

1 my experience

I've split this document into three parts; the first deals with my personal experience, the second is Ghost's public incidents, and the third is a list of health resources. I wanted to consolidate everything into one source, rather than it being spread across different threads on different apps. Please heed the warnings. In case any images break, [here is a Google Drive with all of the screenshots](#).

## **My Experience with Ghost**

CW: Suicide/suicidal ideation, self-harm, manipulation, familial death, ableism, (verbal/emotional abuse?)

I intended on keeping it a private matter, but between Ghost's meltdowns about Team6x111 and their weird, racist comments, I felt I should comment on it and share my story. I have no interest in trying to cancel them or ruin their life, I want them to get help and not treat people like this. I want others who were hurt to feel seen and have the courage to stand up for themselves.

Before I start, **please do not harass Ghost, and please don't try to contact former Team6x111 members or push them to say anything.**

*(Edit 24 March: Every other Team6x111 member has been in support of me, publicly or privately. Please don't pressure a statement from anybody else. I do not condone harassment of any kind, including towards Ghost)*

I'm Enoch, I was friends with Ghost for over 5 years and was their roommate for 4 years, from 2021 until 2024 when I was 19-22. As I am writing this, Ghost is currently 28. I was in Team6x111 from its formation until October 2024. When I was 18, I had a brief stay in a psychiatric unit, during which Ghost told me I was moving in with them (it wasn't a request, I was just simply told). They let me live with them rent free. I struggled to maintain jobs because of my disabilities and severe anxiety. I cut Ghost off after the culmination of the pain and mistreatment I received went repeatedly unaddressed in 2024. As far as I know, I was the only person to actually cut off Ghost; they were the one who blocked and ghosted everybody else. They haven't meaningfully apologised to anyone.

I'll discuss it further in this doc, but off the bat I just want to counter their claims of abandonment.

 **two or three pals**  
@ghost-and-pals.bsky.social + Follow

anyways fuck team 6x111 for abandoning me as my MOTHER WAS ACTIVELY DYINGGGGG

 **two or three pals**  
@ghost-and-pals.bsky.social + Follow

my friends abandoned meeeeeee ;\_\_\_\_;

(translator's note: if you've ever owned a cat, you would recognize this behavior as "meowing and scratching at a closed door." in humans with BPD, this behavior is done as a request for forgiveness after an honest misunderstanding occurs between friends.)

3:33 PM · Mar 13, 2026 🔒 Everybody can reply

4 reposts 86 likes 1 save

5 4 86

Write your reply

 **two or three pals** @ghost-and-pals.bsky.social · 4h  
(furthermore, the misunderstanding is in my own mind, and due to my social upbringing taking place on social media in the first place, i am acting pitifully in expression of these feelings.)  
2 50

 **two or three pals** @ghost-and-pals.bsky.social · 4h  
if the "i'm sorry" you wanted has to be done publicly vaguepost-style, then here.  
1 37

 **two or three pals** @ghost-and-pals.bsky.social · 3h  
i'm sorry. i hope you can trust that it's water under the bridge.  
1 38

These claims of abandonment are largely false, even from Ghost themselves. This was their channel description in June 2025:

## GHOST



### Description

CONTACTING ME IS UNRELIABLE AT THE MOMENT:

i'm currently prioritizing my parentally-neglected health issues. as much as i want to respond to people, i'm overloaded by the real world too much to engage with everything that i want to; e.g. i've completely cut off contact with even my closest friends; i.e. if we're just friends, please feel hurt by my silence so you can let me back in once i'm ready to make a little more noise again. similarly, fans are one big friend by generalized proxy to me, so i hope you (big plural) understand. keep listening; it directly pays for whatever maneuvers i need to force my way through. something-something, we live in a capitalistic society. at least i can monetize the public's ability to witness my process within it, therefore i promise to compensate my absence as soon as i can. thank you.

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I will provide as much context and screenshot proof as I can, but some of these incidents happened in real life or I have to redact them to remove personal information on anybody who isn't me or Ghost. In the screenshots, I am the one with the account named "little man" or "tobert/toby".

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## June

My memory is fuzzy on specific details, but starting around June 2024, Ghost would have these episodes where they would not come out of their room and would not respond to Discord. They would return after some time and said them remaining silent was "the point" for whatever unspecified "toxicity" people were perpetuating (Ghost refused to give examples).

06/10/2024 8:41 AM

hey is **Ghost** okay i havent heard from them in over like. 30 hours that isnt necessarily too weird but the fact they missed dnd and havent said anything has me worried

06/10/2024 9:25 AM

Im curious too  
**@little man**

06/10/2024 11:24 AM

any updates....

06/10/2024 11:27 AM

no..

**YEAH** their life360 says their phone is off or out of network so they're probably just

**Ghost** 06/10/2024 2:53 PM

50% this 50% "it's not just me y'all are acting really weird on purpose and i dunno why so i'm just gonna do my own thing until it's very clearly over"  
was originally gonna play it 100% silent jic that was The Point but then i was like. well ok then i'm just being hypocritical so

06/10/2024 2:57 PM

Oh is everything ok?? ldk if I have the

06/10/2024 2:57 PM

Oh is everything ok?? Idk if I have the context for what prompted this vjsjfs

06/10/2024 2:58 PM

ohh i dont know whats going on yeah is everything okay?? i havent noticed anything is up but thats just from my view

**Ghost** 06/10/2024 3:21 PM

idk like i can't remember when it started and i'm not gonna meticulously go through this server looking for thorough proof of examples because even if i wanted to be a freak about it i'm really tired irl, but i know for sure this year in particular we've all just gotten like. really mean-spirited and pessimistic to the point where we're not making much sense and i was emulating it because i trust you guys with my life but i keep noticing myself following someone else's lead and then going "AH. HAHH. I JUST SAID THAT DIDN'T I." and if i'm genuinely being delusional rn then i trust



else's lead and then going "AH. HAHH. I JUST SAID THAT DIDN'T I." and if i'm genuinely being delusional rn then i trust you guys enough to witness that but i've also literally been watching myself become more distanced from you guys because of this and i can't not say something either 😊 like either i'm being mentally ill or this is a very elaborate intervention of some sort or we're all being mentally ill and damn ain't that just life

06/10/2024 3:24 PM

I'm a little confused, LIKE mean-spirited and pessimistic to each other, or just in a more general sense?

Either way I think I can see where you're coming from,, your feelings and concerns r valid and I'm glad ur communicating them with us, but I think I'm still a little lost as to what ur trying to say and would appreciate a bit more elaboration /gen

**Ghost** 06/10/2024 3:31 PM

towards like everything outside this server basically

**Ghost** 06/10/2024 3:31 PM

towards like everything outside this server  
basically

06/10/2024 3:31 PM

I SEE I SEE

I think I get where ur coming from,, this is  
definitely something I've contributed to /

**Ghost** 06/10/2024 3:33 PM

like it's got echo chamber kinda vibes but  
it's still just of people who didn't have good  
lives and have their hearts in the right  
places y'know

This caused a lot of anxiety and panic in me; I don't know what I did wrong or how to remedy it. When I asked what specifically I did wrong, I got a non-answer and they just repeated the assertion that we were being mean and pessimistic.

06/10/2024 3:47 PM

yeah ^ to both messages



**little man** 06/10/2024 3:47 PM

idk maybe I'm just missing something or bc I don't have specifics and my memory sucks but I feel like it hasn't gotten that pessimistic in this server at least? I kinda get w online cuz yeah just look at this year and what's left to come but w/o specifics and a really shit memory I'm kinda just confused

**Ghost** 06/10/2024 3:48 PM

inb4 this is all one big elaborate scheme  
[redacted] is orchestrating to get me to move to

[new city]



**little man** 06/10/2024 5:43 PM

sorry if I'm not verbalizing this correctly or if lom misinterpreting this wrong but I feel kinda hurt rn. I kinda wanna know specifically what I've been doing is wrong and how I can fix that. I feel so fucking guilty that I've been hurtful or mean spirited or catty and I just really wanna know what speciifcallg i can do to change thatv



**little man** 06/10/2024 5:48 PM

yeha i just wanna know if there's anything else  
idk I've been so panicky over this specific subject since like yesterday so I'm kinda of jsut like ahaha right now. idk how to word it I just feel like I've done something so horribly wrong and I don't know what it is or what I can do to fix it



