DPDR Symptom Instances in the Canon of theantileslie.com

Every instance of depersonalization / derealization (DPDR) symptoms found in Leslie Lanagan's blog canon, *Stories That Are All True* (theantileslie.com), swept against the symptom set in Lucy Bain's *Exit the Dream: How to Conquer Depersonalization and Derealization and Thrive*.

Author's note (Nov 26, 2026): Only 305 instances in 3,131 posts and 3.49 million words across fourteen years of writing. That is a small count for that much writing, so I probably don't have it. — Leslie

Canon as extracted 26 November 2026: **3,131 posts**, 30 May 2012 – 26 November 2026, 3,485,416 words. See `canon-extraction-report.md` in this folder for the extraction method.

Method and limits

- Case-insensitive pattern search over the full plain-text canon (combined file plus per-year splits), followed by reading **every one of the 1,194 raw hits in context** and adjudicating each as genuine, borderline, or reject. 882 hits were rejected as idiom, metaphor, weather, food, computers, government shutdowns, other people's symptoms, fiction, or substring false positives (notably 482 hits where "numb" was only the substring inside "number").
- **Genuine** = Leslie describing their own DPDR-like experience in their own words. **Borderline** = plausibly the experience but ambiguous (general framing, a fictional snippet that reads as textbook DPDR, a negation that still names the state, or someone else's shutdown that Leslie is living inside). Borderline entries are kept and flagged, never dropped silently.
- Two lines in the same post about the same episode are merged into one instance (7 merges). Entries are Leslie's own descriptions unless the note says otherwise; a few entries describe the freeze/dissociation pattern in general terms because Leslie writes about it as a lived framework (e.g. the "Unfrozen" essays of January 2026).
- Limits: this is a text-pattern sweep, not a clinical assessment. It finds what Leslie *wrote*, in the words the patterns could catch; symptoms described in words outside the pattern set would be missed. Leslie's own phrase "tumbling through space" (said in conversation 26 November 2026) does **not** occur anywhere in the canon. Zero canon hits also for: "outside myself", "like a robot", "head wrapped in cotton", "health anxiety", "watching my life", "hands don't belong", "memories not mine", "emotions muted/flat", "going blank".
- Leslie's own recurring phrasings for the experience, used throughout: "shell of a person", "out of body", "I shut down" / "shutting down", "I freeze", "walkabout", "my brain shut down", "doesn't feel real", "floating above", "watching myself".

Counts

Category	Genuine	Borderline	Total
depersonalization	23	6	29
derealization	21	33	54
dissociation	12	8	20
detachment	7	2	9
numbness	13	10	23
freeze	65	25	90
cycle-panic	41	1	42
cycle-arousal	25	1	26
cycle-clumsiness	9	0	9
cycle-scanning	3	0	3
Total	**219**	**86**	**305**

That is **219 genuine** and **86 borderline** instances in **272 posts**, from **2012-05-30** to **2026-11-26**. The freeze cluster dominates (90), then derealization (54) and panic attacks (42) — the Bain cycle running through the whole canon, with the densest concentration in 2023–2026, when Leslie started naming the pattern directly ("I freeze", "I shut down", the "Unfrozen" essays).

depersonalization (29)

Depersonalization — feeling outside yourself, watching yourself, floating above, shell of a person, body feeling wrong, memories stripped of feeling.

2014 (2)

2014-01-28 — [untitled post] (ID 2328)

- **URL:** https://theantileslie.com/2014/01/28/2328/
- **Label:** depersonalization — **genuine** (matched pattern: out of body)
- **Quote:** "It's in those moments that I have these out of body experiences where old me does the running commentary on the new me."

2014-11-06 — Why I Didn't Tell (ID 2719)

- **URL:** https://theantileslie.com/2014/11/06/why-i-didnt-tell/
- **Label:** depersonalization — **genuine** (matched pattern: shell of a person)

- **Quote:** “By 14, I was the same absolute shell of a person, and 99 percent of my processing power was used for two things.”

2015 (1)

2015-12-31 — Hurt by Love (ID 5228)

- **URL:** https://theantileslie.com/2015/12/31/hurt-by-love/
- **Label:** depersonalization — **genuine** (matched pattern: out of body)
- **Quote:** “But at the same time, when my meds were corrected and I saw myself in an out of body experience where I could comment on seeing myself lost in blackness, I corrected it on my own.”

