior to any sexual activity of any kind, which was later to be of great aid as he had only seen me as a friend I was able to learn everything about his tastes when it came to girls and his values and I could ensure that he was certain of my desires for him as well as my loyalty and trust being unquestionable prior even to any intimate activity. It meant that by the time we were together there were two years of experiences and beliefs established.

This is key to my own story which I am using to illustrate the techniques in this guide, as it meant that I was able to use the fact that he perceived me as someone who would never want any harm to come to him, was madly in love with him and would be the ideal partner for him if he were attracted to me. The only issue is that at first he wasn't! He loved me as a friend but if anything, saw me more as a mother figure than a potential partner prior to that first drunken night where I ended up in his bed.

The situation was that he was happy single, wasn't looking for a partner and lived his life around his work which was to him a life mission to improving the lives of others through his knowledge in health, nutrition and psychology. He was a philosopher who also looked like a Greek God - perfect! But of course, one where it was more important than ever to be extremely diligent with my work on him. He was happy alone, he felt he was alive solely for his work and whilst still talked about his previous conquests (men!) to me as a friend, it meant that pushing too much too soon once we were together would result in failure.

So, I firstly had to gain the attraction, which I was given a great opportunity to do soon after that first night I went back to his, but then if he did fall for me completely I still had to be extra careful with just how those boundaries were pushed as it would take time for him to sacrifice the elements of himself that related to his performance at work.

Anything that triggers an emotional response can become addictive if the circumstances allow. When an orgasm is experienced, psychologically we will want another, or it is at least stored as a positive experience, which would deem that when the next circumstances encourage and allow, it will likely be willingly experienced again.

Let's say a particular stimulus, or combination of stimuli, produces an orgasm that is felt as if it were the best one ever, it may be the best sex you have ever had, it may be the first in a while or it may well be the result of the situation affecting the ideal mental foreplay and circumstances. That extremely pleasurable emotional response will cause it to be remembered as such, by way of the sensory information that is vividly stored with that emotional link. The greater the emotional polarity, that is the more pleasurable or painful an experience is, the more that experience will be etched into our memories.

An example would be if I were to ask you to think about the best sexual experience you have ever had you will no doubt be able to picture where you were, the bed, the walls and other things that you have related to that extremely pleasurable experience you are recalling. You may remember smaller specific things relating to the person you were with like something they may have been wearing or something you were both talking about immediately afterwards. We can recall all these vivid recollections of the event due to the heightened emotional polarity it has been stored with and we may even associate some of the objects from that imagery with that sensation. Those associations can be developed further over time too as I will touch on more as we continue.

As that highly pleasurable experience you have recalled is associated with the endorphins response that was felt with it, the brain has learnt of a new desirable sensation and that it could be experienced again through those repeated or similar circumstances. If we have an incredible night in a bar or club on a holiday, that enjoyable experience will be associated with various elements, the music, the novelty of the open roof and the summer clothes that would only be worn in a club in Mexico and not the only UK. After that evening, you may heard the same music playing at home and instantly that great memory is recalled, you recall the visual aspects from the night on holiday too. But of course, the music alone does not repeat the entire experience and whilst we will smile as we recall it, we are not reliving it.

If however, that same night and enjoyment felt during it were repeated, say a return to that same holiday location a few months later and then similar nights are had in other similar locations

then some of those associations will become stronger. We associate the lights, the weather, the music, the people and such with an enjoyable experience and therefore we begin to not only desire to return to that specific night or even club alone to repeat it, but we may look for other locations with the same hot weather, same open roof clubs with similar looking light shows and maybe even the same DJ's are booked, we have associated those elements with that pleasurable emotional experience now and have learnt that those elements can mean a similarly pleasurable experience is to be felt in other locations too due to the combination of those associated elements.

Now, imagine if it were possible to play with a heroine addicts addictions by manipulating the timing of their highs, their withdrawals and length of them, the level of a high then being reintroduce and you could do all of this without them even being aware that they are being given heroine! That, is what we are about to do to make them desire a high that is associated with you, manipulating them so they are seeing you as their happiness.

Let us say a heroine addict started with a certain dose for their first hit and that dose does not have to be considered a high amount to have at first, but it will still give someone who is new to the drug completely a high that is likely to be like nothing they had experienced to date. The following day, and perhaps for the analogy of this part it is easier to think of alcohol or cigarettes, they may not yet be craving it again or even thinking about it at all. But, they are given another dose anyway. Then another the next day and so on. The longer that repetition continues, the more normal that high becomes and the more they expect that high. Thus the desire for it is developed and that desire can then be played with.

Imagine suddenly that there is no dose given to them for a month though and by the end of that month they are through the hardest part and gradually thinking about the drug less and less. If then though a dose is suddenly given without prior warning and that dose is higher than any of those given previously, consider the flip in the emotional state that takes place. It is not the response to being given that great high at a time where the high is expected or somewhat normal, it is given when the body is feeling the lack chemically but the mind is not in expectance of it and infant believes it will never experience it again. That flip in the hormonal levels and thus emotional state is the experienced magnitude of the high, ie it would feel even better due to the difference between the emotional state immediately before the dose and the following high. Something that they had no desire for at all before that first does, that they were not consumingly craving after the

few doses following that, has now become what they are chasing like nothing else in their life is important. It's time to become their addiction and make their life revolve around not a drug, but you!

We can use the same mechanisms that have been discussed to provide an otherwise uninterested potential partner with pleasurable experiences that they will later associate with you subconsciously. Over time we will recondition their mind to ensure that their most pleasurable experiences are associated with you and that their deepest pains are related to the loss of you. We will make their happiness become solely dependant on your own happiness.

Of course the orgasm is a high that we could manipulate the same way as with any other addiction. The first blow job does not have to be amazing, but it should be good enough so they enjoy it. Then ensure that they are given another the next night and at this stage the goal is to give them that high as often as possible, suggest it, initiate it and ensure they believe that you love pleasing them even when they may feel bad that at that stage they are not giving in return. It is important to remember here though that there is the longer term objective, you do not want to simply be trying to impress them with your skills! There needs to be room to give a greater hit later on when it serves to your advantage much like the drug addiction withdrawal analogy mentioned.

I ensured that I did this every night at first, sometimes even surprising him in the morning and not once had he asked me to or expected me to do this. But, little did he know that he was beginning to associate that feeling to being in bed at night with me. I was creating a subconscious expectation by making that feeling normal through its abundance which would then allow me to play with those new neural connections as things developed.

After say a week of this, let him off the next day, he will wonder why and the desire for you begins to form. Notice if he is any different towards you the next day as he may well be starting to think more about you in the way you want him to and that evening he will be going to bed with hope rather than expectation. Consider this change, one who struggled to orgasm within an hour the first time and was never the instigator, is now going to bed hoping for that feeling.

That night do give him what he is starting to hope for, but not before an hour or so of uncertainty. TV in bed is good here or anything that can give them a longer period of wondering if, a longer period of thinking about you. Then up the anti a little further, ensure you give more

effort than you had before so this hope is not just fulfilled but exceeded slightly. Then two days off. It is ideal if he is already aware that this will be the case as had already been discussed and he knows you have had to go home for something, but otherwise a sore throat or tummy ache will do.

The trick here is to know that he will be missing you by now and not just at that stage in the evening, he will not even consciously think that he misses that high but will have thoughts begin which question his feelings for you. After those two days off if he knows that you are returning that evening, note how he may even offer now to cook dinner for you. We must look for all of those little signs in order to know where he is at in his progressing attraction towards you and then plan the next steps accordingly. Let's continue with this example and say not only does he know that you are returning that night, but that you are doing so just for the one night as the following night you are at a friend's birthday party after work. This of course is a general outline of how we use manipulation and whilst the breaks are given as an example, these elements can all be used in different ways to suit your circumstances. My process last time was much more drawn out and subtle but the same principles apply.

So he has had his two days off and is now making dinner for you knowing that you are coming back just for one night - take this chance! If he finds a certain type of clothing hot - wear it! Have a great evening together but then that night have a plan in place to create another momentary feeling of lack. If you are drinking, then you drink and fall asleep drunk, feel sick or fall asleep watching a film - at this stage he will say yes to the film because of his hope you created. Fall asleep during the film and he will be disappointed and annoyed but not at you, just deflated a little. This may make him begin to feel arousal or at least attraction as he lays next to you, something that he would have never imagined previously; but he is now falling for you and conscious of what he is feeling.

The elements such as clothing can not be overemphasised in their importance as part of this process too. A man likes to see their partner desiring them and you do want him to feel this at this stage! You are trying to impress him and also make him see you as hot, rather than just a friend or mother figure. His expectations can be created by you, not just with the acts in the bedroom, not just the love bombing and trust, but every element of his life! He compliments you on a classy dress you are wearing one evening, remember it. He wants to rip your short skirt and knee boots off, remember it! Not only then can you use those elements to your advantage now in

gaining his attraction, but think of the possibilities they open up when it comes to making him questions your changing desires and thus his own attractiveness and confidence. It gives us more options to play with his mind later on as we gradually withdraw from him.

The next morning, and this is even better if he is usually less horny in the morning, give him a surprise blowjob on waking, the first you have given him in the morning. Why is this important? He went to bed with excitement and expectation (note that a development too), he went to sleep deflated and desiring you, so now it is time to make him happy and to not leave him with that built up sexual frustration. Then that day, once he has seen you getting ready and looking really hot and confident before leaving for work it is time for him to miss you again and increase his desire further.