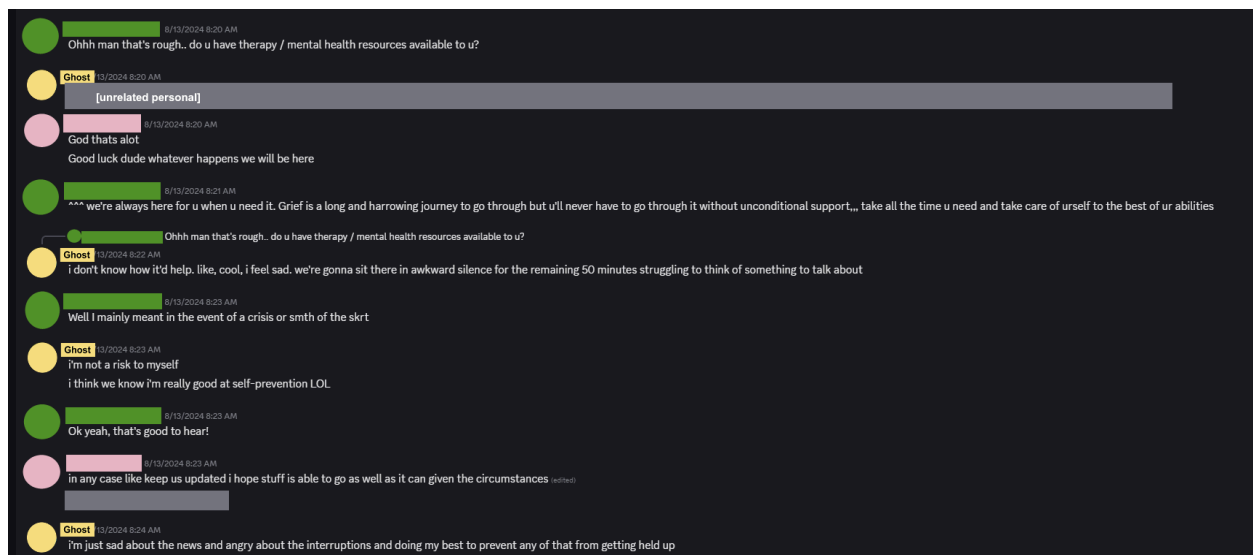
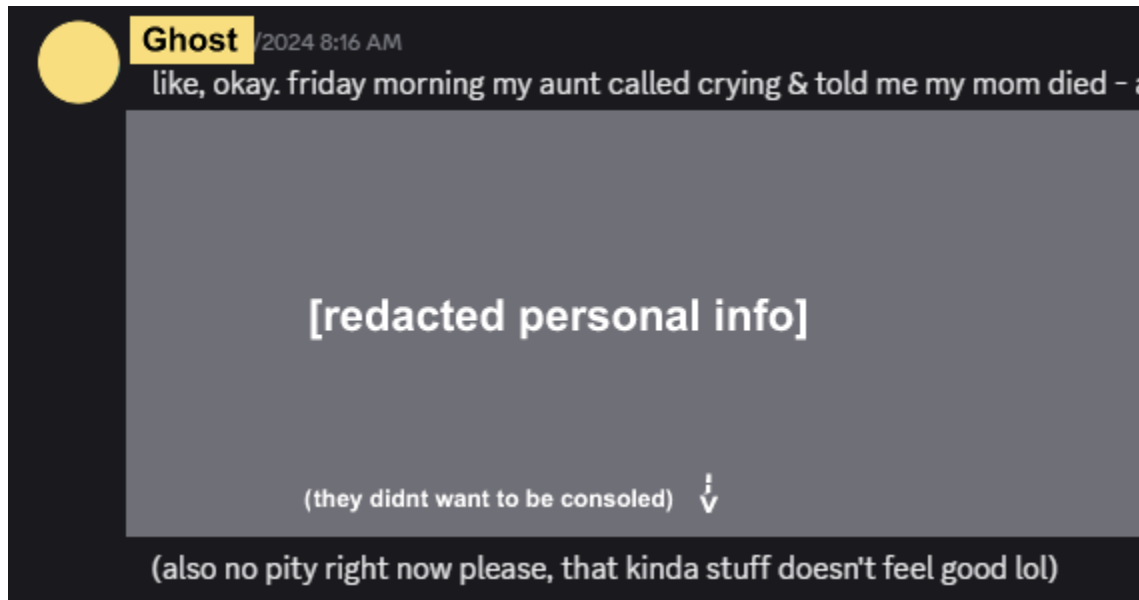
**little man** 06/10/2024 5:52 PM

yeah yeah  
idk I just feel actually insane. like this was something I was specifically recently obsessing over and then it gets somewhat affirmed so now I just really need to know a speciifc solution to fix it

I never really got a direct answer as to what exactly I (or anyone else in the chat) did to illicit this. This fed into my paranoia that I was doing something so horribly wrong to people that no one would tell me about. I knew to some extent it was irrational, I tried being honest about these fears, but no one would respond to them and would talk past me. This just made my fears grow worse and served as a "confirmation". I know it may seem dramatic, the screenshots and my recollection don't really tell a full picture; it was a slow process of minor events that led up to this. I felt I had to walk on eggshells because I was doing *something* to upset them to this degree.

# August

I feel comfortable talking about it here because it is something Ghost has addressed publicly, but their mother died this month. People were there for them and tried offering condolences. A friend took time off work to drive Ghost to the funeral, I stayed home to watch the cats.



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## September

### *Mold & Poisoning*

Ghost began to believe there was mold in the apartment (I'll explain further on there was no mold), they attempted to clean every surface with bleach, as well as tried cleaning cat urine (ammonia) in the carpet with bleach. This created chloramine gas, a toxic fume that can be extremely harmful, causing chest pain, shortness of breath, and in severe cases, can lead to pneumonitis. Sources: [\[1\]](#), [\[2\]](#), [\[3\]](#).

My lungs are compromised, which Ghost knew, as well as there being two cats in the apartment. I had to immediately leave the house because I couldn't breathe and my chest hurt. I asked them to please stop using bleach as it was causing me significant pain, and that the pain was lasting for days. Ghost accused me of lying and giving myself a "placebo effect" because they felt fine, and that I was also fine using Clorox wipes (they lack bleach). They never apologised to me after this or even acknowledged what they said to me was hurtful.



**bless you!** 🐼 09/13/2024 9:54 AM

hanlon's razor: the simplest answer is that toby is poisoning me



1



**bless you!** 🐼 09/13/2024 9:54 AM


he wants everything i own all to himself that's why he keeps calling the honda "my car"

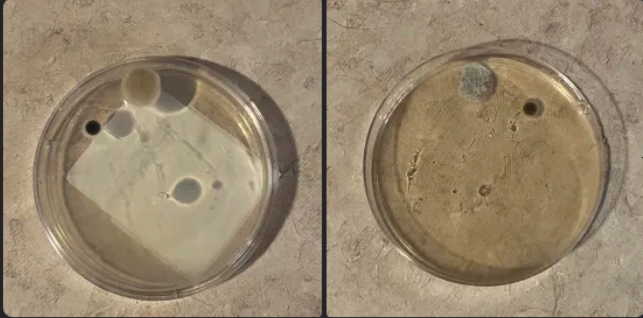



**bless you!** 🐼 09/13/2024 9:55 AM

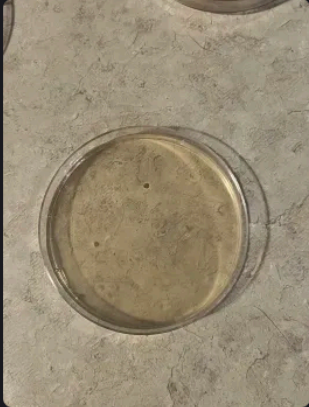
and that's why i'm the only one getting symptoms and he's copying me with the hotel bleach thing

A maintenance worker came and thoroughly looked over the apartment. There was no mold. Ghost later bought petri dishes to catch(?) mold spores. These also turned up nothing.

 **little man** 9/15/2024 12:33 PM  
rechecked the mold tests and nothing on any of the other except this one labeled from your moms bin





 **little man** 9/15/2024 12:35 PM  
bedroom one looks like this




*bin with water damaged items that smelled musty (i can't remember, there might have been actual mold in it) bin was brought into flat like this*

again impossible to take photos of these and also my camera refused to focus

 9/15/2024 12:40 PM  
makes sense for that bin

 **little man** 9/15/2024 12:44 PM  
I was thinking the bin was causing issues bc it's just been left open the entire time

 **little man** 9/15/2024 1:24 PM  
nope all the others I showed are empty

### Hotel

Around September 8th, early in the morning, they woke me up to tell me we had to leave the apartment and stay in a hotel because of the "mold". I wasn't allowed to shower or take my meds, or even really take anything with me because it was

"contaminated". They refused to communicate with me straightforwardly, then insisted we had to jump ship and move to an entirely different state on short notice. I begged repeatedly for anything to be communicated to me, everything was told in riddles or told to other people (instead of me, their roommate). Ghost became more vague and then stopped communicating with me entirely, opting to funnel messages through a third party.

They would get extremely short with me or make mean jokes, or say accusatory things towards me. Whenever I expressed discomfort, they would lash out or give a half-ass apology. They would talk past my concerns, instead saying how they're doing worse or would randomly start detailing their trauma (this pattern will be repeated, publicly this time).

**little man** 9/15/2024 9:55 AM  
auhhhh im constantly being told to not worry about it when it comes to my own life and having to deal w stuff and constantly being told to drop things i wanna work on ahhh i cant do it anym,ore

**Ghost** 9/15/2024 9:56 AM  
ok and i'm homeless

**little man** im just kinda stressed rn and like. idk if its intentional or not but youve been weird accusing me that thisis my fault and i just feel 🙄 idk what to do and im not helping

