



Musti

5 messages

Fabian Williams <FabianWilliams1989@hotmail.co.uk>
To: Sanardi Azam <azam.analytics@gmail.com>

Fri, 24 Nov 2023 at 21:36

Hey Musti,

I'm shit at explaining serious stuff in person and find it easier to write stuff down, which is supposed to help anyway apparently.

I know you don't like me. You said so and I can't say I blame you.

I've done a lot of shitty things. I see things that aren't there when i'm really angry and when i'm running hot i misinterpret actions and comments then respond badly, sometimes violently.

I've hurt your mum on multiple occasions which is something i am far from proud of. In those moments, like with the spirit level, in my head, i saw her swing at me or start wrecking my stuff. I get this is not the case. imagining a glass cupboard is proof of that.

I have only recently started bothering to look into borderline, i was told i had it a decade ago-ish but never gave it much thought, i was depressed and suicidal. putting a label on it made no difference to me. and when you see people like Amber Heard get labelled with it then crucified, to be honest i just pushed it to the back of my mind.

So, recently finding out I can't trust what i see or feel when i'm angry, and all the memories i have where i was angry are corrupted (and i'm angry half the fucking time), is a bit of a headfuck. I can't vouch for my own memories. i hope you can understand how this might affect someone.

The more i read into it the more instances I'm noticing of shitty things i did to your mum, or to Ahmad, or to you. In my head, i had reasons, these reasons are bullshit, a fucking mental illness manifesting. I'm noticing behaviours like "recycling" running over and over emotions that are from the past that can't be changed. me and your mum are both spotting mine and our bad behaviours and stopping one another before it goes to far. Its hard, her autism triggers my borderline and vice versa. I struggle but I'm really trying. Your mums much better than me obviously. in all ways really.

Here are a few examples of times i was a cunt:

*Bollocking Ahmad for eating toast for breakfast. Who the fuck chooses that as a hill to make a stand on. (to me i was worried your mum would bollock me because the pasta would go to waste and he'd ate the bread i needed for sandwiches and I'm a right aggro wanker in the morning, which is no excuse and something need to work on massively)

*Bollocking your mum for enjoying the countryside.

(to me it felt and looked like she was trying to pressure and attack me into not moving to portugal in a really arsey way)

*Grabbing your mum by the throat when she had the spirit level raised.

(I literally imagined glass cupboards and saw her go back to swing with it. My ex Denisa, she woke me up once literally throttling me in my sleep. threw bleach all over me and my clothes, smashed a glass against the side of my head in the kitchen all sorts, she is a huge part of why i'm as fucked up as i am, her and my mum. All i can think is that i had some kind of trauma flashback and thought i was there. I'm crazy, who fucking knows.

*Railing on your discord after i got my stuff from the house.

(That was out of order, i am sorry, you know that how smug you were following me around didn't help, when i got there i didn't plan on getting like that, i put cardboard down to look after the carpets and tried to be cordial. It was a fucked situation and various triggers made my head fall off. you saw me, i had a full on borderline episode, i was hateful as shit. livid. i lost it and i shouldn't have and i'm truly sorry)

*your mum buying portugese books with my audible credits. i had a right go at her. proper fell out over that. (she was trying to help me prep for the move to portugal that i forced her into through my own fucking stupidity not checking if i was even allowed to go, i heard someone say 8 years a long time ago, it stuck in my

head and it was wrong, i never checked it, like a dickhead. but to me i felt she'd invaded my privacy spent my money without asking and i was angry hurt and felt ripped off. all of this is fucking ridiculous. she was trying to help. I pick at her to push her away to confirm my subconscious suspicion that she want to leave me because i have abandonment issues and in my head at those times it was justified to me as i didn't realise the emotions i was feeling were completely mental)

*Giving your mum grief for coughing in her sleep after giving her a cold.

(again what the fuck, i see it now looking back and i know that's such a prick thing to do. Pushing her to leave me.