Remember, at this stage we are focused on establishing love and that means it is also important that you are perceived to be someone who enhances their life in the ways that are most important to them too. It does not matter that you will become the only important thing in his life later on, we can only achieve that aim if we first create the normality to him that you are everything he has ever wanted. He needs to feel like he is living a fairytale romance and that life is too good to be true! So of course that means playing around with ways that he will perceive you as supporting his work, then loving the fact he can talk to you about music and even believes you enjoy watching his football team and talking about that too. He must feel that you are sad to even have a night apart at this stage, it must be you who wants to be there every night, looks at him with puppy dog eyes constantly and is the most perfect, loyal, loving and trustworthy partner he could ever imagine.

But if all that is in place already and you know he is starting to fall for you, let's continue with this example and what to do once you have left that day. Look firstly of course for the signs - is he now messaging more and messaging first? Are his replies quicker than usual? I bet they are! He may even say it's weird you not being there; you are on his mind! Once you have left if he is chatty, be chatty back, be the you who he knows, the you who is crazily in love with him and new flirty with him. But then slowly reply a little less enthusiastically that afternoon before the birthday party as would be expected when you are rushing about to get ready anyway.

Then message enthusiastically again when travelling to the party and soon after arriving. You could tell him that the party is OK but really quiet, whilst seemingly really keen to chat to him

and reply immediately. But then suddenly cut off - nothing. Of course with myself we had been friends for a few years before and he would already have a pretty strong filter that the behaviour from myself in that situation would not be expected.

Thirty minutes later reply and say "sorry we were in the wrong room and someone just came and got us and everyone's here". The message leaves some intrigue but wouldn't be too out of the ordinary for him to think of it too much. But as the time passes without a further reply at all, even a "thank you, have a good night too", they will start to think about what your evening must be like and hoping to hear from you. Give them a good few hours for this to grow. Then 3 hours later or thereabouts, give them a drunk sounding few words ensuring he is just about able to still make out the sentence as intended to say - Sorry I'm drunk, battery is dying speak tomorrow could become Syry, Im at drunkk an battry dying xcc

Prior to now, that last sentence would just have made your friend stop worrying and he'd even have his phone off completely as he would never see you as more than friends. But now, he is thinking about you, he likes the fact he is too as you'd already succeeded in creating the belief that you would be amazing for him if he was sexually attracted to you. This shifts evil, lets move on for now...

He already had a conscious knowledge of his need for mother figures of sorts still in his life and it is also something he would openly portray too. That is, the relationship between himself, his PA, myself as a friend and a few others have played roles here.

A former close friend and client of his had also given elements of that to him, little did he know that if he had reciprocated the feelings she had later shown for him, she'd be attempting the same as this too. This proved to be a great one for me to play with even a year after the relationship had ended. You see to him, Vikki (name changed) had cut off their friendship in a really strange way, seemingly having resentment after he had not reciprocated those feelings to her. Then when he fell for me, she could not understand why he would for me and yet hadn't for her. I had said to things like "what is wrong with her?" and "why would she decide to cut you and all of us out? She's crazy after all you have done for her!" It was not something we then really talked on after though and I did not know her personally or speak with her which is the context that would be perfect for my later action. As far as he was aware then, Vikki resented him and myself being together, I had resented how she had ended their friendship and I did not know her

personally at all myself. So, it was really funny to know that he would soon see on social media or hear from a friend that I was now working with Vikki myself. Just thinking of the confusion and his knowing deep down that my choice of using that person to help me was still showing him that I could control his emotions whilst others would remain oblivious. When I saw some of his clients and friends like that post it was hilarious! One even commented! They would of course only be doing so if they saw him as the one in the wrong and yet I had nearly killed the poor man haha!

There are so many great things like this you can do if you need to attempt to get into their minds even long after contact between you directly has ceased and you will learn of a few more examples later too.

He had accepted and embraced that understanding of himself too, allowing for those relationships to develop with close friends who would at times mother him like we did as it then meant his focus on his work was allowed to flourish even more. His PA for example would ring him just before train stops to ensure he remembers to take all his belongings off the train with him. He would be working on something to aid our understanding of ADHD or something emotionally involving with a client for hours and then take a ten minute break in which he's playing guitar naked on the balcony; that one actually happened too during the start of lockdown when he was still confident enough to do so. Of course that character, that physique and confidence in himself would soon be drained from him bit by bit into myself and it felt incredible! A man like that, becoming my own slave would not only give the most incredible sex life with all my fantasies fulfilled, but releases so many of those feelings of oppression I, like many victims of the patriarchy, have felt all my life.

His warmth, kindness and the fun side of that character did mean that living together as friends was pretty easy for me as we both were acting naturally and that is important here too. Whilst there will be elements of your behaviour which will be at times adjusted by necessary acting even at this stage, such as the love bombing and cognitive condition that must be applied to make your love and desires for him as assured as possible, you do want to enjoy having that person as your full-time slave once the transformation is complete.

The Fairytale

“You had to wear your thigh high boots with jeans tonight didn’t you, thanks Kay.” I said, sarcastically “I am only a man, but as a gentleman I will do my best t...” I try not to portray any reaction at all as I feel her thumb squeeze into the base of my palm, but I did note the smile that came with it.

“Oh give over, it was always going to happen.” She interjected in a smattering of playful laughter.

“Errrr no! No! No! That is completely wrong!” Hiding my reactions clearly too great a challenge now. Kay overcome with laughter, tripped up the curb, I instinctively tense my arm as I feel her fingers grip harder, you learn to expect those kinds of falls, on these kinds of evenings, with this kind of person, especially after those kind of drinks, but my arm was, for that brief moment, her lamp post, her salvation from the end of the world that is perceived to be found face down in the puddles on the pavement. Kay, now on the path, and with us both in that really enjoyable state of laughter, the kind of laughter where inhibitions are gone and you are both at complete ease in each others company, links her arm around mine and we receive a moment or rest bite from the heavy rain as we walk under the underpass. But as we then walk past Malmaison, my thoughts are once more interrupted by that voice of reason, or maybe, the sober voice. She’s your best friend, you can’t do this Adam. You know she’s in love with you, she has had feelings for you for almost the entirety of your friendship, this is not the way to...

“Waaaaaa!” Kay screamed as her umbrella, and surprisingly not before now, caught an adequate gust of wind and flipped entirely inside out. As a result of the umbrellas newly acquired geometric shape, Kay was pushed forward by the force, laughing as she stabilised ten feet in front of me. I took it, without a moments pause for thought, I took the chance to add another notch to my hero belt.

“Come on, give it here, let me fix it for you.” I failed to fix it on the approach to the apartment, despite my heroic attempts and now the fact that she was now exuding such confidence, an arrogant certainty of the fact that I had already given in, only aided my defeat. I love confidence.

Adam, she didn't take the key out of her bag and give it to you, she took it out and opened the door! She pressed the floor three button in the lift, then passed me the keys. I skewed my lips, whilst my eyes looked a little upwards, before staring at the red number 3 on the LDC display for a moment, then to the keys in her hand, and to Kay deliberately making a shock expression as I do so.

"Sorry, you best take them", she patted my upper arm twice in quick succession then clears her throat. "Euurghmm, I will have my own soon."

She was of course completely aware of the dilemma I was fighting within myself, but she knows I am enjoying it, I *am* enjoying it. I repeated the thought as if it were needed to ensure I had registered its passing. Go straight to bed Adam.

I opened the d...

"I'll make the pink drinks then." Kay said as we stumbled into my apartment.

"Um yep, you do that." My tones of sarcastic hesitance carpeted with a little tremble, I head into the toilet immediately and lock the door. I know I won't sleep with her, I am confident of that, it wouldn't be right when I know she has feelings for me in a way that I don't for her and she knows that.

The sound of the blender starts as I walk into the living room, part of the open planned area with the kitchen, where Kay is presiding over the creation of a tropical looking concussion of strawberries, watermelon, grapefruit juice, orange juice and of course, more vodka. I can feel that subtle excitement though, that unique sensation which you would feel in anticipation of what would normally happen next between two people in this situation. She has made jokes about her skillset in other things of interest thought.. Adam stop!

It was not unusual for Kay to be here. She had indeed helped me move to this apartment only a month previously and had been many times since. It was unusual however, for her to be here at this time, and more unusual for us to have decided it were a good idea for her to sleep over after a night out. It saves coming back for your car in the morning, was the main reason we used to convince ourselves of this being a great idea.

Kay approached me with two pint glasses filled with a pink liquid and both with a straw and umbrella in place and my mouth dropped open as she said.

"I have put my bag over on my side of the bed." Of course, we had discussed as far as that already too. I cover my eyes, it was too much.

“I’m only winding you up Adam”

“Only?” I highlighted, encouraging her laughter still further.

“Well Claire did say,” she began, nodding as a mother might do when attempting to give complete reassurance to a child, “that I am to be the responsible one”, the overly exaggerated patronisation, now far too much.

“Kay stopppp”

“I am!” she asserted, “I am in charge and have been told to keep an eye on you tonight.” Continuing that role as best she could between our laughter.