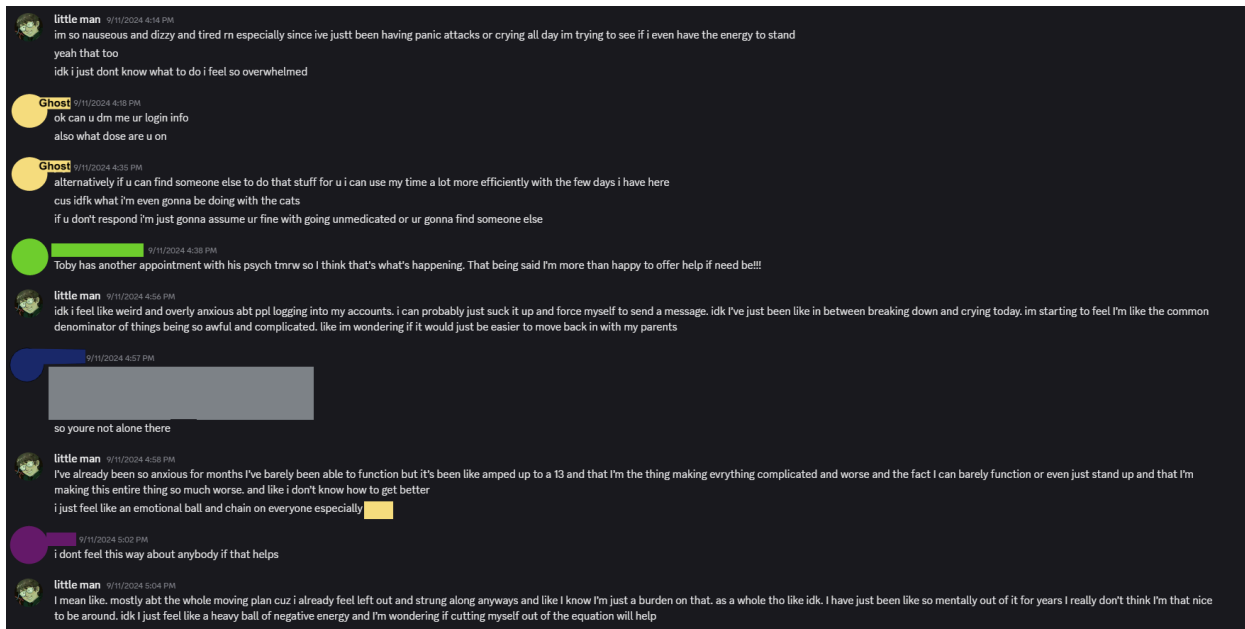
**Ghost** 9/15/2024 10:02 AM  
sorry stress delusions

**little man** 9/15/2024 1:25 PM  
also i'm like still against rush moving elsewhere because like hyper specific trigger of being forced to move places or go somewhere I have little to no control over and not being given a sense of stability so augh

**Ghost** 9/15/2024 1:31 PM  
but (and this is kinda scary) (csa implications nothing graphic) [REDACTED]

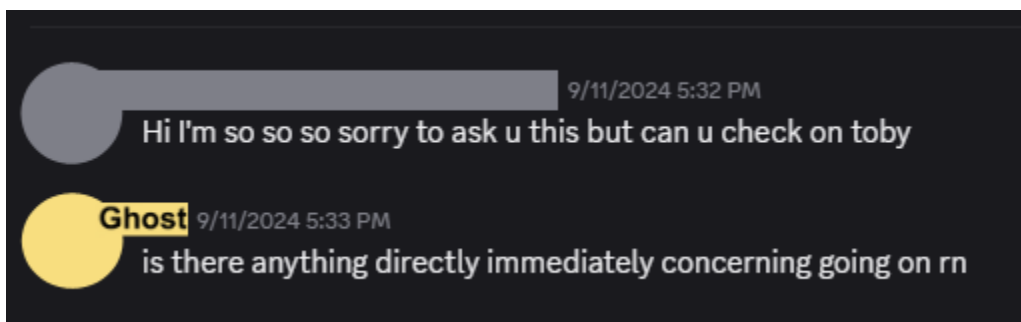
**little man** also i'm like still against rush moving elsewhere because like hyper specific trigger of being forced to move places or go somewhere I have little to no control over and not being given a sense of stability so augh

**Ghost** 9/15/2024 1:32 PM  
and the beautiful thing about it all is that you don't have to do what i'm doing



All of this was taking a massive toll on me. Everything that was happening in the year, plus untreated anxiety and PTSD, came crashing down. I expressed in the Discord chat how terrified I was and that I felt the only solution to get out was to kill myself. I felt everyone hated me and was giving me signs that I was better off gone. Instead, Ghost would talk past me and wasn't acknowledging what I was saying, just kept telling me to "wait" and they would explain the plan later (they did not).

Even as I was breaking down sobbing on the hotel hallway floor, tearing chunks of my hair out because of their lack of communication and feeling so utterly lost, Ghost had no reaction and ignored me. A friend asked Ghost to check up on me and this was their response:



**Ghost** 9/11/2024 5:52 PM  
[redacted]  
re toby i genuinely can't have any plans rn that's the thing  
i don't know what the fuck i'm doing and things are entirely being improvised  
i keep TRYING to make plans and they keep getting interrupted either by other people needing my attention or my own situation needing a change in plans  
hence why i'm being extremely selfish rn LMAO

If I remember, they never did actually check up on me. They seemed inconvenienced that their self-proclaimed selfish actions were taking a toll on me. Instead of making sure I was okay, they asked me to run an errand for them.


**Ghost** 9/11/2024 8:08 PM  
@little man hi sorry for the @ just making sure stuff gets through - so tldr this place fucking sucks and  
[redacted]  
[rant about getting glue in fur]  
[redacted]  
tldr are you down to run to [store] rq and get olive oil and a comb LMAO

9/11/2024 8:11 PM  
oh yeah ive had a cat get glue trap stuff on him its annoying as hell to get out.. [redacted]

**Ghost** 9/11/2024 8:11 PM  
yeah bean's short-haired so

9/11/2024 8:12 PM  
yeahhh

**Ghost** 9/11/2024 8:27 PM  
nvm [irl friend] gonna uber over

**little man** 9/11/2024 9:31 PM  
 sorry i've like been asleep (was trying to end my own life)  
Like I genuinely cannot cope rn I'm forcing myself to sleep thru the night

## Moving

A couple of friends had flown out to help Ghost move, but mostly to be there to support the both of us. I can't really be specific on what, but people sacrificed a lot to be there for Ghost.

While helping move things out of the apartment, I kept getting repeated POTS episodes (tachycardia, dizziness, near syncope) and I had to keep sitting down to catch myself. I don't remember the specific wording they used, but they kept responding in a vague, accusatory tone like, "Are you *sure* that's POTS? I don't think that's what that is. It must be something else". I have been diagnosed and was in the process of receiving

treatment. I was baffled by this weird response to my disability flare-up from physical work. We went outside to get fresh air for a moment, and when I was using a cane to stand *because I literally couldn't support myself*, Ghost tried *taking the cane out from under me* to use for themselves. I held onto it and emphasised it was for me, which left them confused.

I gave them clear reasons why I didn't want to move out of state immediately. I was reliant on their support because I am disabled—they knowingly signed up for that. I had about \$30 to my name and struggled to keep a job. I was terrified of being left in an environment where I could be homeless or without stable medical care or insurance. I didn't want to go long without my medication and withdrawal and possibly cause harm to myself. Ghost just shrugged these off. On top of that, they were not actively looking for a place to stay; in fact, they discouraged it, saying it was “a waste of time” despite the fact they kept lamenting about being “literally homeless” while staying in a hotel. They have more than enough money to find a place to rent, too. They dismissed my concerns repeatedly.

**tobert** 09/21/2024 12:38 PM  
ive barely been able to feed myself i cant move to a different state but i dont want to be left alone here

**Ghost** 09/21/2024 12:38 PM  
i'm personally in a similar position as a burning building scenario but it's in slow-mode so i can at least take a little more time LMAO

**tobert** ive barely been able to feed myself i cant move to a different state but i dont want to be left alone

**Ghost** 09/21/2024 12:39 PM  
i've barely been able to eat either but i literally **have** to move so i'm doin it i can lend financial support and sharing what i arrange through my own process (like the cargo space in the van, moving supplies, etc) but you also just kinda have to go along with what i'm doing



**tobert** 09/21/2024 12:44 PM

i just hate how ive had no say or have been actively shot down and im supposed to be expected to be dragged along with everything like a pet!

its taken me years to actually find a doctor who wont put me on a pointless ssri or try to undiagnose me and im just supposed to give that up and get insurance and find multiple doctors within a month

like i literally cannot pack either bc i instantly get sick w POTS and then people treat me weird about it

like i get you have to think about yourself rn but im also someone else living with you and your actions directly affect me as well. i dont have any other choices rn beyond being homeless or living w my parents which as a grim outcome or being in a completely different place with 0 medication or doctors and actively withdrawaing i just dont think moving out of state Right Now At This Minute is a good plan



**Ghost** 21/2024 12:53 PM

i AM homeless, as are the cats, my mom is dead, my cousin literally has to bodyguard

[Jump to Message](#)



 **Ghost** /21/2024 12:53 PM

i AM homeless, as are the cats, my mom is dead, my cousin literally has to bodyguard me against my dad if we're in the same area, my extended family is either too far away or too busy to be substitute parents right now, [redacted] doesn't have room for the cats and i, and i physically can't do work inside the apartment because it makes the exact same symptoms you're describing debilitatingly worse for me

that's what [redacted] [friends] are coming out for - doing the in-apartment work for me and bringing out anything i can work on outside (wiping off & boxing up non-porous items) so that i can actually do said work



**tobert** 09/21/2024 12:54 PM

im not trying to argue with you or say im having it worse i just want to be apart of plans that are changing my life

← # elegant-study

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**tobert** 09/21/2024 1:02 PM

again it took me months to even open a doctor messages and i am like 10x more anxious than i was before i dont even know if people can make drs appt in my name or do all that stuff or if itll even get done



**Ghost** /21/2024 1:04 PM

cus like i don't *want* to leave you stranded, both because friend stuff but also it's in my morals to not leave people dependent on me stranded, but upholding that value affects my life too



09/21/2024 1:04 PM

you have to go forward on the assumption that things will work out



**tobert** again it took me months to even open a doctor messages and i am like 10x more anxious than i



**Ghost** /21/2024 1:05 PM

NO SAME and i didn't start feeling better until i got out of the apartment for multiple days



**tobert** 09/21/2024 1:05 PM

being out of the apartment made me feel *worse* and i dont have any other options of where to go

(edit: mislabeled a person as ghosts s/o, they were not dating at the time, entirely my fault for misremembering sorry for any confusion)

**Ghost** 9/21/2024 1:42 PM  
 but yeah after [redacted] leaves since you're nerfed and i can't go inside there without getting nerfed, if [redacted] isn't free or has health issues where going in there would be a problem then we're *both* stranded or like.  
 you're stuck with the options to either stay in the hazard apartment or go to your parents' place, i'm stuck hotel-hopping which is okay short-term but it's gonna get expensive REAL quick