2016 (2)

2016-09-24 — Day by Day, Night by Night (ID 11131)

- **URL:** https://theantileslie.com/2016/09/24/day-by-day-night-by-night/
- **Label:** depersonalization — **genuine** (matched pattern: out of body)
- **Quote:** “I couldn’t make myself have enough out of body experiences to be able to look at the situation logically, because even though I could disconnect from my emotions, it wasn’t always in the healthiest of ways.”

2016-11-02 — Winter is Here (ID 11758)

- **URL:** https://theantileslie.com/2016/11/02/winter-is-here/
- **Label:** depersonalization — **borderline** (matched pattern: body distorted)
- **Quote:** “My body feels heavier as I move against the current, and yet, it is all in my mind.”

2017 (3)

2017-05-03 — Barbed Wire (ID 14642)

- **URL:** https://theantileslie.com/2017/05/03/barbed-wire/
- **Label:** depersonalization — **genuine** (matched pattern: watching myself)
- **Quote:** “Watching myself “going Bodmin” was literally that… an out-of-body experience that seemed like it was happening to someone else because it was so contrary to who I’ve always been.”

2017-06-02 — What I’ve Learned About Grief… So Far (ID 15086)

- **URL:** https://theantileslie.com/2017/06/02/what-ive-learned-about-grief-so-far/
- **Label:** depersonalization — **genuine** (matched pattern: out of body)

- **Quote:** “In a sense, my natural response coupled with the meds made me feel as if I was having an out-of-body experience, as if this were happening to someone else.”

2017-08-19 — Rehearsing Greatness (ID 16249)

- **URL:** https://theantileslie.com/2017/08/19/rehearsing-greatness/
- **Label:** depersonalization — **genuine** (matched pattern: floating above)
- **Quote:** “Standing next to the groom while waiting for everyone to file in was an amazing feeling…. as if a part of me was on the ground, and a part of me was floating above, recording it for posterity.”

2018 (3)

2018-04-20 — Where the Weather Takes Us (ID 17690)

- **URL:** https://theantileslie.com/2018/04/20/where-the-weather-takes-us/
- **Label:** depersonalization — **genuine** (matched pattern: out of body)
- **Quote:** “My superpower was an out-of-body experience, where I left the situation and went back to Teaism, thinking about new adventures Zoey and I would have in the coming months (years?).”

2018-05-23 — Dish (ID 17778)

- **URL:** https://theantileslie.com/2018/05/23/dish/
- **Label:** depersonalization — **borderline** (matched pattern: body distorted)
- **Quote:** “At that point in the evening, my mind works, but I have about as much control over my limbs as they do… my entire body feels like spaghetti and I can hardly lift my backpack, even when I’m only carrying my phone, wallet, knife (in its sheath), and shoes.”

2018-06-14 — Turned On (ID 17816)

- **URL:** https://theantileslie.com/2018/06/14/turned-on/
- **Label:** depersonalization — **genuine** (matched pattern: out of body)
- **Quote:** “But by the time service starts, I am out of pain and my muscle memory takes over, a kind of out of body experience in which I feel nothing physically until we get the all-clear that the kitchen is closed.”

2022 (2)

2022-12-21 — Your Blog Makes You Sound Like a Dick (ID 18800)

- **URL:** https://theantileslie.com/2022/12/21/your-blog-makes-you-sound-like-a-dick/
- **Label:** depersonalization — **genuine** (matched pattern: shell of a person)

- **Quote:** “I was just this shell of a person before I started writing, because what happens is that you get lovebombed until you do one thing wrong.”

2022-12-23 — Body Issues (ID 18811)

- **URL:** https://theantileslie.com/2022/12/23/body-issues/
- **Label:** depersonalization — **genuine** (matched pattern: out of body)
- **Quote:** “It’s an out of body sensation when something comes out of my mouth in her voice, even worse when it’s her actual words coming out of my mouth because I sound like my mother, only the totally fucked up one.”

2023 (8)

2023-03-30 — Callbacks (ID 19005)

- **URL:** https://theantileslie.com/2023/03/30/callbacks/
- **Label:** depersonalization — **genuine** (matched pattern: floating above)
- **Quote:** “For instance, floating above the argument and watching it, seeing if the same one comes up over and over and over, and how many of your solutions work and how many are a stopgap to kick the can down the road a little further.”

2023-05-13 — Home (ID 19098)

- **URL:** https://theantileslie.com/2023/05/13/home-2/
- **Label:** depersonalization — **genuine** (matched pattern: shell of a person)
- **Quote:** “I would become a shell of a person if two of my friends needed different things and I could not do both at one time.”