That happen a few more times over the following month but, the rest of the time between us, nothing changed. We still spoke in the same manner we always had as friends, of course with a new topic now included occasionally in conversations, but there was no change between us in person either when going to the gym together or meeting for a coffee. What did change though, exactly one month later, was the world. Suddenly, we were informed that the entire country was to enter lockdown due to the COVID-19 pandemic.

“Kay! why don’t you isolate here?” It was another one of my spontaneous, crazy and yet when you really think about it, pretty good ideas. “We could be isolation buddies, so rather than you living at yours and me living here, both alone all the time, you could stay here.”

“Would you really want me here all the time though?” I felt something, somewhere, deep inside me, the smallest of cars just run over a bridge that made their stomachs go, just a little but I felt it, even though the belief was that we were doing so as best friends, as she had become to me by then. Yet, my reply was delivered with a hint of something more, something only part of me was yearning for, but that yearning still was strong, here it first came to the fore.

“Yes, I actually really think I would.” I paused for a moment as I stumbled upon the thought that she if anything, would only be good for me and my work. “Actually I would really like it,” this time delivered confidently wry smile.

And so, in March 2020, Kay and I became isolation partners, co habitators. The entire country is in lockdown and friends are unable to see each other at all. But we could.

You see, if a person suddenly faces huge voids in their life by means of losing what they value, there can be grave consequences to their emotional health. I have experienced that myself years ago, a process that I did not understand then as I do now. We would both be losing not just interaction with others, but the gym too, an important part of both our lives and although we are

both very independent, I know for both of us that losing any of that ability to switch off and have moments of fun that can serve to replace those new voids. Being independent too, also a large factor in that, we will do our own thing, I will still be able to work as much as I do, she knows how much but there is still company in your best friend there for those other times. And that's exactly how it turned out...

The desk light had already been switched on and something else had happened to the desk itself. I hear the bathroom door open and twist on my chair in order to look behind me as Kay enters in her dressing gown with a towel around her hair smiling.

"Kay have you polished my desk?" I asked with sarcastic intrigue.

"Yes, whilst you were in the shower." The reassuring mother impression returns crossed with a dog that is feeling proud to have returned the ball.

"Awww" I laugh a little, "and you've turned the desk lamp on too. That's so cute. But, please don't ever feel you should have to do anything for me here though, thank you though." I smile and turn back to my desk. There is something that was so warm though in the energy that I feel inside, its a nice feeling.

I took a break in the afternoon and during which Kay and I, opened the table tennis set we had purchased along with a mini indoor basketball set too a few days ago when taking a trip for essential supplies. It was a competitive game, as we both always are with everything, but I managed to claim victory. That evening I cooked for us both, fresh seabass the way I often do by, using a whole fish, stuffing it with lemon and garlic and adding veg or in this case a fresh salad on the side.

"That was lovely, thank you."

"You're more than welcome" I replied as I stood up and took the plates to the kitchen.

"Have you prepared for your talk?" Tomorrow evening I am speaking at an event via zoom that had been moved from its planned live venue, to an online format due to the restrictions.

"Yes, well, kind of. But I will be ready" It was a talk on overcoming stress, fear and anxiety, which was clear in my head, I just have to prepare some of the presentational elements.

"Will I be able to watch you do it?"

"Yes of course you can." I sit on the sofa and pick up my black Epiphone acoustic guitar.

"Kay aye aye aye, what you doing today? Won't you take my hand, come to flamingoland,"

“Ohhh my song, carry on.” It was something I had created as I often do just as a jokey few lines following our adoption of flamingoland as a name for the best local gym which we would sometimes take the 20 minute car ride to visit.

“That’s the first time anyones wanted me to continue to sing.” I joked, putting the guitar back on its stand.

“I might take a bath actually!”

“You! Really?”

“Yes, I actually think I might.” I replied, stretching my arms and back as I do so.

“Let me run it for you?”

“Ahh you don’t have to do tha..”

“No I don’t mind, you probably wouldn’t know how to use it!”

“Come on I am not that bad!” I couldn’t help but laugh though as there are many things of a similar nature where the statement may have been true.

“Mmm hmm, well I want to do it so you carry on working and I’ll let you know when its ready.”

I had to message Claire:

“Claire, guess what?”

“I don’t think I could ever guess with you Adam lol”

“Kay’s running me a bath lol”

“haha see it’s good Kay being there, she’ll do anything for you, you know that.”

“I put those calls in for you by the way.”

“Thank you! I know, but I don’t want her to think she has to do anything.”

“I’m sure she knows that and is only doing things because she wants to, let her and just enjoy it Adam.”

I hear the bathroom door open and standup.

“It’s ready” Kay walks in with a cheeky smile which quickly merges into the mother to child impression as she continues. “Now, dip your toe in it first to check it’s not too hot ok?”

“Yes Kay.”

I head towards the bathroom and in those 15 or so steps I find myself entering an enchanting paradise. First, I notice the gentle introduction of a smell, so subtle and yet pleasant, it prepares the nerve endings inside the nostrils and the receptors within the brain for the next

step on this enticing bliss, with that step, in perfect conjunction to a new element added to that smell, I see the colour of the light exhuming like a source of elevation, of pleasure that reaches out and grabs me through the half open bathroom door. That second element of the smell, another flavour so ingeniously chosen to fall upon me like an autumn leaf falling on the floor and that floor is covered in the most spectacular display of dancing variations of yellow, into orange and at times to the brightest of the dark reds. That floor of leaves though suddenly transforms into hundreds of the most vibrant and beautiful butterflies which fly up and together form heart shapes and x's in the sky. I walk inside,

"I have to show this to Claire", Kay and I both laughing as I send Claire a video of the incense stick burning, the speaker through which a gentle spa sound plays, and the two large candles adding to the ambient in conjunction with the dimmed spotlights.

"Kay this is hilarious, thank you."

"Has Claire replied?" my phone vibrates in my hand midway through the question.

"Yep, she has now," I open the message. "Hahaha, tell Kay that's brilliant! See Adam its good living with Kay isn't?" I pause for a second "and I'm not reading you the next part." I lock my phone.

"Go on, you can't say that?" I knew so too, so just get it over with Adam.

"She said how good you would be for me." I know what's coming.

"Well I would be, obviously." She replied whilst pirouetting to one side and tossing her hair, momentarily invoking the diva. Then Kay turned back to me and then looked down at her hands which she brought together and began playing with her fingers. "But I know you are only attracted to people younger than you and see me more as a mother. I know."

"Kay, don't," I began pleadingly, "its not that and you know that's not fair. I have always known you would be good for me, you'd be amazing for me. I even said to Pete the other day, I wish I did fancy Kay, in that way, but I don't have those feelings for anyone. I am not sure I ever will."

"Adam, I know you will never let anything come between you and your ambitions, but you do have to have a life for you too." Kay replied, reaching out for my hand now and softly holding it between the bottom of the fingers of each of hers and her thumbs.

"I know, and if life tells me otherwise, I won't ignore it, you know that. Thank you."

Once I had completed my journey through the blissful endeavour that followed and head to bed I can't help but notice my happiness. I sleep really well that night.

Over those next couple of months, the fairytale happened. After all the hurt of my last relationship and all I had been through, I fell in love with my best friend. It did take her to go following us thinking it was not good to continue as we are when I would never feel the same way about her as she did me. The thing is, by that point I was starting too, but I had to be sure of my feelings as this was my best friend and I would not risk hurting her. When she left though I knew and then we were together and crazily in love. Thats when I wrote a song called Fallen Leaves.

Fallen Leaves

(July 2020)

Each time
That I'm lying next to you
I think to myself how lucky I must be
The most beautiful girl I've ever seen lying next to me

You asked if I'm really into you
I'm sorry girl, I took so long to see
You're everything and more than I could ever need

Summer nights sitting out with you
A candle flickers it's the perfect view
And there's nowhere I'd rather be
As you lay here next to me
Like fallen leaves

I'm sorry
For any pain I put you through
When I didn't know that I had more than just a friend in you
But that forever kind of love happens when you're best friends too

You asked if I'm really into you
I'm sorry girl, I took so long to see
You're everything and more than I could ever need

Summer nights sitting out with you
A candle flickers it's the perfect view
And there's nowhere I'd rather be
As you lay here next to me
Like fallen leaves

Now you know that I love you unconditionally
And girl, you mean the world to me
As we lay here like fallen leaves
Like fallen leaves

Once in love...

Once we initiate the changes in our own behaviour we need to push boundaries in a number of ways, in the relationship as well as in the pain and pleasure boundaries of their male brain. We need to push the boundaries of their tolerance so that over time we can do more and more before they fight back or question our behaviour. Remember that fighting back is expected! If they are not fighting back then it shows that on that occasion you have not pushed the boundary further than what you had already established.

Once that completely love and trust is established, you can push these boundaries far more than you may expect! Do not be afraid to do so simply because of the pain they are feeling as a result of the arguments and breakups, that pain is essential and once they are completely reconditioned then they will no-longer have to endure the battles that are common in normal relationships. You have to start seeing their pain as opportunities for their growth and development rather than seeing it as inhuman to be causing such agony to someone. You must be sure in yourself that what you are doing is the right thing to do as your belief in that is key to be able to sustain this torturous process you will be putting them through on what will become an almost daily basis.

It may take a year or two of turmoil before they will accept all of your views, decisions and desires and they will be living solely to make you happy giving you the complete freedom to do as you please without any resentment from them. They will be happy to see you acting in ways that would have been immediate breakers for a relationship at first - not just not resisting, they will be happy because you are!