**lobert** 9/21/2024 1:44 PM  
 have you been looking at places to rent locally since the other house ?

**Ghost** 9/21/2024 1:45 PM  
 i mean it already is - so far spending approx \$1k a week on hotelling

**lobert** have you been looking at places to rent locally since the other house ?

**Ghost** 9/21/2024 1:45 PM  
 don't have time to

**lobert** 9/21/2024 1:45 PM  
 do you want me to

[redacted] 9/21/2024 1:47 PM  
 i can also look if you want  
 since i cant do much else from here

**lobert** 9/21/2024 1:48 PM  
 i feel like proper housing should be like a pretty important thing rn and we already have our applications basically done

**lobert** 9/21/2024 1:48 PM  
 i feel like proper housing should be like a pretty important thing rn and we already have our applications basically done

[redacted] i can also look if you want

[redacted] 9/21/2024 1:49 PM  
 ^

I mean i'm at work rn but once i'm home i can try to help  
 Esp considering ive extended ur hotel stay to when i'm over we'll have a bit more time to do 5hat sort of thing

[redacted] 9/21/2024 2:01 PM  
 we are wasting time so we can come back to this later. this conversation alone spent over an hour as [redacted] said when im here on limited time and we're heading over to do what we can now  
 sorry for being snippy

**Ghost** 9/21/2024 2:02 PM  
 ^ like there's more reasons i wanna book it up to [new city] but it's a lot to type out right now

[redacted] 9/21/2024 2:02 PM  
 yes

**Ghost** 9/21/2024 2:02 PM  
 like i said i'm not gonna be doing anything tomorrow so that'd be a good time to go over stuff less-rushed :) (edited)

During all this, my mother had to undergo surgery. Ghost knew this and still tried asking me if she could help them move. This really upset me, especially since they have more than enough money to hire movers.

**Ghost** 9/15/2024 10:37 AM  
 also @little man one thing u can do is ask ur mom to pick out & message a tenant lawyer for me cus if i have to deal with a single decision that has any amount of grey area where i don't know what to look out for i'm actually gonna disintegrate

**Ghost** 9/21/2024 1:34 PM  
 i'll also point out as an example for what my side of things is doing - i didnt anticipate i'd be spending an hour today resting again that the only plan i have right now is to not be homeless so i can actually pace myself and make more solid plans and that doesn't mess anything up per se but that is an hour offset when we can only do so much work inside the apartment before getting sick/exhausted (edited)  
 and when friends are only able to come out here for short amounts of time because they're making sacrifices of their own time/money to come out here and help on immediately short notice (edited)  
 and like??? kkk if your mom would be able to help but other than her if we still need help after [redacted] leaves i'd have to ask [redacted] what his work schedule's like  
 although i also need to return the van on the 26th cus someone else has it reserved to pick up that afternoon  
 ANYWAYS

**lobert** 9/21/2024 1:39 PM  
 my moms disabled and just got out of surgery she cant help at all

**Ghost** 9/21/2024 1:39 PM  
 RIGHT i totally forgot about that omg my bad

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## October

### *Separation*

When I realised they were set on moving out of state and I did not want to be trapped living with them in a completely different place, I moved back in with my parents. I didn't really want to make that decision, and it has taken a significant toll on me to be reintroduced to an abusive environment, but it was the choice I made. Later on down the line, Ghost made some comment about how they "thought about moving back in with their dad" to garner sympathy, which left a really poor taste in my mouth given my current circumstances. This entire time, I would express repeatedly how I felt hurt. I never received an apology, Ghost would instead scold me and list each reason they're actually doing worse.

After I was fully moved in with my parents, I gave them back the keys to their car, which I had to leave in the car because I could not be in their presence without having a resting heart rate of over 150bpm and severe panic attacks to the point of blindness and fainting. I cut them out for the sake of my health and safety. As I said at the start, I was the only one who did cut them off, and I had expressed multiple times before how hurt I felt. Instead of receiving any sort of an apology, Ghost would talk over me, saying how they're more traumatized, more disabled, more unwell than me. Even if that is the case, it doesn't give someone a pass to completely disregard someone else's feelings, and how they're facing the consequences of your actions.

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## Post-split & 2025

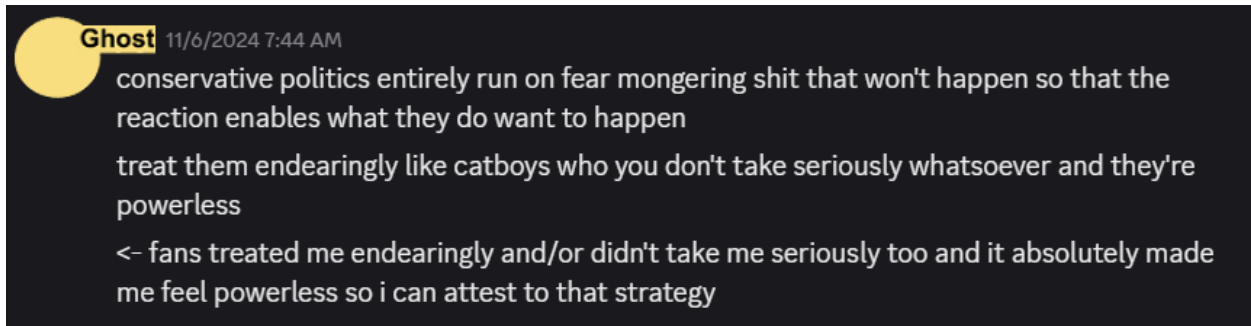
### *Aftermath*

I can't really speak much on what happened after I left; I don't want to tell other people's stories they don't want to tell themselves. But I never received an apology from Ghost, or even a recognition that they did anything wrong. The last thing said to me was, "No hard feelings".

There are more perspectives to this story, as well as different stories I am not a part of, so I will describe the following events in a vague and disconnected manner. In early

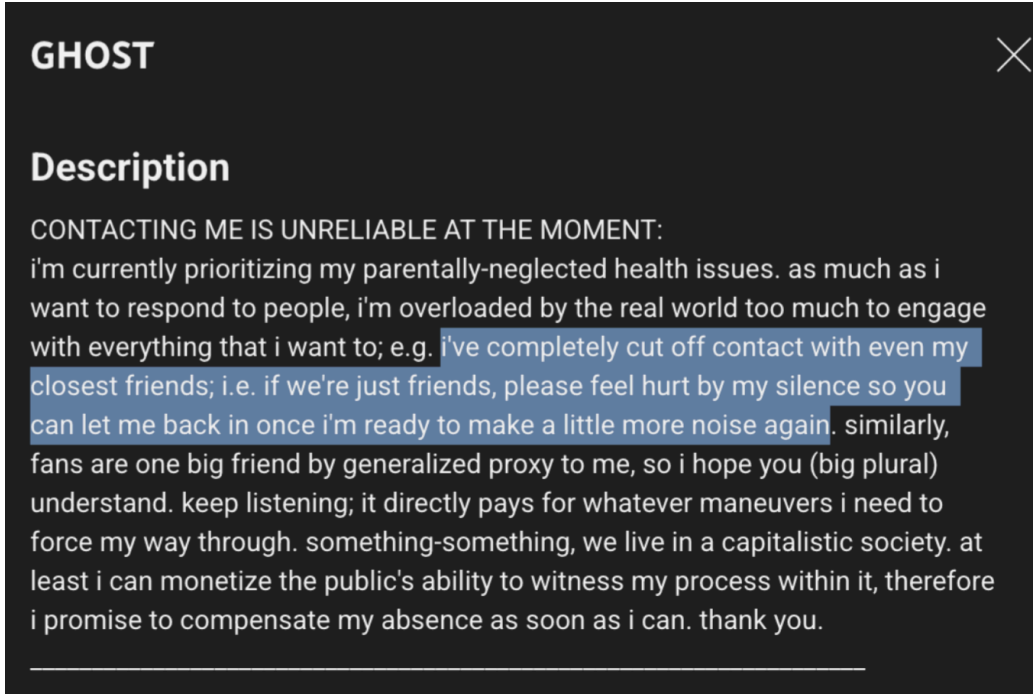
2025, Ghost cut everyone off from Team 6x111 and ghosted them. Friends did try reaching out to check in on them, but would receive vague answers from a third party.