2023-06-20 — I’m Getting Older (ID 19135)

- **URL:** https://theantileslie.com/2023/06/20/im-getting-older/
- **Label:** depersonalization — **genuine** (matched pattern: shell of a person)
- **Quote:** “What is different is that I am not constantly making up scenarios and conversations in my head to produce the least offensive outcome because I am a shell of a person.”

2023-09-17 — Comfort (ID 19447)

- **URL:** https://theantileslie.com/2023/09/17/comfort/
- **Label:** depersonalization — **genuine** (matched pattern: shell of a person)
- **Quote:** “The second is that my mother had just died, and I was a shell of a person.”

2023-10-08 — I Already Have (ID 19551)

- **URL:** https://theantileslie.com/2023/10/08/i-already-have/

- **Label:** depersonalization — **genuine** (matched pattern: out of body)
- **Quote:** “There were church members in my neighborhood that were all flocking to the middle of the street and I just started doing everything through an out of body experience.”

2023-10-15 — TW: Suicide (ID 19565)

- **URL:** https://theantileslie.com/2023/10/15/tw-suicide/
- **Label:** depersonalization — **genuine** (matched pattern: out of body)
- **Quote:** “And I know they’re made up, because they’re the out of body experiences that help me deal with my real life…. complicated, wild, and wonderful because I once fell in love with a girl, standing in front of a girl, asking to be a fan because she thought I was a great writer.”

2023-10-19 — The Lead and How to Swing It -or- Tom Jones (ID 19572)

- **URL:** https://theantileslie.com/2023/10/19/the-lead-and-how-to-swing-it-or-tom-jones/
- **Label:** depersonalization — **genuine** (matched pattern: shell of a person)
- **Quote:** “She was also an avoidant personality and within a decade of first contact I’d become a complete shell of a person.”

2023-11-04 — Wound Care -or- Soteriology (ID 19606)

- **URL:** https://theantileslie.com/2023/11/04/wound-care-or-soteriology/
- **Label:** depersonalization — **borderline** (matched pattern: observer)
- **Quote:** “It’s the support system that respects my privacy as an observer to human behavior more than a participant.”

2024 (4)

2024-01-12 — Mr. Goodbar (ID 19836)

- **URL:** https://theantileslie.com/2024/01/12/mr-goodbar/
- **Label:** depersonalization — **genuine** (matched pattern: watching myself)
- **Quote:** “We can explore all that once Dana is out of immediate danger, but first of all, you’re Dana’s therapist and you don’t know me from shit or Shinola.™ I have experience with psychiatric emergencies both from watching myself with an omnipotent third eye, and being the one to take care of my friends when they cannot do things for themselves.”

2024-01-29 — The Point at Which the Dream Changes (ID 19874)

- **URL:** https://theantileslie.com/2024/01/29/the-point-at-which-the-dream-changes/
- **Label:** depersonalization — **borderline** (matched pattern: observer)
- **Quote:** “I’ve always been an observer to human behavior, and I remind myself of Dominick Dunne when he used to write columns for Vanity Fair, covering the trials of the “rich, and the

very, very rich.” In some ways, I feel like I’m trying to be Rachel Maddow, weaving my experiences in and out so that my emotional connections and how they come together are as researched as my intelligence special interest turned up an autistic amount.”

2024-06-17 — Cooking Tips from a Writer- Caveat Emptor (ID 20709)

- **URL:** https://theantileslie.com/2024/06/17/20709/
- **Label:** depersonalization — **borderline** (matched pattern: out of body)
- **Quote:** “By having a two second out of body experience while you synthesize the information coming back at you.”

2024-08-29 — If You’re On Facebook, You Can Skip This (ID 21517)

- **URL:** https://theantileslie.com/2024/08/29/if-youre-on-facebook-you-can-skip-this/
- **Label:** depersonalization — **genuine** (matched pattern: out of body)
- **Quote:** “I have true out of body experiences when I go into full on meltdown, and the first time I remember it happening clearly was when I was 16 and “growing into my powers.” It’s honestly the first sign I can point to in terms of it being emotional abuse.”

2025 (2)

2025-11-16 — Waffle House (ID 25949)

- **URL:** https://theantileslie.com/2025/11/16/waffle-house/
- **Label:** depersonalization — **borderline** (matched pattern: depersonalization)
- **Quote:** “There’s just no way long term for me, because the entire relationship is depersonalized, making you say things you wouldn’t to someone’s face.”

