

cut and run

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Okay, first a fit check, because I'm really excited about this. I took a sheer thing, and some chains. And yeah, made... I feel like a butterfly.

So today, I want to talk about the impulse to cut and run whenever we feel a little unsafe to just save bucket and bounce, right? This usually a trauma response, right? When does it come in handy? When is it necessary? When do we listen to that? And when do we maybe regret acting so rashly, I will talk about different experiences that were all very different, and how I handled them, and maybe that will be of service to you.

Okay, so the first one was the cult that I was in, cut and run fucking saved my life, right? Because the whole time that I was there, from the ages of 15 to 21, I felt so stuck. And so they basically convinced me that I would die if I wasn't there. And so I felt terrified to leave. And when I was 21, I don't know what happened, I had a moment of clarity. And I said, I need to get the fuck out. And I needed to seize that moment of clarity, and it saved my life. cut and run is a survival skill that absolutely has its place. And I just want to validate that.

So let's talk about a little bit more, you know, common kind of experience. So I was dating somebody the summer of 2020, right? So everybody was raw, everybody was feeling lonely and vulnerable. And I was feeling really out of touch. I didn't have community, I just moved to Germany, and I started dating somebody, and that person became most of my experience, because there were these quarantine bubbles, you know. And so I was really only seeing this person, when you get lost in new relationship energy when you are vulnerable. And dealing with some hard things, it can be easy to lose yourself.

I had a few cut and run episodes, where I forcefully ignored it. He was very withholding of information. He was very secretive. He was very private about anybody else that he dated. And he wanted to compartmentalize things in a very rigid way. And that doesn't make me feel secure. You know, I don't need to know everything that you're doing. But if I feel like secrets are happening, right, you can have privacy, but I can't have secrecy, if that makes sense. Right? And he wasn't even open

to negotiating that. He's like, Nope, I don't even talk about them. I don't acknowledge them. They don't exist. When you and I are together. It didn't feel natural. It didn't feel organic. It felt like it was coming from this fearful, controlling place.

Well, I feel really unsafe, I should get the fuck out right now. No, Morgan, don't overreact, you know, I was talking myself down from it. I should have listened to it. You know, I realized that I gotta get out. So I broke it off with them. And I really wish I had done that sooner.

Next example, the most recent person that I broke up with this person just sort of started to fade away without negotiating that, right? Like, I don't need it to look any particular way. But I do need there to be mutual agreement. So something isn't just happening. And I have to fill in the blanks in my mind, right? I don't know fuck with that. I had this cut and run like, Oh, he's not answering me very fast. Let me block him. Let me bounce. Right. And that.. Luckily, I'm not acting on impulses most of the time. And I tried very hard to not act when I feel a sense of urgency until I ask somebody else their opinion, right? Like, I think that's the key for me is I feel a sense of urgency. Is it appropriate? Is completely banishing this person from my life appropriate or not? Are there communication options that can be attempted, before you just go all or nothing?

We did wind up breaking up, I did break up with him. And also, I'm really glad I didn't act in those moments in those ways. Because even when I leave someone, even when I did wind up blocking him, it was from a calm place. It was from a place of security and knowing what I need, rather than reactivity and fear and spite, you know, trying to get power back, you know, if I feel like I don't have power. I want to feel like I acted with integrity and like I tried to be the best version of myself and explore what this relationship could be. So yeah, I think it's really important to not ignore them. It's information. And I don't want my trauma responses to be in the driver's seat.

To that end, there was a friend I had that I cut and run and I deeply regret it. When I left the call. I found an eating disorder recovery group. And this girl week kind of just became sisters, you know, we just spent a lot of time together, we understood each other. I was the maid of honor at her wedding, I had all of these plans, I had organized a spa day, organize this nice dinner with all of her friends surprising her, I had created all of these little gift bags for the 100 people that were going to be at her wedding, I felt like I was part of that beautiful moment for her. And I felt really a lot of love for her.

After her wedding, she had a sit down with me and said, you've lost some weight, I was really bothered at my wedding seeing you skinnier that really, like affected me that it's fine for a friend to acknowledge a fellow eating disorder, recovery person's weight, out of concern, or out of saying am affected. Right. I don't take issue with that. It take issue with the context of it, it was the first thing she said to me. After I did all of that for the wedding.

As an aside, I was struggling to eat, I was struggling with tachycardia, fast heart rate, chronic anxiety at the time, especially because my dad had just been diagnosed with cancer. And my mom had just had a heart attack. And my brother is schizophrenic, and he went missing for the first time. And then I

did all this stuff for her wedding.

I just wish that that addressing of the symptoms of my eating disorder, had spoken to my pain, had seen me as a person in pain, and wanted to be there to support me in those painful things, not just look at the symptoms and condemn me, you know what I mean? I was really hurt. And so I cut and run I have not ever talked to her again.

Pretty much like once every few months, I weigh my options of do I want to reach out and I still don't feel ready. But I do acknowledge that I reacted in a way that might not have been necessary, and that it might have cost me really loving relationship just because of one low period right there probably could have been repaired. And I didn't give her that option. So that is why I really pause now, because I miss her.

So when we delete somebody from our life, we are deleting the good to like we're removing someone from our support system, we are rejecting foundation of whatever our relationship was, you know, and maybe that is necessary if it's abusive if it's only new in the wrong direction, right. But I think I was harmed by completely deleting her from my life.

To be mindful, noticing these impulses, absolutely listening to them, processing them with our support network, and then waiting. And maybe we do something about it or maybe there is a smaller tool in the toolbox that could do the job, right? We don't need a hammer for everything. So anyway, that's what's on my mind. I hope you have a beautiful week and I'll talk to you later.