

Monday 15th April 2025

Dear Rebecca

So a lot of anger bubbling over during the last week or so due to the emotional fallout of your abusive stonewalling. You really are one of the most abusive people I have ever known, to the point where I can find no excuse other than your own willful desire to abuse. That is pretty disgusting for someone who supposedly claims to be all about consensus, democratisation, dialogue, and so on, but then over the last 5 months I have had great cause to doubt all of your values. I really used to look up to you and admire you as someone who was a stalwart of anarchist values and ethics, and who could be relied upon to defend them, and so I have been addressing my letters to you in this spirit, but as time has gone on it has become clear that you do not really care about ethics anymore. You do not care about anarchy, or whether what you do is effective anarchist practice. You do not care about the quality of your activism, only that it gets you paid and you get to present yourself as an anarchist and thus reap the social kudos within your dysfunctional and abusive in-group. You do not care if you are oppressed and surrounded by authoritarian thugs and sexual abusers. You do not care if you abuse others. You do not care if you expose others to authoritarian thugs and sexual abusers. Your spirit is dead and now you just go through the motions robotically, no longer caring.

Worse, you are actively involved in sexual abuse. That is, perverted and authoritarian sexual activity, and that is why you castigate me for being a pervert, you deny your own perversions and thus it gets conveniently projected onto the person who you have systematically abused and denigrated ever since you met him, namely me. Your body has become badly degraded, and the projections and stonewalling and the people that surround you all point directly to the fact that you are being sexually abused. In your degraded state you probably enjoy it and think it is consensual, you do not realise that you are being systematically raped/sexually abused. You pay no attention to what I say, to me explaining the psychology of abuse and how people who are being abused sexually through domination think they are consenting. Facing up to the dominators is too much for vulnerable adults – people who were exposed to trauma as a child and have yet to experience catharsis – and so the domination is blacked out. Instead the person acts out the part required of them thinking they are consenting. Here is a dream a lady who was being raped by abusers once related to me:

I was in the living room when several men walked in. I was immediately afraid as they were intent on raping me. So when they sat down around me I mounted one of them and began having sex.

The lady in question did not realise she was being raped, but the dream shows clearly that her reaction to the threat of male rape and the terrifying menace they create is to have sex with them so that she can feel like she is in control and not vulnerable. She said it felt empowering but in reality she was just being raped, but the men could get away with it because they were not using physical force but passive-aggressive menace and threat which created extreme anxiety and fright in her and caused her to comply. She did not realise all of this as it was blacked out, but the dream showed her exactly what was happening.

I see so many women acting out the part of ‘empowered sex goddesses’ in this way, not realising they are mindlessly responding to the acute levels of male (or female) threat and menace that is overwhelming them and causing them to obey the wishes of their masters. Instead they think they are liberated women, free to wear mini skirt and tights and whatever they want, and to have all the sex that they want. This is not natural female sexuality, it is patriarchal sex created by rapists who use menace and threat on women. Such men are common, we exist in a patriarchy, and they are common within the activist and anarchist scene, where you have people like Matt or Beau, and many others.

So why am I bothering to continue to write, why not just walk away?

Because I care about you, and want to help you, and believe that you too want to get out of your situation. I can feel it in you, something trapped and unable to speak or get out. It's difficult for me to walk away from something like that as I know that I am probably your last hope of getting free of this abuse and domination and of healing and overcoming it. I've known it for some time. I recall over 10 years ago you telling me of the sex you had with that vegetarian middle class white guy who had a canal boat. You related it as a matter of course, saying you just bent over and let him get on with it, but there were tears in your eyes. That is a person who is dominated, who has been raped, but who is unable to speak out about it, and who lives out the delusion that it was all consensual because she is unable to cope with the truth.

I have been texting you lots of reasons why your stonewalling is so belligerent and determined, but in reality it all comes down to the fact that you do not want to face up to the truth, and so you do everything that you can to shut me out and de-legitimise my voice. You will find that your racial prejudices, your class prejudices, and your labelling of me as a pervert are all projections caused by one salient fact: that your mind is repressed due to early trauma and you are surrounded by thugs who use that to control you and to rape you. A repressed mind gives rise to lots of projections, and those projections will always point clearly to the nature of the trauma that caused the mind to be repressed in the first place, and that trauma will be played out again and again – re-enactment compulsion – until catharsis is achieved. But catharsis means re-living the terrifying emotions that came with the early trauma and the trauma that has been replayed by the abusers you have met as an adult in the Lancaster scene and elsewhere. You have been too scared to do this, that is why you continue to experience black out with regard to your abuse by those around you in your 'anarchist' in-group.

Your fear the working class because you think the males are all rapists, and this gives rise to a deep seated prejudice. You are prejudiced against Muslims because you think they are abusers and dominators of women. And you stonewall me because you think I am a pervert and sexual abuser hankering after you. These are your projections, some of them at least, and they all point to a primal trauma in your early childhood of rape, which you and I both know about. You never dealt with this, you never experienced catharsis, because you blocked me out, and I was the one who you could have achieved that with. So the projections continue, and they all point not only to your childhood rape, but also the fact that this continues to be replayed as an adult in your social life. Sarah, Beau, Matt, and others no doubt. I don't know the details of your life as you never confided in me much or spent time with me.

But none of this matters to you anymore, because you side now with the abusers and dominators. You have become complicit, and no longer care. You are strong enough to face up to the trauma now and experience catharsis, but you enjoy the degraded sex and the relations of domination, and so are not interested in overcoming oppression, healing, and liberating yourself from patriarchy. Instead you have become cheap, a person whose values are meaningless and only for show, and instead you live to please your masters (of whatever gender) and to perform for them. And you call this disgusting social and sexual degradation anarchy. It is not anarchy, you are no anarchist, and you are not even someone interested in progressive values, because you no longer have any values, they are all just for show and social kudos within your degraded in-group of abusers. You even prefer to abuse innocent people like me in order that you can all the more please these disgusting individuals. And they are pleased, aren't they Rebecca, because you tell them all about it, because you so badly want the approval, so you tell them all about just how indifferent you are to me and how you do not respond to anything I say or do and shut me out completely. You tell them how I fancy you and desire to have intimacy with you and how you shut me out and do not give me any response at all. You know exactly how much they love that, and you bask in the approval, and in

the knowledge that you are abusing a real anarchist and humanitarian, someone trying to help you and who also needs your help, in order to please some of the most foul and abusive individuals out there. And they love it when you report to them how abusive and denigrating you are to me because they know that I am the one person who can confront them and lift you out of this pitiful condition you are in. So they will go all out to make sure you shut me out, that you abuse me, that you ridicule me, that you mock me, because in doing so they know that they make it less and less likely that I will ever want to have anything to do with you again, and that means they get to continue to abuse you.

This is your life: a fake life, make pretend values, no substance, soulless and mindless activism, and obedience and sexual subservience to a coterie of disgusting individuals who gravitate to anarchist subcultures in order to prey on and abuse vulnerable people.

But hey, who cares right?

There is one person in your life that cares, and that is me. I still have hope. I know that this is sinking in, and that you are experiencing internal conflict as you grapple with it all, and that from time to time you do try and stand up to them. I haven't given up on you, so don't give up on yourself. Walk this path with me.

Love and solidarity,

Sonny x



INSURRECTIONARY
MUTUAL AID