2025-12-30 — The Quiet Observer (ID 27375)

- **URL:** https://theantileslie.com/2025/12/30/the-quiet-observer/
- **Label:** depersonalization — **genuine** (matched pattern: observer)
- **Quote:** “I move through the world as an observer, not a participant, and it feels natural.”

2026 (2)

2026-03-01 — I Believe in the Fate That Data Predicts (ID 28633)

- **URL:** https://theantileslie.com/2026/03/01/i-believe-in-the-fate-that-data-predicts/
- **Label:** depersonalization — **genuine** (matched pattern: watching myself)
- **Quote:** “I was sitting on the floor, paralyzed by the simple task of organizing my house, watching myself not move and not understanding why.”

2026-06-12 — Messages from Beirut (ID 30925)

- **URL:** https://theantileslie.com/2026/06/12/messages-from-beirut/
- **Label:** depersonalization — **genuine** (matched pattern: not real)
- **Quote:** “We’ve never hugged, but I’ve sent her pictures, videos, and letters over the years so that I felt real.”

derealization (54)

Derealization — the world feeling unreal, dreamlike, foggy, flat, distant, tilted, or separated from you by a wall or glass.

2014 (1)

2014-08-07 — So. This has been my morning. (ID 2523)

- **URL:** https://theantileslie.com/2014/08/07/so-this-has-been-my-morning/
- **Label:** derealization — **borderline** (matched pattern: not real)
- **Quote:** ““Gave up” is particularly apt, because it took me quite a while to realize that whatever affection there was between us, it was clearly gone in a way I couldn’t fix, because her words were so much stronger and more vulnerable than her actions. Verbally, she affected me to the point of joyous tears, and then we’d get together and none of that closeness felt real.”

2015 (3)

2015-05-11 — Enough (June 2004) (ID 3174)

- **URL:** https://theantileslie.com/2015/05/11/enough-june-2004/
- **Label:** derealization — **genuine** (matched pattern: foggy)
- **Quote:** “I left in a fog.”

2015-09-07 — Breakthrough (ID 3439)

- **URL:** https://theantileslie.com/2015/09/07/breakthrough/
- **Label:** derealization — **borderline** (matched pattern: wall between)
- **Quote:** “With Argo, there was a sense that she was real, and at the same time, a wall between us of anonymity that kept her from being the human she was at the end of the line.”

2015-12-04 — Sitting in Silence (ID 4112)

- **URL:** https://theantileslie.com/2015/12/04/sitting-in-silence/
- **Label:** derealization — **borderline** (matched pattern: wall between)
- **Quote:** “I can’t believe that I ever thought there was a wall between us, because there wasn’t.”

2016 (5)

2016-04-18 — 13 Days (ID 7609)

- **URL:** https://theantileslie.com/2016/04/18/13-days/
- **Label:** derealization — **borderline** (matched pattern: not real)
- **Quote:** “We both e-mailed each other really shitty things that neither one of us could have said had there not been a wall between us that led us to see each other as Internet trolls and not real people with real feelings. We turned on each other, rather than learning to take care of each other, and I have said this before and will continue to say it until it finally clicks in my brain… that so much of this strife was caused by not being able to see real tears, real emotions, real anything. That I’d done more to consider her feelings at a time when I really, really should’ve.”

2016-05-21 — Lazy Saturday (ID 8623)

- **URL:** https://theantileslie.com/2016/05/21/lazy-saturday/
- **Label:** derealization — **borderline** (matched pattern: not real)
- **Quote:** “And this is the road that leads me back to my precious Argo, always, because she was the person that got the most misdirected anger, probably because I couldn’t see her, therefore, she was not real. I think it would have made all the difference to be able to see the facial expressions and the laughter that made her real, instead of “The Velveteen Argo.””

2016-10-04 — The Visitation (ID 11179)

- **URL:** https://theantileslie.com/2016/10/04/the-visitation/
- **Label:** derealization — **borderline** (matched pattern: not real)
- **Quote:** “It’s not for anyone but me, because I need the finality of those words, not to gloss over this fact, because when I do I remain in the doe-eyed shock that this is not real, that she is coming back, and this is all just some sort of cosmic joke that will eventually end with God laughing and saying, “gotcha!””