To get to that stage though, they need to be completely torn down in all aspects of their life first so by this stage you should have a comprehensive list of the areas the specific areas they value which you can later attack. For example some of mine were of course his work, but also elements of his routine such as his value on his positive energy when doing his client check-ins over the weekends or his more emotionally involving one to one zoom calls with clients, his podcasts and interviews.

Now that I think of it, I remember how I managed to get him to cancel two interviews he was supposed to do for other peoples podcast shows by having what felt like a breakup the night before! This was easy because once I had found the way to create the argument just by pushing

a boundary a little further, he would ask to just appreciate that he needs to sleep and be able to focus tomorrow. What of course he did not realise is that I already knew it was a terrible time for him to have me leave and to force him to be considering the relationship once again and of course it is why those moments are so important! That affect on his work and what he loved doing the most was how to cause him the greatest pain and for me to push the tolerance boundary further still.

You do have to really push with this and it does of course mean that there were moments he would either be strong and say I am not dealing with this now and stop replying, or even accept it wasn't working and be happy after a few days alone and getting back to the gym. These are key too as it shows that his mind is thinking of you a little less and thinking more of his own life again so I would need to adjust my own behaviour to suit. Sometimes the circumstances dictated displaying acceptance from myself too and reaching out to ask when I can get my things from his and thus reminding him that this really is about to be it this time, or they may dictate that the loving and perfect partner has to return. In the later example though do not take this as you needing to say sorry! That is the last resort and should only need to be used if you have pushed the boundary too far too suddenly, I was fortunate that I did not once have to apologise as he would always take the responsibility so in these cases a message saying how sad I felt, was thinking of him last night or just that I miss him and wish things were different would suffice.

At the height of emotional pain, in the moment we can only try to fight that pain and the thoughts will be consumed by it. Consider being on a battlefield, you are not thinking about your next holiday or writing philosophy! You are thinking about what is around you and surviving the experience takes complete priority in your thoughts. In the moments when you are losing a loved one it is likely to be that which consumes your thoughts and actions. The same is true for the highest moments of pleasure, the focus is on enjoying that pleasure or thoughts that would not be current without it. Mind you, if there was anyone who would be thinking of things relating to work whilst experiencing an orgasm it may have been him lol!! As he started to feel pleasure from my pleasure once I, unknowingly to him, had started to deliberately withdraw advances to him I do remember laughing at his belief that what had been happening in the bedroom was normal to that stage. That is, months of me not being able to leave him alone, blowjobs every night, seemingly all over him to ensure he allowed me to, then he began to give back, then as he realised his new

attraction and desire, sex and by the end of the relationship he was desperate to please me to the extent that if I would let him he actually felt satisfied himself! He would laugh joking at the early stages of this how he is suddenly giving me massages and wanting to please me which was the complete opposite of how we had started! I remember once, after he had just given me the most incredible orgasm with the wand and his tongue that there will be a science behind how he was feeling my orgasms almost like they were his and that they had recently discovered that thoughts do produce a waveform. He believed that this would mean they can be detected if a means to do so was developed and understood and that maybe as our species continues to advance that may well be a prominent aspect of our development and our growing empathy as a species. Yeah maybe, but we are not discovering something together here, you are feeling my pains and pleasures because of your training and this is just the start lol! That is where that established unconditional love, friendship and trust developed over such a long period of time was key as that normality was so great that he would have never related the changes there to anything, let alone everything, that was going on outside the bedroom. It was just his willingness in those circumstances to do so, perhaps thinking that he had done everything else he could think of when it came to sex and from being a dominant male, that it was natural to enjoy the opposite especially when that was the complete opposite of the previous power dynamic between us. I mean how stupid are men? I know I had made out that I had issues down below in order to ensure that sex stopped in the first place, whilst I began my behavioural changes, and that I would later ensure he believed his loss of confidence and loss of self love were to blame; but he thought it was normal and an unexpected shift for me too!

Anyway, the more we can have them in a state of flux between moments of pleasure separated by periods of great pain, the less capability they have of focusing on life outside you and they lose objective focus. We can increase their tolerance by ensuring our reactions to them questioning our, unknowingly to them, intentionally unreasonable actions will result in the greatest pain for them. Then the ending of the pain itself: consider if the pain ends with great pleasure? The flip in the emotional state and hormonal levels as we have already discussed only to then be suddenly flipped back to a great pain once more with the next unreasonable fight and feelings of breaking up!

You are becoming the source of all their happiness, they are feeling frequent periods of great pain that are associated with losing you and as they are not allowed to move on before you return, their happiness is linked to being with you.

Think back to the given example on the night out, the next time you speak, be it that evening or the following day, if he has been ignoring you or is rude be hurt or annoyed by it, but only as much as you believe he is ready for, that is to never push more than you feel you are able to pull. He may not have replied with anything that was insulting or unreasonable, it was a change in behaviour from you to draw an expected response and sometimes the nice guys will give the nicest response in the circumstances and that's exactly why they are easy to do this too!

We would all wonder why there was a clear behaviour change and ask what happened not because we are thinking they have done something disloyal, although as with many other possibilities it is that same reaction that would also be that of one who has been disloyal and if it were something else, well lets face it, you would have called them if someone tried to attack you or similar. You of course would ask the same if it were you in his position, but you can establish a new boundary here. "Oh I didn't mean to make you worry, I was having fun and then I was just too drunk to see my phone screen. It was really good but I am feeling it now, I don't drink like that anymore. What did you do last night?" Not only have you made the behaviour a known future possibility to him from this point onwards, but you have also done enough to put his mind at peace again and by asking of their night have deflected their attention too. Of course, the greater the trust established between you initially the less chance of them perceiving anything directive or coercive.

This would mean that in a similar situation sometime in the future, you could push that boundary a little further. "I was having fun and got drunk, why are you asking?" If the timing was right in their transformation that this response would receive a reply of the same nature from them, you have succeeded in pushing that boundary a little further. Later on this reply would be "having fun as I should be able to do, stop questioning me all the time!"

So what happens if you do feel their response is not progressing naturally at this stage? You would need to perceive their response yourself as if it is expected to be more submissive to you by now, what is a normal reaction for anyone in the situation initially, can be responded to as if it is instead rude or abusive - depending of course on what you feel they are prepared for. If they do not back down still, then you too have to maintain your position here and that will lead to

the adaption. It isn't that big a deal really is it, why would they want to completely breaking up just over a response to a question?

A fetish comes from heightened experiences being manipulated by means of the association principles already discussed. As his best friend I already knew him and he is far to honest and open to me about everything, no insecurities at all. I knew he had a thing for thigh high boots, particularly with jeans, he's joked on it before. He's even explained how things like that may only add to an already good experience when I had completely switched to only wearing comfies when around him, including no-longer wearing lingerie in bed which I had made a normality previously. I could tell for so long that he noticed this change but would try to be a decent man and not say anything and instead would see it as his responsibility to ignite my attraction again by his need to be himself again. Of course, whatever he did, I would only continue the same path with my own behaviour and thus nothing he did was working to restore the sense of love and desire he felt disappearing from me so the confusion and self questioning increased. But when he would touch on my appearance changes of course I would do the obvious thing and highlight how I should not have to try to impress for him to be attracted to me and make sure he knew I was upset at his comment. Of course if they fight back, you leave or do what you need to do to force them to accept the new boundary.

The thigh boots thing comes from his ex and thus it is very easy to build on and use that with him. She had attempted the same and laid some ground work for me. Her use of hers at specific times where the emotion was at a particular extreme for him, a pain or pleasurable moment, created a small fetish I could play with.

By his birthday, a month or so into the relationship, he had just started to feel down in himself as I had begun the gradual transition in my own behaviour around him. In his mind there would be no other reason for such a seemingly natural shift of that nature and of course it was down to a change in him, what else? This made his own love of himself start to crumble further.

I was spending a few more nights most weeks at mine now and no longer looking at him as longingly, still intimate and close but portraying someone who is changing from that perfect partner who doted and adored and couldn't keep their hands off him. It is a good idea here to reinforce what he has been coerced to think by these changes in you - that it is down to changes in him, that it is his fault. Taking the opportunities to say things such as "well you haven't been

yourself lately” without its real intent noted as it is of an adequate point in a conversation. These actions of suggestion will aid the developing belief that it is his errors and changes that are resulting in the change in my love to him. Of course, I try to reassure that there is no change in how I feel about him but the doubts he is sensing mean that behaviour change in myself is working.

So that’s when I came in to initiate a desire to please him for the first time in what must have felt like ages to him at this point.

I walked into the living room on his birthday wearing black lingerie and the thigh high boots whilst he was sat on the sofa watching football, the same as his ex had done. The experience I already knew he loved and it was so good, that when it was the last time he saw her after she had left him feeling that they were as in love as ever, it makes the sudden fall to the worst moment of the relationship the next day doubly great! It is clearly remembered vividly and note the associations that can be taken too from those visual memories of that extreme high and then low emotional experiences.

This time though it was not at the end of the relationship, I was just getting started and as he would talk to me about everything as well as write songs during some of the painful breakups, it was clear to me that all was well and that he was putting all the blame on himself.

Do you feel alive?