After the 2024 presidential election, Donald Trump, who campaigned on deporting immigrants and stripping the rights of transgender Americans, won. In the team chat, a friend asked if people were holding up okay. This was Ghost's response:

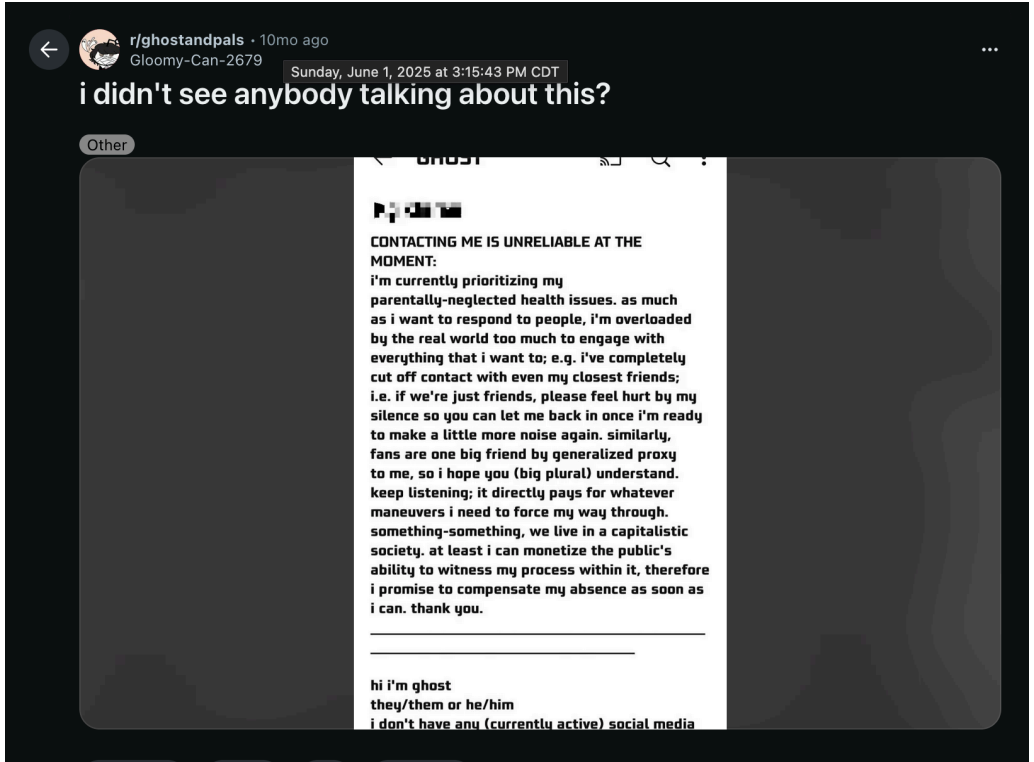


While I'm sure they couldn't predict everything that has happened in the past year, this is such an insensitive and flippant response to a man who campaigned on the promise of oppressing immigrants and trans people. I am a transgender man and most of the team is trans/non-binary. There are people on the team who are people of colour and children of immigrants. This is a repeating pattern by Ghost, as well as making it about themselves and how "terrible" their fans are. Which, mind you, *Ghost is placing themselves in the role of white nationalists in this allegory.*

In May or June 2025, Ghost changed their YouTube description to this:



Unfortunately this isn't backed up on the Wayback Machine, but people commented about this on r/ghostandpals.



[\(link\)](#) [\(wayback link\)](#)

Even Ghost themselves say they were the one to cut everybody off, not the other way around.

### *Conclusion*

I have no intention of trying to ruin Ghost's life or make them suffer. While it is true much of their behaviour was fuelled by stress and mental illness, I don't believe it absolves them fully. They deserve help regardless of what they've done. But I also wanted to show how much they hurt me and how much support was given to Ghost. People put their livelihoods and personal health at stake in order to support them, and they pushed us away and isolated themselves from us. I pushed my body beyond its limits to help them move, as well as being the sole cleaner of the apartment. I was never fully honest about my attempts at suicide—I knew I would be dismissed or lectured. I fought for direct communication, only to be met with paraphrased concepts of a plan funnelled through third-parties. There was no "honest misunderstanding" as they put it; Ghost was plainly hurtful and ableist towards me. I have never received an apology or even an acknowledgement of what they did to me. In fact, nobody has. Ghost always had some excuse or a list of things to prove they were the most tortured person in the room, and it couldn't be their fault.

There's a reason I was silent on things for so long, both as a musician and speaking out against Ghost specifically. I am sorry I didn't say anything sooner. I had this idea implanted in my head by Ghost that every single fan is an abusive stalker, seeking to destroy anything you create. I was led to believe any critique against Ghost was an unprovoked, ableist attack and harassment. It took me around summer of 2025 to realise I wasn't crazy, nor was I the sole person at fault. In a way, I felt preyed upon. It's plainly obvious once you see my YouTube channel, but I was so heavily inspired by Ghost—they're the reason I started making music. As many have observed, it is true that almost every single one of Ghost's friends were once fans. I was only a few weeks into being 19 years old when I moved in with them; I felt I couldn't speak out during that time or my housing would be lost.

I was initially going to keep things private, I do still believe personal matters should be kept that way despite this document existing, but Ghost repeatedly calling out Team6x111 and its members made me feel livid. I was also so frustrated at how they could once again run away from their problems, deleting their BlueSky without addressing a single one of the racist posts. Once again, I apologise I didn't say anything sooner and my excuses don't matter, but I would rather say something late than never say it at all.

There's a lot more that happened, but it's either not for the public's eye or not my story to tell. Please do not contact former Team6x111 members about this and don't harass

Ghost. I suppose that's the goal of this kind of behaviour; for everyone who has been hurt to remain silent and keep the predatory pattern covert. I don't believe Ghost is beyond saving, however, they are aware enough of what they are doing and it shouldn't be my responsibility to save them. The only person who could help Ghost is themselves. They dismiss therapy, saying it can't "fix" you and that they have "learned everything they need to know about therapy", which shows their fundamental misunderstanding of what therapy is and what its goal is. In the third tab, I've compiled a list of resources that may be useful to people going through similar issues, or even useful to Ghost themselves if they read this. Even if we are no longer friends, I still care for them as a human being and want them to get help. I don't want them to feel miserable, even if it vindicates me. There is no one perfect cure-all fix with no side effects, trust me, I know. As long as we're still living, we can still try.

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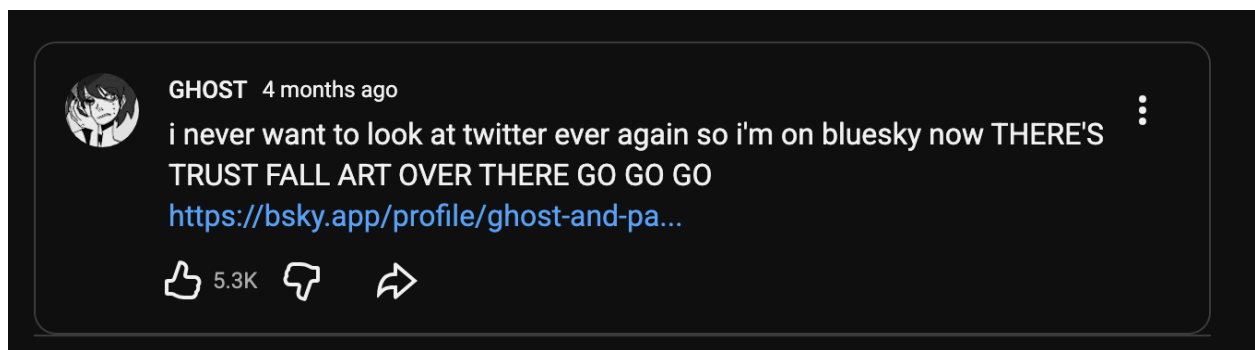
## 2 public interactions

## Their Questionable Public Interactions

CW: Emotional codependency, talks of CSA, racism

I didn't just want to talk about my experience; I also wanted to include Ghost's public actions. I feel that people are afraid to call them out, fearing they may be labelled as parasocial or ableist.

While there are impersonator BlueSky accounts, the official one was ghost-and-pals.bsky.social ([link, deactivated](#)) ([wayback link](#))



([link](#)) (wayback link: [post](#), [all channel posts](#) incase the link doesnt work)

I also wanted to add a small section about the whole Distortionist situation. I'm woefully uneducated on it, as this happened almost a decade ago and not much screenshot proof still exists. [Here is the link to Umbratic Forest's document on it.](#)

---

## Parasociality

*Too Much Information (Trauma Dumping)*

Ghost has been extremely candid about their CSA. However, this is something they have criticised in the past.

[about adding a content warning  
to a future song]

**Ghost** 09/02/2023 8:36 PM

oh no i definitely plan on that

**Ghost** 09/02/2023 8:37 PM

back when [redacted] was still in the friend group he would post stuff in the venting channel like "tw for pedophilia" and then graphically describe memories of his abuse when the standard for our friend group was that when you say "tw pedophilia" you're going to be venting about your feelings or venting about someone in the community being outed  
so like  
i'm familiar with how it feels to be warned for something generic and then getting the worst possible case of it instead lmao

They would detail their CSA and other trauma to an audience of young teenagers. I've redacted the most graphic and left out some other posts for Ghosts' privacy, but note this happened multiple times.



**two or three pals** @ghost-and-pals.bsky.social · 11m

but i deserve this more than my dad did cus he didn't exactly CSA me as it's commonly known as but he literally put me on the brink of death and my mom saved me from that. i couldn't breathe and i was losing consciousness

5 15



**two or three pals** @ghost-and-pals.bsky.social · 7m

anyways GHOST AND PALS AFTER HOUUURRRSSSSSS THIS SHIT IS STRAIGHT AAAAASSSSSSSS

3 14



**two or three pals** @ghost-and-pals.bsky.social · 2m

he was smiling as he was putting me to death, by the way. elementary school. my mother planned some roleplay with him that would help correct his "mistake" by displaying an authentic apology to me; WHICH HE AGREED TO. come time to roleplay, and my dad mocks the concept of bodily consent to my face.

1 3



**two or three pals** @ghost-and-pals.bsky.social · 2m

TW CSA //

1 5



**two or three pals**

@ghost-and-pals.bsky.social

+ Follow

i mean, like, cyberstalking was involved. i developed this UGLY form of empathy towards him where the only thing i wanted was for his music career to go SOMEWHERE. he admitted to being jealous of mine, so, like... fine. no. that's fine. there's some sort of peace within that.

10:17 PM · Mar 12, 2026

Private/Personal Matters

 **two or three pals** @ghost-and-pals.bsky.social + Follow

anyways fuck team 6x111 for abandoning me as my MOTHER WAS ACTIVELY DYINGGGGG keep your eyes peeled [leaking info]  
be a banger!!!!!!!!!! yes it will!!!!!! oh yes it will!!!!!!