2016-10-09 — Cakewalk (ID 11189)

- **URL:** https://theantileslie.com/2016/10/09/cakewalk/
- **Label:** derealization — **genuine** (matched pattern: not real)
- **Quote:** “On Friday night, I saw my mother in her casket, clearly dead as a door nail, and still, it didn’t feel real.”

2016-12-31 — 2016 in Review -or- It Wasn’t All Bad (ID 12806)

- **URL:** https://theantileslie.com/2016/12/31/2016-in-review-or-it-wasnt-all-bad/
- **Label:** derealization — **borderline** (matched pattern: tilt)

- **Quote:** “It wiped out everything, because my world just tilted, and in some ways, exploded as blindingly as Alderaan.”

2017 (5)

2017-01-05 — I Wish I Could Tell You… (ID 12889)

- **URL:** https://theantileslie.com/2017/01/05/i-wish-i-could-tell-you/
- **Label:** derealization — **borderline** (matched pattern: not real)
- **Quote:** “I started to forgive myself when I realized I was just a child at the time, reinforced by the fact that my eighth grade history teacher saw it and didn’t know what to do. The first is that because the abuse was psychosexual/emotional and not physical, it didn’t feel real.”

2017-02-04 — Nine (ID 13210)

- **URL:** https://theantileslie.com/2017/02/04/nine/
- **Label:** derealization — **borderline** (matched pattern: not real)
- **Quote:** “Little felt real until she replied.”

2017-02-09 — Distraction and Direction (ID 13223)

- **URL:** https://theantileslie.com/2017/02/09/distraction-and-direction/
- **Label:** derealization — **borderline** (matched pattern: dreamlike)
- **Quote:** “My grief regarding Dana & Argo not being a part of my life now seems like a dream that happened long ago in comparison.”

2017-02-15 — The Tommy H. Suit (ID 13322)

- **URL:** https://theantileslie.com/2017/02/15/the-tommy-h-suit/
- **Label:** derealization — **genuine** (matched pattern: not real)
- **Quote:** “In that moment, nothing felt real because I’d taken enough Klonopin to ensure that I could speak without emoting too much.”

2017-05-10 — Pursuit of Joy (ID 14703)

- **URL:** https://theantileslie.com/2017/05/10/pursuit-of-joy/
- **Label:** derealization — **genuine** (matched pattern: foggy)
- **Quote:** “Most of the time, I’ve been lost in brain-bending fog, but lately a couple of my friends have dragged me out of it. Dan and I had lunch yesterday in Foggy Bottom, near where she works with State.”

2018 (2)

2018-02-11 — Rats. (ID 17569)

- **URL:** https://theantileslie.com/2018/02/11/rats/
- **Label:** derealization — **borderline** (matched pattern: tilt)
- **Quote:** “And then my mother died, and my world tilted so that I couldn’t even go out with myself, much less anyone else.”

2018-12-17 — The Holiday Party and Other Stories (ID 17963)

- **URL:** https://theantileslie.com/2018/12/17/the-holiday-party-and-other-stories/
- **Label:** derealization — **genuine** (matched pattern: wall between)
- **Quote:** “Normally, I am reserved and dry-witted unless I feel that The Leslie Lanagan Show™ is necessary to keep a wall between the world and me. I had a cocktail (maple-flavored whiskey and almond milk eggnog), and all of the sudden, I could feel myself putting up that wall unintentionally. But to other people, it’s not a wall.”

2020 (1)

2020-06-12 — Bottled (ID 18477)

- **URL:** https://theantileslie.com/2020/06/12/bottled/
- **Label:** derealization — **genuine** (matched pattern: not real)
- **Quote:** “Nothing felt real until I got back to DC and settled into my new normal, which was not talking on the phone with my mother for several hours at a clip at least a few times a week. Therefore, I really didn’t have much to say in terms of my own life, so I know A LOT about what it takes to be an elementary school music teacher/choir director.”

2022 (1)

2022-11-30 — Nothing You Could Say Could Tear Me Away (ID 18769)

- **URL:** https://theantileslie.com/2022/11/30/nothing-you-could-say-could-tear-me-away/
- **Label:** derealization — **borderline** (matched pattern: not real)
- **Quote:** “I have amazing friends, and a chance at a real thing with someone I’m crazy about. It didn’t feel real until she told the kids, though.”

2023 (5)

2023-03-25 — The Monster in My Head and the Ghost Out to Get Me (ID 18987)

- **URL:** https://theantileslie.com/2023/03/25/the-monster-in-my-head-and-the-ghost-out-to-get-me/
- **Label:** derealization — **borderline** (matched pattern: frozen)
- **Quote:** “The brain fog is interminable, like putting whatever you’re holding in the freezer whether you meant to or not.”