(Jan 2021)

I can't leave this town,
I lost my way on a one way street
It's over now
The bridge we built crumbles beneath my feet

Looking for that place I used to go to read
Where you loved to spend time with me
Red skies and warning signs
Am I to blame this time

Do you still feel alive?
When you look into my eyes
As through the tears I cry
I see the sparks in yours have died

So quiet now
A car parked under street lights in front of me
The windows down
Some old book called Phaedo on the back seat

Looking for that place I used to go to read
Where you loved to spend time with me
Red skies and warning signs
Am I to blame this time

Do you still feel alive?
When you look into my eyes
As through the tears I cry
I see the sparks in yours have died

What was the end game?

The following are taken from a document which can be seen in full by accessing the link after the passages.

The procedure is, convoluted, vitality devouring, and in no way, shape or form beyond the realms of failure. The strain on your relationship initially will be incredible, and it might be weeks or months even years before you succeed. At last however, it will be justified, despite all the trouble of the training.

This is a guide to instruct ladies on the most proficient method to start the grand trip of female mastery and to ideally assuage a percentage of the fear that may keep a lady from attempting this training. You may find after reading this it will be clearer that converting your spouse is not as hard as it appears, and that finishing this accomplishment is more than conceivable, more so than you suspected.

Your spouse may even be as masculine as men come, yet don't stress, converting is regularly simply a question of helping your partner find his accommodating side. Take heart in the way that underneath all his machismo and pride, there is a weakling that is beseeching you to drive him to do a wide range of things that will undermine him and empower you.

Consider it as an aptitude, a skill. For the wife who chooses to convert her spouse, she must have complete authority and specific abilities. Much like in any calling – she must go to class, read, and practice. So like an expert, before you ever start preparing your spouse, you should first prepare yourself. You're going to go on an inconceivable adventure; you need to be fully prepared to undertake the journey otherwise you will just not make it and it could be the failure of your relationship, isn't that so?

Once he has realized that his needs are no longer important in your house you need to re-enforce this by being mean. This is an important stage of the training as he is not simply going to give you complete control of himself. Basically you are going to be so mean to him that you will break his spirit and once broken you can rebuild it with rewards into exactly what you desire from him and the relationship. This is actually the hardest part of training as society has taught you to be nice to others, to be fair, to respect others and now you are going to break down these barriers.

The above are taken from - <https://adultsmart.com.au/blog/cuckold-training/>

A good way to help your training along is to change your appearance. Make it your goal to become a hotwife. The prime focus of a hotwife is expressing her sexuality in all manners, from the type of shoes she wears to the way she shaves her pussy. A hotwife wears tight fitting clothes as much as she can. She wears short skirts, perfume, and high-heels all the time. She does her hair and wears makeup daily. At night she wears sexy lingerie. She goes to the gym often. When she goes to the grocery store she doesn't wear underwear. If you start doing thing like these, not only will you be sending a signal to your husband that you've changed, but you'll be sending a signal to yourself. Because you look like a hotwife, you'll think you're a hotwife, and then you'll be a hotwife! The advantages to being a hotwife are numerous. You're husband will lust for you much more, even if he doesn't show it, other men will croon over you (this will increase your confidence), and your sexual energy will increase, all of which you can channel into power.

For more please glance over this:

https://www.quora.com/How-can-I-convert-my-husband-to-a-cuckold/answers/309238893?ch=10&oid=309238893&share=c3e38504&target_type=answer

By the time Valentines day arrived, I had already become the hotwife and made sure he saw it! But never got to enjoy it! This would only add to his confusion, seeing me leaving for work dressed in ways I knew by now would drive him crazy. I had stopped initiating with him or showing him any desire and yet he was seeing me come home all the time dressed as if I had just appeared from his fantasy. No-longer having sex, questioning himself, confused and a shadow of the man he was, he now had to keep being reminded of what he could not have and of course, if he dared question why I would be going to work dressed like that he was never to benefit from it, then I would just say how he should want me regardless of what I was wearing. Of course I knew he did, but I was now dressing sluttier, coming home to him running me baths only to then see me after the bath wearing big childlike underwear or pyjamas, which I never wore previously, leaving him wondering what is going on once more. The thigh high boots though remained in the place they had been since his birthday last year, under the bed in the spare room (which was now my spare room if I wished to sleep alone I could and I stored most of my clothes in there) in a black bag which I made sure he knew as he would see it from time to time when he had to get something from the room. Whilst still blaming himself he had at times said how his insecurities which had began to grow by now, could be helped if I were to show desire to him at times as in not doing so he feels less and less confident in himself. Ok, the plan is working then lol!

Anyway, valentines day came and I ensured that we were breaking up so that I could be at mine and spend the day with someone else whilst he was at his crying over me completely oblivious to why we were breaking up every week and why my behaviour had by now drastically changed. We spoke briefly on the day and the following day agreed to do Valentines the following weekend as he had messed up again, or so he thought.

At this stage too, he had already been made to wonder why the main gift he got me for my birthday, a £300 coat from Reiss was still hanging up on the door in the spare room, never worn, despite me having assured him that I loved it. He was so cute that day too and openly displaying just how in love he was, which was brilliant as I knew he was far from ever questioning my desires to harm and not support him still. He had planned a little treasure hunt round the apartment, with notes leading to different presents, music playing, balloons and confetti everywhere and then I was directed by a note to take the pink drink that was next to it out onto the balcony. There, he had the candles lit and played a video which was of a song he wrote with montages of our photo

memories, ending with a series of video messages from many of mine and his friends saying happy birthday. That really showed me how much he was mine!

So the following weekend I went to his for another Valentines day, I hadn't gotten him anything but was welcomed to another song video amongst other cute things. In this video the picture on the wall behind him changed halfway through, the new picture was a gift he had made which was a collage of photos of us together but with the song lyrics in the middle in a heart shape. It was so cute but if only he knew why the previous weekend he had felt he was going through a break-up again!

They'll never be a love song as beautiful as you

(Feb 2021)

I could be the thorns in the morning sun
To see you smile as the first birds sung
I could watch the world sing for you
Serenade you like I do
Cause baby you belong
To the fairytales and songs
Of a world too good to be true
Maybe that's why
Why when I think of you
Writing love songs ain't hard to do
Giving you my heart with these lines
Yet if Plato wrote the words
Over an Elgar tune
There'll never be a love song as beautiful as you

I'd write a thousand lines just to find the one
That makes your heart stop when it's sung
Yes I've felt that way too
I feel it every day with you
And maybe that's why
Like two penguins one love for life
A fairytale became true
Inspired by a girl like you
Writing love songs ain't hard to do
Giving you my heart with these lines
Even if Plato wrote the words
Over an Elgar tune
There'll never be a love song as beautiful as you

By this stage though he was a shell of himself and it was only as we had broke up and not seen each other for a week before that meant he was able to be happy again to be making up when we did our week late valentines day. In that week he had gone through the breakup pain more than ever but after a few days and still being alone did what he knew he needed to - go to the gym, get back to focusing on himself and his work which meant of course a few days later was the perfect time for us to make up. He wanted a few days though before seeing me, no doubt to plan the cuteness for Valentines day, the stupid man!

By this point I had not only already been enjoying myself at the weekends when we he was at home crying over another breakup, but I was loving my sexual freedom and how amazing it felt to then return to his and have him doing things like that! Honestly, the way it felt knowing that I was in that much control and having other men satisfy me to then return to him wanting to give me a bigger and better orgasm after we had made up was incredible! He was amazing at that, the build up with massages, lighting all the candles himself by now without asking, then taking his time to build up to using his tongue and the wand again but it was me knowing what I was doing that made those orgasms so incredible! I could do anything by this point!

I had even had sex with someone else in his apartment when he was out and knowing there was that risk of him coming back was amazing! But part of that too was knowing that he was so broken that if he did find out then he may just about be at the point where he would just accept it. I mean, he clearly noticed the smell when he returned as I was hurriedly sorting out the cushions on the sofa. When I left soon after I had to take one of the cushion covers with me to get rid of the evidence and by then he was so lost that when he asked why it was gone, I just had to say as if it were stupid of him to ask - "because it was bloody filthy and needed washing!" That is the result of the training as at the time he did not fight back even though he had noticed the smell, me leaving hurriedly soon after and the fact that there were 7 cushions yet one cover was suddenly filthy!

As I risked more and more (see NTR cuckold or NTR oblivious cuckold) it felt better and better whilst his confusion would only grow. That trust, love and loyalty had been so firmly established that he would still doubt his mind as opposed to believe what his intuition must have been trying to tell him by now! Then though I upped the anti!

Or Die

I smashed an acoustic guitar. Before this, I would never have considered that even possible. I'd only do that at the lowest low, a desire to really hurt myself. Months before the end she'd know this was my state but continued non the less. So imagine the moment of realisation, when you are given a revelation that changes everything you remember from the pervious 12 months. Oh, imagine then that you know every single interactions was intact coercive control and intended from the start and the events with the police happen the way they did.