9:42 PM · Mar 12, 2026 🌐 Everybody can reply

18 likes

3 ↻ 18 🔖 ➦ ⋮


Write your reply

 **two or three pals** @ghost-and-pals.bsky.social · 9m  
who's a good puppyboy IT'S ME YOU FUCKING WHORE GO KILL SOMEONE YOUR OWN SIZE  
1 ↻ 12 🔖 ➦ ⋮


 **two or three pals** @ghost-and-pals.bsky.social · 9m  
oh wait!!!!!! omg you already  
DID!!!!!!!!!!!!!!  
1 ↻ 12 🔖 ➦ ⋮

 **two or three pals** @ghost-and-pals.bsky.social · 9m  
WHOOORE  
1 ↻ 12 🔖 ➦ ⋮


[\(link, deleted\)](#)

 **two or three pals** @ghost-and-pals.bsky.social · 1h  
anyways fuck team 6x111 for abandoning me as my MOTHER WAS ACTIVELY DYINGGGGG keep your eyes peeled [privacy redaction] be a banger!!!!!!!!!! yes it will!!!!!!!!!! oh yes it will!!!!!!


5 3 40

 **dystopian ,,** @dystopianmoth.bsky.social · 59m  
wait, so that's what happened? im genuinely sorry about that ghost. that sucks.  
i thought you guys disbanded because of conflict

1 1 6

 **two or three pals** @ghost-and-pals.bsky.social · 9m  
silent conflict. we didn't want anyone to be put on public shame-blast by the ghost and pals fandom.

1 13

 **two or three pals**  
@ghost-and-pals.bsky.social [+ Follow](#)

victims-in-therapy type shit.

10:37 PM · Mar 12, 2026

“We didn’t want anyone to be put on public shame-blast,” which is why they named the team and producers.



[\(link, deleted\)](#)

Them bringing up their “white guilt” and “reverse racism” will be a pattern. They were posting in this thread for about an hour, instead of doing what they were saying in the first post and comforting their partner.



[\[link\]](#)

### *Inappropriate Interactions with Minors*

TikTok OP in this screenshot is 14 years old.

**two or three pals** @ghost-and-pals.bsky.social · 1mo  
this is awesome op and i are getting married right now actually

**& Ketzia / paige!** @stichsewcutpull.bsky.social · 1mo  
They also made this..? Its deadass so weird. #ghostandpals #gnp #yumeshipping



oh god i love ghost. i love him so much. i love his femboy version. i wish someday will marry us. i don't wanna share you my sweet baby you're mine. i promise.

SGP|| 🌈 >GHOST si... - 2025-12-24  
I am getting gay about this heh #ghos...more  
🎵 Rise & Shine - The Cardi...

26 13 119

**two or three pals** @ghost-and-pals.bsky.social · 1mo  
y'all are missing out

2 1 86

[\[link\]](#)

People in the replies told Ghost how weird this is and that OP is a minor.

 **two or three pals** @ghost-and-pals.bsky.social · 1mo  
y'all are missing out  
2 1 86

 **auro** @visceralkid.bsky.social · 1mo  
no, i dont think we are. you're almost 30. you should know better than to joke about things like this, especially when you know that the majority of your fanbase are minors.  
2 8 28

 **j1xs3s0** @yuchiimeow.bsky.social + Follow

What's so terrible that could happen to this child from a simple joke?  
Stop being so dramatic lol

4:10 AM · Jan 15, 2026

 **Clyde=★ / Kenniths husband .!** @clynnibal.bsky.social · 1mo  
We know this is a joke, but its still weird and irresponsible interacting with this with a 15 year old. Its pretty obvious theyre a kid too...no hate.  
1 2 25

 **Ray** @artful81194.bsky.social · 1d  
clyde💩  
1

 **Clyde=★ / Kenniths husband .!** @clynnibal.bsky.social · 1d  
Ray.....  
1

 **Tv chewer the say and arc enjoyer because ...** @thelabiristsbro... · 1mo  
Ghost we love you but that's kinda weird  
3 18

 **auro** @visceralkid.bsky.social · 1mo  
ghost they're 14  
1 18

 **jay** @rhythm-friend.bsky.social · 1mo  
"thats weird to joke abt, theyre a kid!!" i guess we normalize fans sexualizing their favorite artists now. ghost has a long history of getting sexualized by fans, the least they can do is joke abt it. joking abt marriage does not equal pedophilia jesus fucking christ  
4 15

Ghost never deleted the tweets and said this in response.



“Sick of people spotlighting mentally ill teenagers,” so they decided to spotlight a mentally ill teenager and encouraged the maladaptive parasocial attachment.

---

# Strange Comments

## *Racism & Dog whistles*



**two or three pals** @ghost-and-pals.bsky.social · 7m  
my mom died. my mom died. this song is about the fact that my mother died. i'm saying these things for myself, and myself only. i'm "hyping myself up" as the girlies say it so.  
3 replies · 13 likes

**two or three pals** @ghost-and-pals.bsky.social · 6m  
shut up.  
1 reply · 11 likes

**two or three pals** @ghost-and-pals.bsky.social · 6m  
finish mixing.  
1 reply · 9 likes

**two or three pals** @ghost-and-pals.bsky.social · 6m  
nobody will care.  
1 reply · 7 likes

**two or three pals** @ghost-and-pals.bsky.social · 6m  
nobody will care.  
2 replies · 6 likes

**two or three pals** @ghost-and-pals.bsky.social · 43s  
OKAY CONFESSION OF SIN: i studied black gospel choir for the tuning on this WIP i'm working on, so it WILL reek of white guilt. please forgive me. i'm so sorry, and i'm posting this shit for my own psychosomatic purposes. ohhh my lord.  
1 reply · 2 likes

**two or three pals** @ghost-and-pals.bsky.social [+ Follow](#)

i learned too much about anti-racism. ohhh. oh my goodness. this is bad.  
7:55 PM · Mar 13, 2026

2 likes



**two or three pals**  
@ghost-and-pals.bsky.social

+ Follow

DID is just the kinda shit natives were on about. if we wanna live on american soil, then we oughtta get used to it.

10:24 PM · Mar 15, 2026 🌐 Everybody can reply

18 likes

2



18



Write your reply



**two or three pals** @ghost-and-pals.bsky.social · 40m  
"esoteric talking points," or whatever.

1



15



[\[link\]](#)



**two or three pals**

@ghost-and-pals.bsky.social

+ Follow

confessionalposting: my dad's a jazz musician who, in his time, was VERY well-accepted by his black peers. my mom was a little bigoted from my POV, but she grew up in RURAL-rural indiana. she was open-minded to changing her views, though. i was raised protestant-christian.

2:50 PM · Mar 16, 2026 🌐 Everybody can reply

23 likes 1 save



1



23



Write your reply



**two or three pals** @ghost-and-pals.bsky.social · 16m

the church my parents both worked at describes themselves as a "generationally diverse group of people" on their website. when i was born and one of my dad's black friends saw me for the first time, he said "ohhh, she's got SISTA lips!"



1



15



**two or three pals** @ghost-and-pals.bsky.social · 16m

of course, i went on to get bullied in elementary school for having full lips. i also went on to get bullied - MUCH more lightly - for having a nose that's "kinda ugly." my grandma, whose parents were first gen. polish immigrants, had a "beak nose" as the elusive antisemitic "they" call it.



2



16



**two or three pals** @ghost-and-pals.bsky.social · 16m

raised in the ways i was, my middle school friends introduced me to LGBT stuff for the first time. abused by the ways i was, i genuinely thought that being raised christian meant that i was inherently homophobic.



1



14



 **two or three pals** @ghost-and-pals.bsky.social + Follow

so i confessed to the local anime convention's forums that i was homophobic in the TINIEST font possible, and i lead those people ON about it lol. i also confessed to some misunderstood fatphobia, but i immediately internalized the corrections the other posters gave me and moved on.

2:50 PM · Mar 16, 2026

1 repost 14 likes

2 1 14

Write your reply

 **two or three pals** @ghost-and-pals.bsky.social · 16m  
anyways. this has been cycle-breaking with your host, ghost, featuring their persecutor, "and."

1 16

 **two or three pals** @ghost-and-pals.bsky.social · 15m  
i dunno what the point of all this is.

(pssst it's cycle-breaking, remember? ^\_^)

(yeah sorry.)

1 16



**I'M BEING GANGSTALKED BY AN ELITE CABAL OF METAPHORS**

132K views · 3 months ago

## Etymology [[edit](#)]

The term *cabal* is derived from [Kabbalah](#) (a word that has numerous spelling variations), the [Jewish mystical](#) interpretation of the Hebrew scripture (קַבָּלָה). In [Hebrew](#), it means "received doctrine" or "tradition",<sup>[4]</sup> while in European culture ([Christian Cabala](#), [Hermetic Qabalah](#)) it became associated with [occult](#) doctrine or a secret.<sup>[5]</sup>

A humorous [cartoon](#) depicting a cabal.

## Conspiratorial discourse [[edit](#)]

Followers of the [QAnon conspiracy theory](#) use "The Cabal" to refer to what is perceived as a secret worldwide elite organization who, according to proponents, wish to undermine [democracy](#) and [freedom](#), and implement their own [globalist](#) agendas.<sup>[13]</sup>

Some anti-government movements in [Australia](#), particularly those that emerged during Canberra's response to the pandemic, that [Scott Morrison's](#) secret ministerial appointments were evidence of what they said was happening all along – a "secret cabal".<sup>[14]</sup>

The term is sometimes employed as an [antisemitic dog whistle](#) due to its evocation of centuries-old antisemitic tropes.<sup>[15][16]</sup>



**GUMI** @gumimegpoideus.bsky.social · 3mo

i wonder why people still love russian-themed stuff-. I love ghost's music so so much and I've been a fan for a really long time, but it's kinda uncomfortable for me to keep seeing this...