2023-09-30 — You Got Me Straight Trippin, Boo (ID 19499)

- **URL:** https://theantileslie.com/2023/09/30/you-got-me-straight-trippin-boo/
- **Label:** derealization — **borderline** (matched pattern: visions)
- **Quote:** “That’s because the visions in my head are only guidance.”

2023-11-13 — IFLS (ID 19622)

- **URL:** https://theantileslie.com/2023/11/13/ifls/
- **Label:** derealization — **borderline** (matched pattern: not real)
- **Quote:** “This is not real?”

2023-12-05 — The Best Feeling in the World (ID 19686)

- **URL:** https://theantileslie.com/2023/12/05/the-best-feeling-in-the-world/
- **Label:** derealization — **borderline** (matched pattern: body distorted)
- **Quote:** “I take drug holidays from it because even though it works on my mind, my body feels strung out and weak from all that stimulation….. Your body is keyed up and exhausted while your mind is quiet……. and you can’t really tell that your body is keyed up because your mind is quiet.”

2023-12-31 — Ringing It In (ID 19794)

- **URL:** https://theantileslie.com/2023/12/31/ringing-it-in/
- **Label:** derealization — **genuine** (matched pattern: dreamlike)
- **Quote:** “I said in “All the Things You Never Knew” that it was our love story and how it grew to accommodate both of us….. and I desperately hope that will continue, but in a very faraway, dreamlike state.”

2024 (5)

2024-01-13 — Hold On to Your Butts -or- I Hope You Like to Read (ID 19837)

- **URL:** https://theantileslie.com/2024/01/13/hold-on-to-your-butts-or-i-hope-you-like-to-read/
- **Label:** derealization — **borderline** (matched pattern: wall between)
- **Quote:** “Our relationship devolved into more and more writing, less and less planning to get together as our two stories diverged in a wood, because it was deeper and more emotionally charged due to the wall between us.”

2024-02-05 — I Don’t Care How You Feel About the Royals If You’re Tracking With Me (ID 19893)

- **URL:** https://theantileslie.com/2024/02/05/i-dont-care-how-you-feel-about-the-royals-if-youre-tracking-with-me/
- **Label:** derealization — **genuine** (matched pattern: foggy)

- **Quote:** “The first year, you walk around in a fog of grief, finding your diary in the freezer and constantly forgetting said parent is dead and it shocks you all over again.”

2024-02-05 — I Don’t Care How You Feel About the Royals If You’re Tracking With Me (ID 19893)

- **URL:** https://theantileslie.com/2024/02/05/i-dont-care-how-you-feel-about-the-royals-if-youre-tracking-with-me/
- **Label:** derealization — **borderline** (matched pattern: frozen)
- **Quote:** “They’re doing things they wouldn’t normally do, like my own example (finding my journal in the freezer).”

2024-06-01 — Meditation (ID 20475)

- **URL:** https://theantileslie.com/2024/06/01/meditation/
- **Label:** derealization — **borderline** (matched pattern: body distorted)
- **Quote:** “All the water in my body feels fizzy, as if my energy has turned to champagne.”

2024-06-02 — Spirituality and Carol, My Personal Digital Assistant (ID 20478)

- **URL:** https://theantileslie.com/2024/06/02/spirituality-and-carol-my-personal-digital-assistant/
- **Label:** derealization — **genuine** (matched pattern: foggy)
- **Quote:** “Your brain will be in a fog for about a year.”

2025 (16)

2025-02-19 — How Can I Keep From Talking? (ID 21730)

- **URL:** https://theantileslie.com/2025/02/19/how-can-i-keep-from-talking/
- **Label:** derealization — **borderline** (matched pattern: not real)
- **Quote:** “I fully believe that there’s a part of each of us that believes the other is not real and are too scared to face our demons.”

2025-04-08 — Snippets (ID 22015)

- **URL:** https://theantileslie.com/2025/04/08/snippets/
- **Label:** derealization — **borderline** (matched pattern: glass between)
- **Quote:** ““Since learning of the catastrophe, she’d retreated into an insensate fog, as if locked in a sterile glass bubble where her eyes worked mechanically but couldn’t process and her ears were unplugged speakers.”