If you can think of anything i did, or do that is like this i'd appreciate it if you can point it out to me because despite what you might think i really am trying to not be like this dude. I'm really trying with the therapy, getting booked in for some courses on DBT through the doctors and working on my DBT book, though it is missing at the min so i might have get another one. And its no easy fix anyway.

Me and your mum have agreed on many boundaries, like not discussing things that piss us off in the morning as we're both combative when we wake up. And despite her wanting me to move back in asap i don't think it's a good idea, i'd much rather have somewhere i can escape to when my head falls off so i don't hurt anyone through words or actions.

I can see you've lost respect for me, and i get it. But all the good i did, and things i helped with, and nice moments we all had together i meant. I am not a narcissist, i do care and i have loads of empathy. i am fucking crazy, don't misunderstand, but i considered you my son, same as Ahmed. I love you both. i was your dad for what, a year and a half? i get you don't see it like that now and may never do. but i'd like it if we could go back to that. i enjoy gaming with you when you're not being an arse. i'd still quite happily play darktide or whatever with you. you are hilarious and we had some funny times. i miss that.

Either way, I love your mum. And i plan to do whatever it takes to fix myself so that i can be the partner she wants and the dad to her kids she needs.

I'm sorry about your birthday bowling thing.

Lee went from long time friend of your mums, to an "Ex" that lingers outside her house after she dumps him after just 3 weeks of autism triggering leechiness. he proposed to her on an escalater last year while we were together after i offered to make him a brew. and has done nothing but weasley try to steal her off me for the past two years chatting utter bullshit about start signs aligning writing her love letters and other vomit inducing shit and i put up with it for 2 years while they were just "friends". now they aren't just friends, theyre ex's. So i'm sorry i didn't want him sniffing round the person i want to marry and spend the rest of my life with even if it was for your birthday. The more that lank haired rat is waved in my face the more borderline i feel and i lose control of my emotions.

I'd like to come and enjoy this weekend with you all and try to build some bridges between me and you dude. i am genuinly sorry for everything and would like to try and make it up to all 3 of you however i can.

I hope you'll give me another chance and if not i get it. If you really can't stand the thought of me being there tomorrow and sunday for bowling and whatever let your mum know.

I'll be gutted but its your deal man and i want to respect that as much as possible. Even just that small interaction having a giggle with you where you showed me the video of Ahmed being lazy meant the world to me dude.

You don't need fell like you have to reply or anything, i just want try and explain myself and appologise. and its hard to speak it out loud and not sound like a mumbling retard.

Fab x

He d be a total dick if he doesn't drop it after this sincere and loving message. Maybe send it in discord? I don't know his handle, fo u still have it?

What time u coming tomorrow?

Love

Catherine Williams

[Quoted text hidden]

Fabian Williams <FabianWilliams1989@hotmail.co.uk>

Fri, 24 Nov 2023 at 22:15

To: Sanardi Azam <azam.analytics@gmail.com>

I'll do it now.

Late morning early afternoon

Sent from [Outlook for Android](#)

From: Sanardi Azam <azam.analytics@gmail.com>

Sent: Friday, November 24, 2023 10:03:58 PM

To: Fabian Williams <FabianWilliams1989@hotmail.co.uk>

Subject: Re: Musti

[Quoted text hidden]

Fabian Williams <FabianWilliams1989@hotmail.co.uk>

Fri, 24 Nov 2023 at 22:16

To: Sanardi Azam <azam.analytics@gmail.com>

Not necessarily, he might just want more proof 🙄.

Love you too ❤️ xxx

Sent from [Outlook for Android](#)

From: Fabian Williams <FabianWilliams1989@hotmail.co.uk>

Sent: Friday, November 24, 2023 10:15:27 PM

To: Sanardi Azam <azam.analytics@gmail.com>

Subject: Re: Musti

[Quoted text hidden]

Sanardi Azam <azam.analytics@gmail.com>

Fri, 24 Nov 2023 at 22:28

To: darkness22obsession@gmail.com

[Quoted text hidden]