6



20



**two or three pals** @ghost-and-pals.bsky.social · 3mo

jsyk, they're hiding in your walls and they're utilizing coordinated breathing as a psychic attack to deliver you subliminal messages via inaudible surround-sound morse code

all art is political!

i'm a white disabled queer from america. before i started posting vsynth music, i didn't have anything IRL to call "home" except for small-town white people who barely knew i existed. i out here rocking a high school diploma because disability is a bitch and i'm not paying tens of thousands of dollars for another four-year-long suicide bait. my ancestors immigrated here from poland shortly before WW2 started, and the only story i have about the extended family we left behind is that they stopped replying to my grandpa's letters around the same time nazis invaded the area they lived in. last i heard, my family hadn't found their names on any lists of people killed during the holocaust, so i have no idea if they survived or not.

from my chronically-online no-degree loser POV, russia looks like this to me: the government is evil and its supporters/defenders are propaganda-blind, no discussion needed. growing up, i remember heavier cautionary advice being given to the idea of traveling there compared to other european countries. i feel like slavic art in general has this "we're all collectively losing it rn" gene that i recognize in white-america's 1950s. soviet-era apartment buildings have always been a common sight with liminal-space aesthetics; i think people are drawn to them because they hit this horror-constellation that looks like {industrial takeover}→{political neglect}→{the cold, abrasive security of cement}→{wanting a little cubby to hide in}→{megalophobic structures that look like computer parts}→{the windows make them look almost trypophobic, too}→{packaging these themes in a "this is where home is" sentiment}. i was a pre-teen in the early-2010s, and "in soviet russia, [the opposite of reality is true]" was one of the first viral internet memes back when they all looked like radial color stripes with some random photo cutout in the middle. another big one was that one gif of russia from hetalia skydiving without a parachute going "vodkaaa~."

my experience with oppression is dominated by ableism, so much so that i don't feel particularly compelled to write about queerphobic experiences. i think russian inspiration comes through my music at the intersection of slavic heritage and white privilege as {the slavic country that won a chance to gaslight the world's narrative}. as an oppressive system, ableism had to get *real good* at staying quiet because it's a universal damnation; i view it as the nuts and screws in the bigotry machine: you barely notice them, but the machine couldn't even take shape without them, and humanoid robots without visible screws are hallmarks of the modern-day uncanny valley.

as short-and-simple as i can put it, "trust fall!" is about the specific genre of ableism i faced in the vsynth community as an undiagnosed DID system. specifically, it's the jarringly-polar idolized state where "you are god and we worship you with every post we make" and "your music **directly** harms us because it encourages systemic violence against us and we expect accountability for the damage you're inflicting." are both coming with *urgency* from the same demographic. meanwhile - and rather unfortunately - my diagnosis means that my parents raised my brain to do tricks and spins as a child, so my works have always been the product of an imaginary family screaming and crying together in relative isolation (what else is a story? people with DIDn't are doing the same thing).

having a *fandom's worth* of internalized ableism projected into my lap like that, in the condition i was in when it started, sent me into a dissociative state that would've been misdiagnosed as schizophrenia if i hadn't kept my mouth shut about it before finding a trauma-informed therapist. my fans are ableist in the same way that i'm racist for being white, in the same way that russia is irredeemable media right now.



5



6



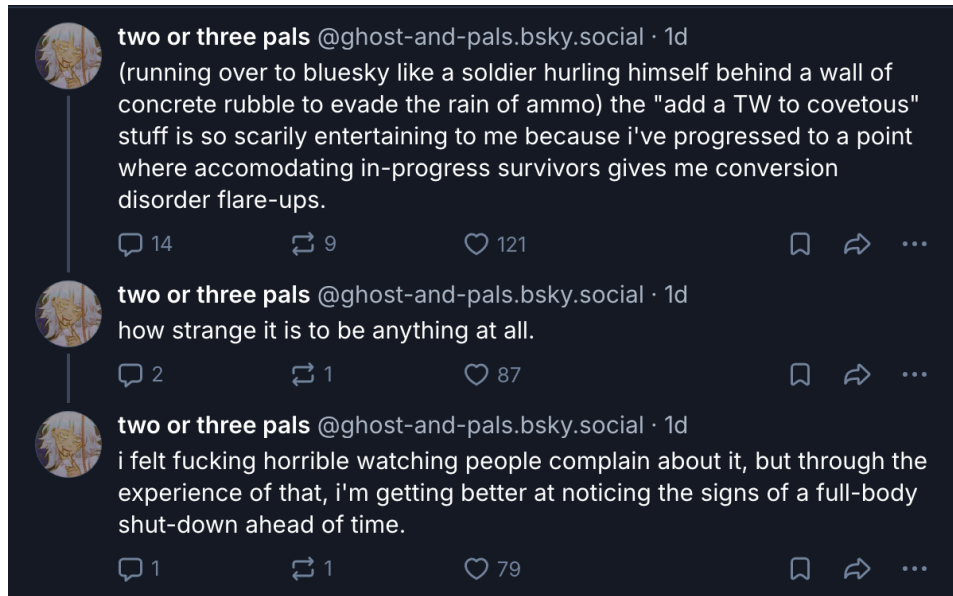
109



"My fans are ableist in the same way that I'm racist for being white, in the same way that Russia is irredeemable media right now"

## Covetous Trigger Warnings (Dismissal of Survivors)

Ghost released a song titled "Covetous" which featured graphic lyrics about C/SA. People were upset over the lack of warning, especially when this is something Ghost has provided for in the past. This was Ghost's response:

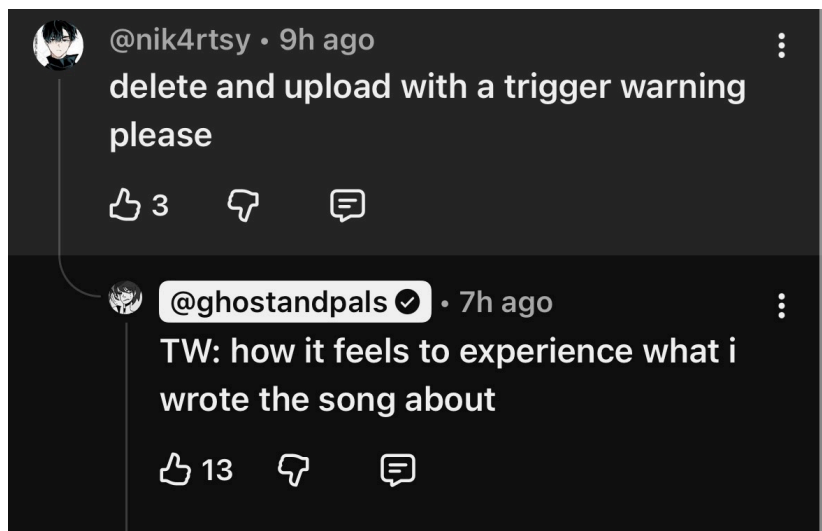


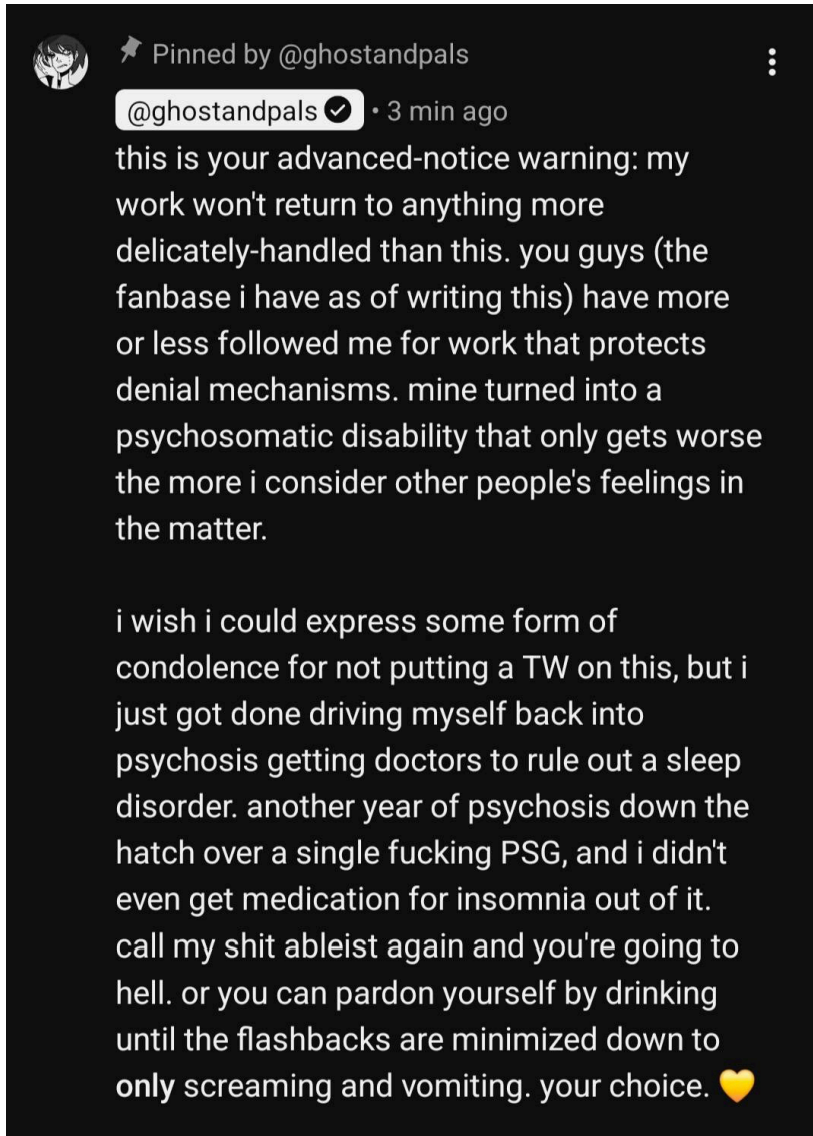
[\[link\]](#)