Read the events from the police station visit here: [https://static1.squarespace.com/static/](https://static1.squarespace.com/static/5c479038e749409bfb959a1b/t/62f7b8c640660234728aa1b7/1660401864041/How+it+started%21+The+police+station+experience%21.pdf)

[5c479038e749409bfb959a1b/t/62f7b8c640660234728aa1b7/1660401864041/](https://static1.squarespace.com/static/5c479038e749409bfb959a1b/t/62f7b8c640660234728aa1b7/1660401864041/How+it+started%21+The+police+station+experience%21.pdf)

[How+it+started%21+The+police+station+experience%21.pdf](https://static1.squarespace.com/static/5c479038e749409bfb959a1b/t/62f7b8c640660234728aa1b7/1660401864041/How+it+started%21+The+police+station+experience%21.pdf)

And for the full police events and what it led to:

<https://www.ab-fit.com/the-greatest-political-tragedy-of-the-21st-century>

Consider what a year of being subjected to bouncing between the extreme emotions of great pleasure and the greatest pains would do? Imagine the stress and shock at the police response.

You'd think something like that would cause someone to have a heart attack. The following is taken from communications and notes as I need to complete this document immediately and unfortunately do not have the time to rewrite. But maybe it only paints the picture better this way.

November 2021

It shocked me, like nothing else I had experienced before, I hadn't experienced anything quite like this psychologically, the most powerful and instant emotional trauma. There was the shock of realising I had not lived the life of which, every single memory and its emotional tag (ie a very painful and recent experience, will be affecting the mind far more than a birthday when you were 6 years old) is now; deemed void?

“I can not believe you did this to me? How could you be so stupid?”

I managed those words between my tears and deep breaths. Stupid, she knew, was the psychologist in me speaking; speaking with concern for myself. A whole year, well three years to an extent, to unpack, analyse each thought, recategorize all those memories and to also analyse the psychological status of myself continually through the process of doing so.

I had experienced it before, though even that doesn't compare to this. It was perfect. Carried out on someone who is obsessed with the human mind.

The whole year was a roleplay and now I looked, in an instant I saw it all, *all!*

I hadn't realised that the powershift I played up to and enjoyed in the bedroom was not a natural dynamic between two people shifting as it would to a degree in any relationship, but occurred as she was intentionally manipulating it to do so from the onset by means of what was also happening outside the bedroom. To me, it was great at first and I believed the power dynamics there were resulting from a natural enjoyment on both sides.

If you notice someone gradually seeming to display less love to you and they also make you feel responsible for all their hurt, then you question why and look at yourself and how you treat them in order to change that. This then meant I am wanting to do more to make her happy, then a few days later would be questioning why we have argued again and am breaking up again and why she's gone back to hers. In those moments, in those breakups I would hear how upset she was, crying at home etc as I was too. What I didn't know was that those breakups were not natural and it was not just a toxic relationship that I expected we could fix as it wasn't that way for the rest of the time I had known her before or even for the first 3 months living together. She was of course not crying at home, but was instead monitoring my “progress”, was I feeling enough pain to subconsciously alter my behaviour so that the thing that caused that argument would be acceptable for her to repeat. When in an instant, you realise that person didn't want things to improve, didn't actually go through all the weekly relationship turmoil with you, didn't want to help you with your issues but they were actually creating those issues as part of the process. Issues

that were not there prior to the relationship, ie the insecurity, lack of self love etc, those things were being developed more and more in me over time by her deliberately modifying her behaviour.

That is why for years I was what they call “love bombed”, where I am made to feel so loved that I would never consider that those were to be my partners intentions. Therefore, I would only question myself, hence frustration at the fact that after each argument I would communicate the issue, why it happened etc only for her to then repeat those same actions again but push the boundary a little further each time. Like the frog in the boiling water, I jumped out when I did know it was boiling, but by then it had been heated up so slowly I was almost dead when I realised I should jump out! Had the water already been boiling or even just too hot at first, then I wouldn't have been there. So actions that she would use to cause arguments are each time cleverly pushed to the limit of what I could tolerate. This meant, feeling the greatest pain possible but without me realising that she was intentionally causing it. The greater the pain I felt, the greater the impact on my own psychology in then not wanting to repeat the experience. This is how we all work and all relationships can have a natural power shift, it is though in using that so someone thinks it is natural and that it is still loving and wanting the best for each other, that can make them unaware to the real intentions. That means I was not conscious of it, else I would not have been crying every weekend or writing breakup songs frustrated at how I could be fighting like that with my best friend, that pain has to be so great of course that you are willing to draw a line and forget, or talk to repair. Each time we talked I expected everything to be great thereafter, which she would ensure it was for a few days or so! As great as ever together, so then a few days later my tolerance boundary could be pushed just a little more by the next strange behaviour from her that led to another argument and breakup. So again feeling pain and thinking how can she not see that her behaviour isn't normal and we should not even be having an argument right now. But, that subconscious training is letting me know, that her being here and happy is good, her being unhappy and not here is hell for me. Even if I had not wanted to engage in the arguments, as usually was the case at first, it would then be her who would need to take steps to ensure I did not become happy or even OK in those periods without her.

At first, I was less emotionally affected by the arguments, as prior to the relationship I was happy on my own and was only at the start of my training to make me see her as my happiness (again I did not know that was going on until I was boiling!). So at first we may breakup and I am

still able to focus on work and if I were happy that way, I would be displaying to her a sign that she needs to come back in to continue that training. I may have not been replying to her or even reading the messages because I couldn't be dealing with it and was happy getting on with my work until I saw her to talk properly, so in those times I would then hear how much she misses me etc, to lead to I miss you too and then suddenly she's back. Then once more, make being back really amazing for him, make breaking up the next week even harder, and continue that over time until his behaviour is modified to serve her rather than being himself and living as he was before.

The goal is to transform a happy, alpha male who wasn't even looking for a partner as was happy alone with their work being their life, to her slave, so that making her happy became my reason for living and her having no boundaries at all. It was all done so slowly, ie the water was gradually increasing in temperature over the course of a year before I realised someone had been heating it up! Suddenly the water was definitely hot, you aren't just imagining it just because you had never known hot water before so had thought it must be you imagining it. Suddenly, no it's not me! I am not imagining it, I have been feeling this increasing pain for a reason, the water definitely is nearly boiling!

At that stage I expect as no others seem to have spoken about "escaping", I expect I am supposed to be so dependant on them, be it financially as by then my own life should be in turmoil enough that I struggle everywhere in it, be it simply for my own happiness now being linked to them and the desire to make them happy that I would stay in the water and well, you have seen from the documents on Cuckolding what sexual things that may have led to! To get a male like I was to being broken and lost all their confidence took a year, another year and I may have had to move into hers and be dependant on her, then watching her go out whilst I stayed in, then watching her bring someone else back, the next year who knows, maybe living in a cage in her basement.

July 2021 - to Kay

I said to you either support me or I have to leave, it's clear why I was like I was. I then had a few days getting back to me before you come and try to stop work which the girl I fell for would never have done hence why she had nice things and fun nights. Just know if there is no remorse, proper talk, then things will come out as the bloody pattern and messages I just accepted are ridiculous, you can even clearly tell where things started and when you were making out you are at yours for

whatever reason to be with someone else. If something so big happens that will be looked at and I won't care if I just keep getting lies until then, hence asking to talk. It isn't for my benefit, the worlds and yours, I am completely happy with what I need to do. And that's a shame because a year ago Kay, I fell for you, just over a year ago I wrote fallen leaves. But a year ago, a pattern of doing things to not be here over Fridays etc so I started questioning why and therefore no wonder I ended up needing to hide from the world and life, it is clear why now. I wouldn't have any remorse on that as yes everything does happen for a reason, making out I'm crazy and the lies though...did you forget who you lived with for a year:(

When I said I saw you that night you said to me they are UNDER the bed in the black bag where they always are but I looked and they weren't. I brought the cream bag in when you came back! So please stop! All the clothes I saw you in that night came back when you did.

There were 3 pairs off boots Kay with cum stains on! Not dirty! And underwear and zebra outfit thing and more. You made me take a photo of you wearing an anklet on your right ankle (don't pretend you do not know what it means). Who takes one of 6 cushion covers home to clean and gets fake tan on my side of the bed and the flat smelt weird when I came in.

And how did I last a year more like? Because I loved you and was hating myself and frustrated why we kept arguing. Which started as soon as we were properly together, same time as sex stopped, same time as doing anything to turn Adam on stopped. So yes if I am happy that is when we do nice things at weekends and birthdays and I go to bed at 9 in the week.

November 2021 - to my mother

Maybe you don't realise how much the person who should I thought would be there for me has actually made these last five months so much harder, losing my mum on top of having to psychoanalyse and give psychotherapy to myself (sure you've not even read that document), build a business up and the thing of which we don't speak, lose my partner who I was made to think doted on me and only best friend in Leeds. Door smashed in when it was me who'd reported a crime and then a broken door locked only by a padlock for 4 months before being replaced, having to tell the landlord myself, having to make that rent still whilst dealing with it all, omg get this...I've listen all

that and almost forgot heart attacks. Ooh the whole crisis teams turning up when I'm speaking with clients trying to maintain business when I bloody help people with mental health! The fact I nearly forgot to mention heart attacks should alone show how much I've dealt with and managed it. I can't ever train again like I used to, or even close so I rarely go gym. I still have chest pains constantly and know my treatments been completely wrong. I mean I was supposed to have a checkup every 6 weeks but obviously that hasn't happened despite me chasing.

Recap and summary of the ending:

Kay had said at the end - "I know why it ended with Bea and Vikki." Vikki? She was just a friend though I thought. Of course now I know the whole context to that statement.

