

From: everette corbett corbetteverette@gmail.com  
Subject: Document shared with you: "trauma dump lol"  
Date: Jan 10, 2023 at 3:11:01 AM  
To: Gene Corbett  
gene.corbett@physicianfinders.com

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I am doing this BECAUSE i want a healthy and functional relationship with my family. I do not like to have drama and things that fuel anxiety in my life, however, i care a lot which is why i'm doing this. This is how we untangle the knot. When reading through these i ask that you please refrain from self-defensiveness or gaslighting as this will only make our issues worse.

Age 5-13: pressured to have certain friends (moms are mutual friends) pressured to have parties I didn't want, invite people I didn't want, etc. resulted in overstimulation and meltdowns

Age 7: dad got mad and yelled at sister and i for laughing and "having the giggles" while eating mac n cheese before seeing tom sitek's daughter

Age 7: felt awkward socially and asked my mother if i was autistic

Age 8: blue pen in kitchen (dad slammed pen down right in front of my face and started yelling)

Age 8-18: forced and or pressured into doing activities, classes, sports, after school clubs, etc that i did not like or did not want to do but i was told that i had to do. It made me feel like i wasn't good enough and i always had to do better.

Age 7: bullying began on the bus (didn't feel like my parents cared)

Age 9: dad started yelling over homework

Age 9: bullying began at gymnastics (didn't feel like my parents cared, very much disregarded and ignored)

Age 9: father and cutlery drawer (yelled and dumped the whole drawer out because it looked "messy")

Age 11: bullying began at volleyball (didn't feel like my parents cared, very much disregarded and ignored)

Age 11: bullying began inside of school (didn't feel like my parents cared, very much disregarded and ignored)

Age 11: mom never listened when i told her about the bullying and how it made me not want to go, she forced me anyways

Age 11-present: many many negative remarks regarding my awkwardness, lack of social skills, and introversion

Age 11: parents took off door to room (no privacy)

Age 12-present: weird comments from not only my sister and mom about my looks, but my father as well (many of these remarks included but are not limited to comments about my small breasts, the acne on my back or face, how my body is shaped like a ruler whereas b and mom had "lady curves", comments about my general awkwardness and how i appear awkward as well. Remarks about gaining weight (which still happen to this day and is not okay so stop).

Age 12: bullying starts to get a bit aggressive and physical at school, felt like parents didn't care

Age 13: first acne shame from my mother

Age 14: parents had a dinner party and dad asked b to play the piano and so she did and then i took a turn after her since we were both in lessons at the time and you came over and asked me to stop playing because it didn't sound good.

Age 14: white privilege conversation with sister and father (screaming) in her bedroom

Age 14: parents pulled us aside on vacation to tell us marissa was experimenting and that it was wrong and they didn't approve of it.

Age 14: on vacation and dad makes scene at dinner table bc we're on our phones and he got really angry while everyone stared and told us to "disconnect"

Age 14-18: never supportive of vegetarianism, constantly got teased and was antagonized consistently. I never did and I never do want to hear about his hunting. I've told him this an incredible amount of times but it is consistently ignored.

Age 14-present: dad has completely ignored boundaries I have placed on hunting/pictures/discussions of other topics and continues to antagonize me for my beliefs.

Age 14-present: Parents but esp mom constantly shooting down dreams or ideas of mine. It's not called being a realist when all you have to say is negative remarks.

Age 15-present: extremely triggering political arguments with my father

Age 15: mom told me I was going to hell on xmas eve

Age 15-present: threats based on physical appearance, tattoos, will, hair dye, piercings, etc (aka started to use money as leverage to control us) (also made me feel like I had to be a different person for you to love me)

Age 15: started to show art to parents and they told me they thought it was weird and continued to for years.

Age 16: more intense high school bullying, felt like parents didn;t care.

Age 16: Maple syrup in seatac airport dad meltdown, screaming, made a huge scene, everyone was staring.

Age 16: came out to my mom and she called me disgusting, I asked her to not tell dad since he was more conservative and religious and she told him the very next day and they faceted me to talk about it.

Age 16: autistic vs artistic “jokes” but when i actually got diagnosed with autism years later i was suddenly not autistic anymore

Lack of acceptance regarding my autism is still an issue at hand

Age 17: my father told me he wouldn’t pay for my college if i didn’t score as high as my sister on the act

Age 17-present: rude remarks on physical appearance, (haircuts, hair color, attire, makeup, tattoos, etc). If you dont have anything nice to say dont say it at all, i thought you guys taught me that? Would also like to mention the weight comments again.

Age 18: KEITH <3!!! ( who ii feel was my first real friend)

-parents told me to not be friends with him because he was mentally not okay because hes trans and they constantly misgendered him

-realised parents were transphobic

Age 18: moms birthday party, autistic meltdown, poor reaction, tried to place boundaries

Age 18: had incense in my room, my father lost it. Probably the most traumatic experience I've had with him, it was the closest he came to hitting me. He corned me into the bedroom wall and screamed in my face for what seemed like forever. His face was red and i could see the actual rage in his eyes. I could tell my mom was scared to, at the end she started physically putting her body in front of me. I finally got away, grabbed my keys, I was bawling. I ran upstairs to pack a bag, sadly my bedroom door never had a lock so my mother came in and physically took my keys from me and told me i couldn't leave. I was so scared to go to sleep that night, i thought he was going to come in and start assaulting me.

-resulted in his typical "apology" made me breakfast in the morning, if ever apologizing, he says, im sorry YOU feel that way, never truly takes responsibility or shows remorse

-most of the time acts like nothing ever happened

-mom just sat there and watched as he literally almost assaulted me

-trapped in household, no lock on door, didn't sleep at all, genuinely terrified

Age 18: father punched a brick wall in paris subway station and yelled

Age 18: roads in switzerland, everyone scared and dad making a joke out of it (stop treating every road that you drive on like it's a race track, some of us have anxiety and you're not being funny or silly or quirky, its being rude and inconsiderate.