You have all this energy to make an entire PV *and* make multiple threads on BlueSky about it, but not enough energy to type four letters? They initially added a TW to the

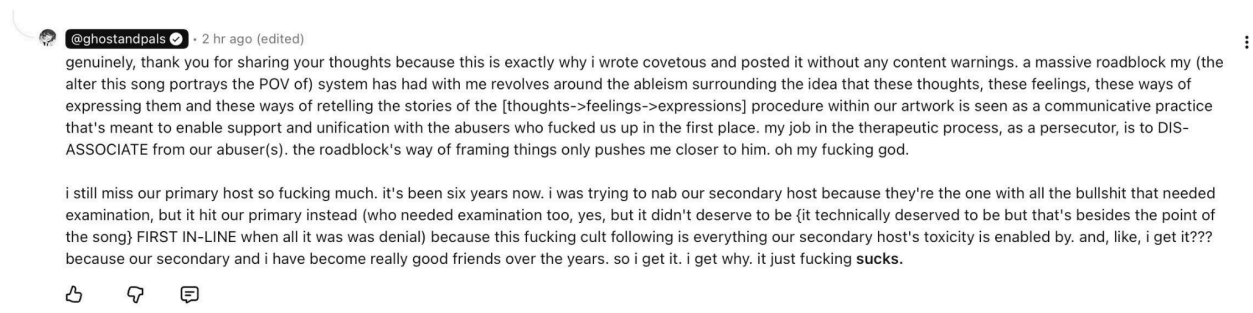
description, but then removed it, along with uploading an animatic similarly with no warnings. Covetous and the animatic have both since been deleted as of 19 March.





Other comments by Ghost on Covetous.

(Edit 25 March: Reply to a comment on Covetous)



[\(link\)](#)



Saya no Uta is a known lolicon game, depicting the sexualization and assault of children. Many of their followers were minors, and they still chose to post about a dark, adult game.


### *Palestine*









[\[link\]](#)






"Your dad was right about you." Absolutely nonsensical response. They somehow make the suffering in Gaza about themselves.

## Mental Health (Anti-Recovery & Ableism)





 **two or three pals** @ghost-and-pals.bsky.social · 25s  
i swear to fucking god. therapy cannot always "fix" you. DID cannot be understood by anyone who does not have it, and i feel so, so much for anyone who was traumatized by therapy and psychiatry itself; or is inherently barred from easy access due to factors within the system.


     






 **two or three pals** @ghost-and-pals.bsky.social · 3d  
sometimes i feel like therapy took all the milestones that were supposed to be spread across my life and crammed them into my first 30 years.


 1   107   







 **two or three pals** @ghost-and-pals.bsky.social · 3d  
now what?  
live, duh.  
what does that entail?  
i dunno, enjoying anything you haven't done yet???  
but the internet already gave me those experiences. the real-life world didn't enjoy me enough to hold my attention away from spoilers.


 2   72   

 **two or three pals** @ghost-and-pals.bsky.social · 3d  
i'm also rotating actual bullshit around in my mind and examining the topography this much because my first time with a genuinely good-for-me group of friends did some weird shit to me and forced those friends to cross paths with aforementioned actual bullshit before i knew what to do with it. so.

 2  2  64   

 **two or three pals** @ghost-and-pals.bsky.social · 3d  
narcissistic-ass curse my dad gave me. anyways.

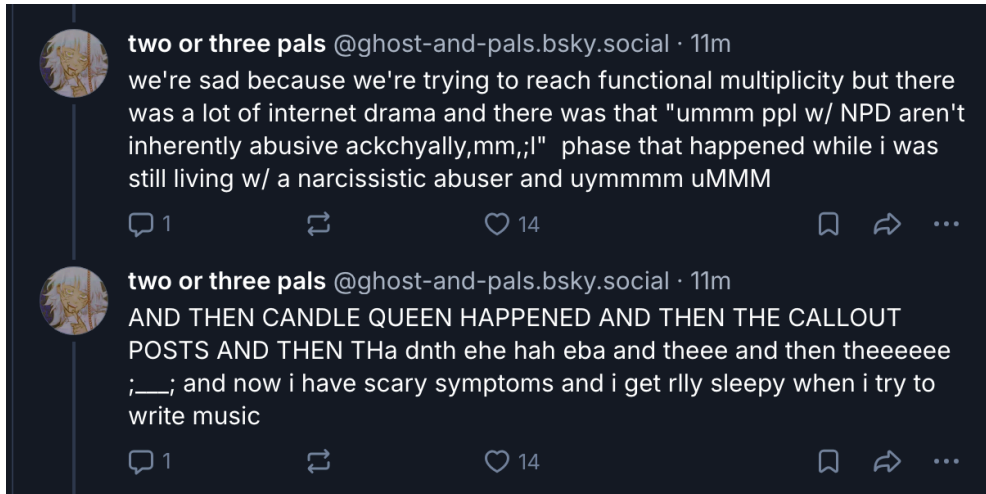
 1  2  72   

 **two or three pals**  
@ghost-and-pals.bsky.social [+ Follow](#)

**BOY GO GET BACK IN YOUR TORTURE PORN DUNGEON. GET. GET.**

1:05 AM · Mar 9, 2026

[\(link, deleted\)](#)



Once again talking about “narcissistic abuse”, an ableist term against people with Narcissistic Personality Disorder.

---

If I have left anything out, please let me know on my [Twitter](#). I am trying to keep this contained to recent events.

## 3 resources

I wanted to take this time to gather resources for mental and physical illnesses. I also wanted to compile the thread Carbon Monoxide made on the matter, so users off Twitter may benefit from this. Even if it helps one person, or better yet indirectly helps Ghost.

[Carbon's original thread](#)

---

**Beta blockers**, such as **propranolol**, can help massively decrease the levels of adrenaline and norepinephrine, the stress chemicals that cause your body to physically lock up and 'freeze' during times of intense distress. Propranolol is shown to alleviate symptoms of **(C)PTSD** and hinder the consolidation + reconsolidation of traumatic memories. [Side note: beta blockers are also prescribed for POTS, a disorder that releases adrenaline & norepinephrine and causes tachycardia, fatigue, and even syncope.]

<https://istss.org/student-perspectives-the-effect-of-beta-blockers-on-traumatic-memory-consolidation-and-reconsolidation-tara-frem-ba/#:~:text=Beta-blockers%20were%20also%20shown,severity%20of%20posttraumatic%20stress%20disorder>

*[Personal addition: I've been on propranolol for several months now and it has significantly improved the intensity, frequency, and length of freeze episodes I would get. I used to be paralyzed for hours on end or would have episodes of syncope. It has also greatly improved my POTS symptoms.]*

**Aripiprazole** is sometimes used as an off-label medication for **(ME)CFS**, due to the fact it reduces brain inflammation.

<https://link.springer.com/article/10.1186/s12967-021-02721-9>

**Adderall** can heavily worsen symptoms of **OCD** and **psychosis**, because Adderall *increases* levels of adrenaline and norepinephrine. Plus, it can create a dopamine imbalance in the frontal cortex, which is a core physiological feature of those who undergo psychosis and/or have diagnosed psychotic disorders.

<https://siliconvalleyrecovery.com/blog/adderall-ocd-connection/>

<https://pmc.ncbi.nlm.nih.gov/articles/PMC9403214/>

*[As a personal addition, I used to be on Adderall XR and used to have severe daily panic attacks. I have since switched to Vyvanse and it has decreased the amount of panic attacks drastically and improved my anxiety.]*

For **ADHD** medications, **Vyvanse** is considered a more reliable and gentler option. Rather than providing your body with dextroamphetamine (the thing in Adderall that gives you energy), Vyvanse is a pro-drug, meaning that it's the precursor to dextroamphetamine, so it works within the bounds of your natural metabolism so as to not overwhelm your body with stress hormone.

<https://childmind.org/article/how-vyvanse-is-different-from-other-stimulants/>

A **stellate ganglion block** is a minimally invasive procedure where a syringe of anaesthetic is injected into this bundle of nerves near your thyroid that modulates your panic responses, essentially soft-resetting your nervous system. It's been shown to have a success rate of up to 70% in people with severe, treatment-resistant **PTSD**, and is also a valid treatment option for chronic neuropathic pain.

<https://my.clevelandclinic.org/health/treatments/17507-stellate-ganglion-block>

<https://www.sciencedirect.com/science/article/pii/S2950553425000796>

<https://pmc.ncbi.nlm.nih.gov/articles/PMC11385266/>

The **vagus nerve** is a facial nerve that runs down the side of your neck, and it's responsible for modulating your sympathetic nervous system. **Vagus nerve stimulation therapy** has been shown to provide relief for not only those with treatment-resistant **PTSD**, but also people with **POTS**, **MCAS**, **EDS (excessive daytime sleepiness)**, and **(ME)CFS**.

<https://pubmed.ncbi.nlm.nih.gov/40097094/>

<https://maximizechiropractic.com/mcas-pots-and-eds-the-nervous-system-connection/>

However, none of these are magical cure-alls for mental illness. They serve as tools to remove blocks that prevent you from going forward with PTSD recovery, but that you still need to do the hard work of unpacking all your trauma. In order to maximise the effectiveness of any of these solutions, you need to be in active trauma therapy. **Things**

like EMDR and DBT are long term, evidence based therapeutic commitments. **They will not work if you quit half-way through, and in the case of EMDR, it can be harmful.**

- The text in the red was spoken by YoppyVU underneath Carbon's original thread.