So when I found out of course I called the police! At the end of the first relationship with Bea in 2018, they had spent 45 minutes with me, looking at all the communication between us and said "this is the worse coercive control I have ever seen! You have to report her!" I should have done. But, I had no idea then that it was an intentional, planned and taught process to ensure that I was a shadow of myself back then. I presumed (it is only then that I become obsessed with psychology and philosophy as a result) that it was something related to a psychological illness in her - not intentional! So of course, following my realisation of what Kay had been doing I called the police as this was ten times worse and more obvious than what they had seen in 2018!

Yet not one message was looked at. No report was made and as you can see elsewhere, they made a fabricated report which can be seen on my IOPC communication on the same page on my website. The IOPC complaint of course was handled by West Yorkshire Police themselves so I was never spoken too and instead was harassed into silence by them. The fact that all was so obvious is what led of course to me discovering they were responding in accordance with Alison Lowe's directives, again see that page on my site for the full story.

So I call the police and yet, after still trying to get to speak with a law abiding police officer, when she had to come to get her stuff from mine which I had left in the corridor for her and then gone for a walk, the police turned up with her at the time arranged! I called the police on her and the next thing, they are turning up with her to collect her things AND despite all being in the corridor I

returned to find that they had smashed my door in to gain access to my apartment! They knew I was not in, yet came with her and broke in to my apartment, I presume either to look for my laptop to coverup the evidence I was finding or, as she knew there was evidence of more wrong doing that may have still been in the apartment. Of course it would also serve as another sign to me to shut up! But I could not do that, once I saw just how big this is. Not shutting up then meant, being harassed by mental health services as well as the police, which was hilarious considering the work I was still doing at the time that was helping so many others with their own mental health! What happens where you have gone through that for a year and then instead of receiving lawful support from the police, they actually deliberately add to that abuse? You have a heart attack, still nothing was looked into. A year of turmoil, I lost 50lb of muscle weight, was broke, ill, could no longer train as I used to (a large part of my living) and had a heart attack! Yet, still following this, the police abuse and neglect continued. My life had been taken from me in every aspect I had thrived previously, yet if I fought what was going on, then more police abuse would follow. See the video on that page on my site too that was only released earlier this year regarding the actions of Alison Lowe (the Deputy Mayor for Policing and Crime and also one of the Stonewall Identity Revolution agenda leaders), even the evening that was released and following tagging Alison Lowe on twitter as I did so, police turned up again at my apartment!

I have fought for over a year now, and I hate the fact I have not been able to get justice and out this evil because it isn't just me it has affected but everyone I work with, my landlord who has been amazing in his understanding of my struggles, my family despite having lost my mum as a result of this and her presumption that what she has been told by the police, Kay or whoever else meant that I had fabricated everything. So the time I needed her support the most was the time that I lost her and we have not spoken properly for a year.

Some amazing friends have done so much to try to help me and that has been a blessing that means this must now end so I know that my life and their support has come to some good - stopping everything related to this social identity politics revolution. At the start of lockdown remember I had pulled someone out the river and at that time the police were amazing! They were going to honour me with a commissioners award for bravery...then this happened. That same police force have now taken away my life and whatever I may have done in the future to help others. Had I been able to make the report and show the communication at all, then justice would

have been done, people would not have looked at me as though I had lost it with all this being too crazy to be true, I could then have focused on me, repairing and loving work again! But a year down the line I have failed to get justice and my life has only become impossible now. I have not been able to repair myself when this evil is still continuing, at the stage now where by the time you read this I will be homeless means writing this as quickly as I can so I can feel confident in the knowledge that my own life is a worthwhile sacrifice to blow this whole thing up and end it!

The Police, Mermaids, Stonewall, Touchstone - It is Alison Lowe the sick ideology of self identification which has killed me!

There is already so much on my site here, but here is the rest...

Have you heard of Queer Theory?

Well we are actually living under it here in West Yorkshire, as had recently attempted to begin in other locations too, as a law in itself. That is a law that consists of anything which aids the destruction of the perceived social normalities that create oppression and continue to serve the patriarchy. There are University courses now to teach this stuff! Google Queer Theory and you will see it is not a science at all, but anything that can be used to help change social norms - to eradicate the evil patriarchy of which a white heterosexual male is of course deemed to be a part. To challenge heterosexual normalities and, gender normalities too.

A person who identifies as transsexual is only oppressed or seen as a target for abuse as they are different from two dominant norms (male and female). Therefore, if it were possible to increase the spectrum of possibilities to an infinite number of norms with an equal distribution across it, then one is no more different than they are all from each other. Hence the term and usage of non binary being coerced into the thinking of young children. Consider the fact that if the next generation grows up without the notion of gender being specific to male or female, but always at a an infinite number of positions between the two, then everyone is the same in our perceptions, transition itself therefore becomes an expected possibility to the parents of any child and they may even assist their Childs exploration. That is the queer theorists ideation of society.

Which then brings me on to the sexual preference side of it too and to assist the exploration...

Now, if we could take the concept that suggests that a position on that gender spectrum is what defines gender, then we are suggesting that gender is a psychological concept and not only a physical one. That means to say, we are the gender we feel and its entire support base is why we are seeing acceptance of such unknown evils by means of the psychological trauma altering the neural pathways in a persons mind can do, especially if they question what has happened to them when they are acting in ways they would not have done a year before so were unaware of until then how they were changing in ways they did not realise were directed softly by others. That is just for those who are not completely deconstructed mentally enough and rebuilt to that final psychological transition and the old reality removed completely.

A person who has transitioned will usually say when asked, that they have always known they were meant to be of the opposite sex to that of their birth body. This would mean that there would be a psychological imprint at birth, knowledge, an experience prior to the development of any senses is already in the psyche.

If there is a psychological trace therefore from birth of a knowing as to whether a person is male or female then it would mean lesbians were actually likely more male orientated in the gender spectrum but born in the wrong physical bodies. That is where the divide is with the LGBTQ+ and the LGB communities, I am sure that once this all comes to light and the Q+, Queer theory, is abolished then the T will be accepted again for those who chose realignment as feel it would enhance their life despite the risks and they are not concerned that it is a result of their life experiences including social of course, then normality will return.

The given scientific basis for gender to be defined by a psychological imprint by these psychopaths from birth is based on the principle of the vast majority of the transexual population "just knowing" they were in the wrong body. For this principle to be true, it would mean that there is psychological knowledge contained in the DNA that identifies a difference, in what the minds knows to be female or, to be male. The mind though can not know that this feeling means I am or am not a male, before they have learnt how a male should feel. You can only feel a certain way from experiences.

Young boys when I was growing up, would often get teased or laughed at if their emotions made them cry and that may be a traumatic experience associated as a flaw in him as a man, which would result in a higher value placed on displaying more masculinity. It is changing slowly, the change occurs from the expectation of man being very different from each generation of fathers. In time, that increased empathy and, reward experienced when witnessed by an audience who hold it in a far higher value is perceived with displays of those traits, the likelihood of a potential bully is decreased, and more importantly, it does not receive its reward centre activation, the response is no longer laughter but disgust. That is the progress of reducing perceived difference. However, the hormonal differences between males and females are not restricted to the hormonal levels and sex organ differences alone. Natural selection would dictate that if there were an advantage in any genetic difference then that difference would become more apparent whilst it remains so. Therefore, if a male has a physical structural advantage of any gland, receptors, organ be it the optimal over all size, the shape and internal structures too that aid in the bodies chances of survival will also have evolved in difference between the sex's and thus creating a cascade of flaws throughout many many other bodily processes too. Yet, to display this are therefore creating another belief by that one too, in that it must also be the case that certain emotions are only expected to be experienced if you are of either or, but not both sexes. That belief would only serve an undesired result for its followers too, men attempting to repress feminine traits even further and not less, and women to feel a further need to be more and more feminine.

Dismantling all the socially created normalities that cause oppression - the normalities that serve the patriarchy and the patriarchy is to reason for white heterosexual males dominance in society. These would include the social constructs that encourage the normality of marriage, single sex partner relationships, heterosexuality and binary defined gender.

Marriage is seen as normal to society as a result of our upbringing from children in the patriarchal society and therefore, teaching through that lense may at times in itself be offensive to those from families of different beliefs and would be a little like the merit of considering the complete dominance of that lense in our education system which has been and is being addressed now. Perceiving a male and female monogamous marriage though as normal then means that those who are of different beliefs may consist of many who's way of life is not only

different but frowned upon. For example, a means of marriage that is not for life, or a marriage which does not bind one or both partners to each other in anyway when it comes to sexual partners may well be considered normal to some people who would therefore feel they have to hide or even be ashamed of their own practices because of those normal patriarchal beliefs. Therefore, if it were possible to change how we are educated around this by political activity that grows in influence and aids the right media and social media propaganda then we can ensure there is representation of these minorities in new legislations and policies.

That is where the use of this as a normality can be used to the advantage of those who desire too, such as those who practice chaos magick (also mostly developed around Leeds). For example, the perceived normality of patriarchal monogamous relationships is why only those who are into the BDSM or Hotwife lifestyle that would know what the signal of the anklet was. That is also why I fought against my own intuition for so long, it must be me as this is Kay and I had no concept of beliefs other than that she adored me, was good for me, would do anything for me etc. It was a skill to establish those beliefs so firmly, that they were then to provide a basis for the complete psychological deconstruction of how to live as an adult in this world. That is just how dangerous this is to the victim, it is about far more than the overcoming of a painful experience alone, it leaves them without the neural connections that had developed over their lifetime previously. That is not to say they do not have memories, but nothing is normal anymore, small things like the world they see outside, the ability to organise or complete fundamental tasks. In deconstructing the expectation of a normal relationship by my beliefs, it also means complete loss of faith in the concepts of love and trust too, for when you have felt this is the person I feel I can trust more than anyone in my life and, this is the person who has shown more attraction and even love to me than I have felt before you believe that you can now never trust what you perceive of someone again.