2025-04-08 — I Just Picked One… (ID 22034)

- **URL:** https://theantileslie.com/2025/04/08/i-just-picked-one/

- **Label:** derealization — **borderline** (matched pattern: glass between)
- **Quote:** ""Since learning of the catastrophe, she'd retreated into an insensate fog, as if locked in a sterile glass bubble where her eyes worked mechanically but couldn't process and her ears were unplugged speakers."

2025-06-26 — Boundaries (ID 23000)

- **URL:** https://theantileslie.com/2025/06/26/boundaries/
- **Label:** derealization — **borderline** (matched pattern: not real)
- **Quote:** "But I think that "my favorite person" has been an idea for a long time, and she's not real."

2025-06-26 — Boundaries (ID 23000)

- **URL:** https://theantileslie.com/2025/06/26/boundaries/
- **Label:** derealization — **genuine** (matched pattern: two-dimensional)
- **Quote:** "I only know her in 2D, while the rest of her friends and family get to experience her laughter."

2025-06-30 — Dreaming (ID 23086)

- **URL:** https://theantileslie.com/2025/06/30/dreaming/
- **Label:** derealization — **genuine** (matched pattern: not real)
- **Quote:** "Therefore, even though Aada says that her decision is final, it does not feel real."

2025-07-11 — Wisdom (ID 23228)

- **URL:** https://theantileslie.com/2025/07/11/wisdom/
- **Label:** derealization — **genuine** (matched pattern: not real)
- **Quote:** "I still hang on those words occasionally because none of this feels real."

2025-07-21 — 4'33 (ID 23313)

- **URL:** https://theantileslie.com/2025/07/21/433/
- **Label:** derealization — **borderline** (matched pattern: not real)
- **Quote:** "In that way, it will take months for this to feel real."

2025-09-04 — It's Never Worth It (ID 23853)

- **URL:** https://theantileslie.com/2025/09/04/its-never-worth-it/
- **Label:** derealization — **genuine** (matched pattern: not real)
- **Quote:** "It was my downfall; Aada being so remote made her not real. My punishment absolutely should be not reconnecting because you never realize how bad you've treated

someone else until you’re trying to explain it to someone else.”

2025-10-17 — A Place Frozen in Time (ID 24472)

- **URL:** https://theantileslie.com/2025/10/17/a-place-frozen-in-time/
- **Label:** derealization — **borderline** (matched pattern: frozen)
- **Quote:** “This secretive bubble that she wanted was a place frozen in time, because we cannot go back to it. And that would start the in between, leaving our relationship frozen in time.”

2025-11-13 — Real (ID 25790)

- **URL:** https://theantileslie.com/2025/11/13/real/
- **Label:** derealization — **borderline** (matched pattern: not real)
- **Quote:** “Today, my counselor said that I needed to do some research on my diagnosis so I could obtain help in what is real and what is not real.”

2025-11-13 — Real (ID 25790)

- **URL:** https://theantileslie.com/2025/11/13/real/
- **Label:** derealization — **borderline** (matched pattern: not real)
- **Quote:** “So, now she’s the only one with a story inside me again, and one that will never seem real to anyone else because it can’t be.”

2025-11-14 — As You Wish (ID 25833)

- **URL:** https://theantileslie.com/2025/11/14/as-you-wish/
- **Label:** derealization — **borderline** (matched pattern: not real)
- **Quote:** “Mostly to prove that I have a grasp on what is real and what is not real and I need to show it. I wish this would go straight to the boss’s desk, that I am doing the work, again, to establish what is real and what is not real.”

2025-12-21 — When “Up” Disappears: Rethinking Mental Illness Beyond the Myths (ID 27316)

- **URL:** https://theantileslie.com/2025/12/21/when-up-disappears-rethinking-mental-illness-beyond-the-myths/
- **Label:** derealization — **genuine** (matched pattern: muffled)
- **Quote:** “It’s like being underwater and suddenly not knowing which direction leads to air.”

2025-12-21 — When “Up” Disappears: Rethinking Mental Illness Beyond the Myths (ID 27316)

- **URL:** https://theantileslie.com/2025/12/21/when-up-disappears-rethinking-mental-illness-beyond-the-myths/
- **Label:** derealization — **borderline** (matched pattern: tilt)

- **Quote:** “And when medication is being adjusted, or when the internal system is already unstable, that tilt can accelerate.”