-banned by swiss government

Age 18: got very upset about the mention of my name change

Age 19: mom didn't talk to me for 6 weeks and almost kicked me out after she found out I was smoking weed for medical reasons

Age 19: absolutely terrible rxn from parents about armpit hair

Called me Gross, disgusting, unlady like, fake gagged, paid me \$300 to shave it

-still gives me shit for armpit hair which im positive dad has at this very moment. Get rid of your biases.

Age 20: was very very mad about name change

Age 21: seaside, ignoring of physical boundaries and illness, broke down in bathroom (constantly said its not that hard in regards to the walking but it obviously was hard for me) (ties into a pattern of constantly disregarding what i have to say)

Age 21: my mom told me that if she knew I was going to be disabled she wouldn't have had me

Age 21: my father called me a hottie and another woman who is young enough to be his daughter. Disgusting behavior, dont be fucking gross

Age 21: tried to control me again by saying if i leant ciara the money, i wouldn't be receiving anymore money from them.

Age 22: ableist remarks and showed that they do not care for the diabled and immunocompromised community.

Age 22: none of my family members reached out to me on the day of my surgery to ask me how i was feeling. The only thing anyone asked me regarding my surgery is mom asked me if there were any complications, that it. Even after expressing to b and mom how anxious i was not only about the surgery but the labor before it. Then very recently being told by mom and b that i was SELFISH to bring this up on the day that monga died,,, which was my surgery date? I felt like of all days thats when we should be there for each other, i was post surgery grieving the loss of my grandmother and no one in my family reached out to me.

Stop with the mean remarks !!! it's not nice! If you don't have anything nice to say don't say it

at all!!!!

Just because you think it's weird doesn't mean you have to be rude about it

Also please stop with the god and the Jesus talk, I don't shove my religious beliefs down your throat, so please respect my beliefs. I did my time and y'all made me go to Catholic church and listen to Bible stories, you've known I'm an atheist for almost an entire decade now so please stop pushing your beliefs onto me, it's exhausting. I also appreciate the sentiment when you say things like you're praying for me but in reality it's just ironic and it stings because no amount of "praying" is ever going to help or fix any part of me or my body. I've been in pain everyday for the last ten years, saying your blessings and prayers isn't going to affect anything. So if you want to communicate and let me know you've been "praying for me" just text me and tell me you've been thinking about me or wanted to check in and ask how I am, or tell me you're sending over spoons and good vibes, I don't care, but just please stop with the religious stuff.

Pls stop ganging up on me and ostracising me in the family, I've felt it my entire life from every group of people, I don't need it from my family. The black sheep still need to be loved for who they are, not in spite of their otherness.

I feel there are behavior patterns in this family that need to be addressed before any of us can have a shot at having a healthy and functional relationship.

1. It has always felt like my parents want me to be someone else. They have made me feel this way through their comments and rude remarks throughout the years. I have felt alienated and othered within my own family for years. I want my family to love me for exactly who I am, not a "more palatable version of myself that isn't even me"
2. Father being quick to anger
3. Father constantly instigating me, and or disrespectful remarks
4. Consistent disregard for what I have to say. I am constantly repeating myself and feeling as though my point is never being considered or understood.
5. The idea that money=caring

I cannot express to you how grateful I am for the countless things you guys financially provide for me. I've said it before and I'll say it again, thank you so much. I

am truly incredibly grateful for the opportunities that have been given to me because of monetary reasons. I do however often hear money being equated to love or caring from you guys. This is a dangerous belief, especially since money has been used as leverage to control my behavior in the past. I love and appreciate you guys for all that you do, which i realize is a lot. However it doesn't make me feel like you truly love me for who i am and that you love me unconditionally when remarks like these are made. There is a difference between loving and supporting your child emotionally, mentally, and physically. the physical side is obviously more than well taken care of, however you both constantly use that to "prove that you care" money does not equal love or acceptance, or healing, or being supportive, etc. it is one part to a very large puzzle, again, i don't want you to think i'm not grateful, i am very much so. I just want this comparison to stop being made as it's unhealthy.

6. Mother being negative
7. Sister not caring enough to have a relationship with me even after years of telling her that i want to be closer to her and have a better relationship with her.

Please do not reach out to me to discuss any of these events or patterns as i would like to do that during therapy. I would again like to express that i am placing these boundaries because i care about our relationship and would like a shot of it becoming functional and healthy. If i "forgave and forgot" like we're used to doing, these issues would continue to boil back up to the surface. I cannot have a healthy relationship with my parents if i feel that their love is conditional, or that i have to make myself be different or more palatable for your liking. I want to be loved as the queer disabled autistic armpit hair havin, insect collectin, tattooed, pierced, colored hair havin, cane usin, mask wearin liberal scum that i am. Because i absolutely love the person that i am and only have room in my life for those who love me and love the things that make me, me. Not in spite of these things.

-everette

On Sunday, January 8, 2023, Gene Corbett



<[gene.corbett@physicianfinders.com](mailto:gene.corbett@physicianfinders.com)> wrote:

Good morning and my apologies. I don't have a google account. Would you please send this in a different format? Perhaps copy and paste in an email? Thank you.

Kind Regards,

Gene Corbett  
[636-288-4003](tel:636-288-4003) cell

On Jan 7, 2023, at 7:31 PM, everette corbett (via Google Docs) <[drive-shares-dm-noreply@google.com](mailto:drive-shares-dm-noreply@google.com)> wrote:

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