Therefore, in proponents of queer theory and radical feminist philosophies, the belief in its normality and expectation to marry in the Christian sense of marriage is one of the mechanisms for female oppression, male violence and oppression of non binary gender groups, or sexual preference minorities and those with alternate marital religious beliefs. It is the referral in literature and then radio and television always to expectation of a male and female monogamous union and the history of frowning upon any who may have desires for a same sex partner, to have multiple partners and so on, that is responsible for those people suffering throughout their lives.

Especially as children and feeling ashamed of themselves if they have by then firm beliefs their desires are “bad” and of course they would be scared to share that with their parents and friends or anyone else for fear of abuse, or knowingly being looked at with sadness, sympathy or any of the other negative perceptions that are still prevalent though far less so than in the past thanks to our natural social evolution.

These organisations are all under that Stonewall Umbrella and sharing the same ideological objectives which are no longer in the best interests of humanity. That is not only the concepts of gender within the identity revolution, but with our desired sexual identities too. Those who may have sexual attractions or desires which they feel society discriminates against them for its perception that those behaviours are abnormal, wrong, weird and often considered evil. There may well be a case to be heard for some and awareness due, or for others a better understanding to then provide the correct care. If Stonewall were communism, then Leeds is Petrograd. Former Touchstone CEO of over 20 years and regular Stonewall awards winner Alison Lowe is in charge of the police force and its complaints system which made me laugh seeing recent requests in parliament for the police to investigate the Mermaids charity when it is that same police force implementing the same evil philosophies as law themselves. The University is the place to go to for gender studies and particularly those with an interest in Queer politics. Now, consider what is also huge in West Yorkshire at the moment in the news? The daily reports often involving police officers, councillors as well as other members of the public relating to grooming gangs, indecent images or other kinds of pedophilia. Often, these with fade from the attention without further updates or appear to have been given a far too lenient sentence, no doubt due to the defence proclaiming it is something that is natural and we should be more sympathetic as these people can't talk about what they are feeling openly. Have you heard the term “minor attracted person” yet? It's all related.

Maybe this is why I suddenly decided to move to Leeds, fate perhaps. Maybe in 2017, I was given 5 more years in return, not for only for the potential magnitude of lives that are affected by the evil practices, but to then help bring more attention to the issues that are still experienced by so many people as a result of our prejudices. Yet, equality will not result from encouraging divides, as I have mentioned elsewhere, we do risk undoing the incredible work of those like

Martin Luther King and any of those who brought about the progress to now compared to their own time. Yet, they were not fighting for their own dreams of a role reversal of the white man and themselves, for it is those who lead by virtue of their own character setting an example and knowing, that when it comes down to the mind of any human being, no matter what their characteristics, they are all a blank slate psychologically from birth, that is no memories or knowledge and as those are always being increased with ever sensory input, every experience through every moment of life our characters evolve. We have therefore lost here judgement of character. My life was dedicated to helping others, yet I have still had that taken from me as a result of my race and sexuality. Hormonal differences, anatomical differences in brain structure between individuals of both sexes will create variation in how specific experiences may be stored, ie one may be remembered with the anger of the moment for one person, whilst another may have not felt a particularly strong emotion to it at all and it now it is barely remembered at all so it is natural that characters of a male may display somewhat more masculine traits and vice versa. But masculine and feminine traits do not dictate whether someone is more or less male or female!

I apologise for the errors and where I have had to copy and paste my notes without rewriting. Now I have to go, please please please if you are reading, do not let my life be in vain and make sure this information comes to light to save others and even society as we know it!

Search terms will give more but here are some links and screenshots to help:

<https://www.thetimes.co.uk/article/primary-teacher-to-fight-legal-case-after-refusal-to-call-female-pupil-by-boys-name-ptnp9bmkv>

<https://www.dailymail.co.uk/news/article-11317715/Transgender-childrens-charity-Mermaids-makes-140-000-training-schools-NHS-services.html>

https://en.m.wikipedia.org/wiki/Queer_theory

<https://m.independent.ie/world-news/europe/britain/doctor-put-transgender-child-patients-at-risk-of-harm-tribunal-finds-41798193.html>

<https://www.stonewall.org.uk/our-work/campaigns/ace-hub>

<https://www.stonewall.org.uk/about-us/news/asexuality-queerest-thing>

<https://gendercriticalwoman.blog/category/legal-cases-transgender/>

16:35

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Even police have had training from Mermaids

Police faced an impartiality row yesterday after it emerged the force being urged to investigate Mermaids has received training from the charity.

West Yorkshire Police, which would lead any probe into the Leeds-based charity, received training on 'trans awareness and support' in 2019.

The sessions, which also had representatives from other forces, included slides which asked: 'Where on the spectrum might your gender identity be?' West Yorkshire Police has also promoted Mermaids' work on Twitter and launched a number of hate crime investigations after complaints by Mermaids staff about social media comments.

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gone on to expand its reach in the UK for children's lives, with a British High Court judge banning Mermaids from communication with a family after it was discovered that the mother had forced her four-year-old son to live "life entirely as a girl." In fact, Mermaids, a political lobby group and not a professional organization, recommends the services of Dr. Helen Webberley, a GP (general practitioner) who was told not to run her online transgender advice surgery by watchdog Healthcare Inspectorate Wales (HIW) earlier this year and who just two weeks ago was found guilty offering sex-change hormones to kids. And even after this last ruling, where Webberley was suspended from her practice and fined £12,000 for failing to register her online advice services with a health regulator in Wales, still Mermaids continued to recommend this doctors practice on its website. They have only removed their recommendation to Webberley's services very...

#forbes.com

21:04

Tweet

Sally Reform UK GBNews liked

Anne Bowman. @greenanders10

So it has emerged that the NHS is spending g £40.7 million a year on diversity staff, 800 diversity officers on an average £47,000 salary, plus other more senior positions earning as much as £70,000 a year. This could pay for 1.3 million GP appointments or hire 1200 new nurses.

21:20 · 15/10/2022 · Twitter for iPhone

1,244 Retweets 81 Quote Tweets 2,139 Likes

@beaverley1 · 1d
Replying to @greenanders10
I was due to have a scan on 15th at 8am - cancelled due to staff shortages. So pleased the NHS has got its priorities right. Perhaps one of the diversity managers should have stepped in.

Tweet your reply

19:03

Mermaids @deputymayorpcwy

Top Latest People Photos Videos

West Yorkshire's Dep... · 12/09/2021
@TransLeeds @LeedsLGBTAngels @WYP_LGBT @NonBinaryLeeds @Mermaids_Gender @LccLgbt

West Yorkshire's... · 01/09/2021
The @MayorOfWY has launched the consultation to inform her first Police and Crime Plan!

Your views will feed directly into the Plan which sets the strategic direction for @WestYorksPolice community safety partners & commissioned services

#TellTracy here yourvoice.westyorks-ca.gov.uk/police-and-cri...



The Police and Crime Plan is crucially important as it sets out how my...

West Yorkshire's Dep... · 16/10/2021
@Mermaids_Gender talking about the...



19:06

← from:alison_4life mermaids

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Alison Lowe OBE @alison... · 30/11/2017 ...
@Mermaids_Gender Suzie Green gives her #Acceptance speech @EIDAWARDS #IT50 @InclusiveTop50



19:06

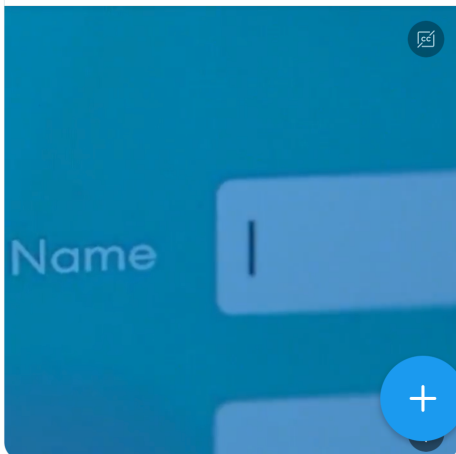
← from:alison_4life mermaids

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Alison Lowe OBE @alis... · 04/02/2020 ...
This actually made me cry! I felt James's pain and I hope this campaign leads to more #acceptance and #tolerance #WhatsMyName @Mermaids_Gender @StarbucksUK

Channel 4 @Cha... · 02/02/2020
Introducing the winner of this year's Diversity in Advertising Award. @StarbucksUK are raising awareness and much needed funds for @mermaids_gender We encourage you to say your name proudly #WhatsYourName



19:07

← from:alison_4life mermaids

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Alison Lowe OBE @aliso... · 19/02/2020 ...
I don't usually like to advertise but for this I have made an exception! @Mermaids_Gender @LouieLeeds @StarbucksUK



1 16



Alison Lowe OBE @alis... · 24/09/2020 ...
Thanks @sharonallenarhc I am donating each to @LeedsGATE @NonBinaryLeeds