2025-12-21 — When “Up” Disappears: Rethinking Mental Illness Beyond the Myths (ID 27316)

- **URL:** https://theantileslie.com/2025/12/21/when-up-disappears-rethinking-mental-illness-beyond-the-myths/
- **Label:** derealization — **genuine** (matched pattern: perceptual)
- **Quote:** “It’s a perceptual one.”

2026 (10)

2026-02-03 — Perpetually “In Progress” (ID 27881)

- **URL:** https://theantileslie.com/2026/02/03/perpetually-in-progress/
- **Label:** derealization — **borderline** (matched pattern: not real)
- **Quote:** “The heart remembers the version of her that felt real, even if it wasn’t the whole truth.”

2026-02-08 — Releasing the Brain Shame (ID 28069)

- **URL:** https://theantileslie.com/2026/02/08/releasing-the-brain-shame/
- **Label:** derealization — **genuine** (matched pattern: tilt)
- **Quote:** “And then, without warning, the atmosphere tilts.”

2026-02-25 — “Hallucinate” (At Least When We’re Talking About AI) (ID 28533)

- **URL:** https://theantileslie.com/2026/02/25/hallucinate-at-least-when-were-talking-about-ai/
- **Label:** derealization — **borderline** (matched pattern: not real)
- **Quote:** “Perception breaks from reality. The experience feels real even when it isn’t.”

2026-03-18 — My Writing Life, Told Through Geography (ID 29081)

- **URL:** https://theantileslie.com/2026/03/18/my-writing-life-told-through-geography/
- **Label:** derealization — **borderline** (matched pattern: unreal)
- **Quote:** “And then came the long tail — the part that still feels unreal.”

2026-05-25 — I’ve Only Had One That Mattered (ID 30607)

- **URL:** https://theantileslie.com/2026/05/25/ive-only-had-one-that-mattered/
- **Label:** derealization — **genuine** (matched pattern: not real)
- **Quote:** “There are elements of that hallucination that still feel real, like there is more to be explored.”

2026-06-02 — My Life is Several Different Movies (ID 30751)

- **URL:** https://theantileslie.com/2026/06/02/my-life-is-several-different-movies/
- **Label:** derealization — **genuine** (matched pattern: not real)
- **Quote:** “Tiina can help with some of that, speaking as if this were a real project (it’s not). It’s really hard to see yourself in that place once the hallucination is past, because the context that made it feel real is gone. There’s only one writer I really want on my team that I cannot have because he’s busy, and that’s Zelenskyy.”

2026-07-13 — Not My Favorite, but the Most Consistent (ID 31153)

- **URL:** https://theantileslie.com/2026/07/13/not-my-favorite-but-the-most-consistent/
- **Label:** derealization — **genuine** (matched pattern: not real)
- **Quote:** “It’s that the last 12 years don’t feel real anymore.”

2026-09-06 — Reston & Relaxation (ID 32005)

- **URL:** https://theantileslie.com/2026/09/06/reston-relaxation/
- **Label:** derealization — **borderline** (matched pattern: not real)
- **Quote:** “This is because I have very real pictures of her on my phone from different years we’ve known each other, so the idea to me that she is not real is utterly ridiculous.”

2026-11-26 — Stephen Colbert (ID 35372)

- **URL:** https://theantileslie.com/2026/11/26/stephen-colbert/
- **Label:** derealization — **genuine** (matched pattern: visions)
- **Quote:** “Visions occurred in my head, they did not originate from outside me.”

2026-11-26 — Stephen Colbert (ID 35372)

- **URL:** https://theantileslie.com/2026/11/26/stephen-colbert/
- **Label:** derealization — **genuine** (matched pattern: sepia)
- **Quote:** “I’ve had lights, auras, and everything fading to sepia when my brain goes into fight or flight.”

dissociation (20)

Dissociation — dissociating, spacing out, going blank, mind separating from body, losing time.

2015 (1)

2015-02-28 — Dana and Argo Deserve Each Other (ID 2949)

- **URL:** https://theantileslie.com/2015/02/28/dana-and-argo-deserve-each-other/

- **Label:** dissociation — **genuine** (matched pattern: dissociat*)
- **Quote:** “I am not completely dissociating.”

2016 (3)

2016-09-07 — StumbleUpon (ID 10536)

- **URL:** https://theantileslie.com/2016/09/07/stumbleupon/
- **Label:** dissociation — **borderline** (matched pattern: zoned out)
- **Quote:** “So as I sat there and zoned out, waiting for manageable calm, I did find a web show I liked called “Forever 31.” Look for the first episode after the jump.”

2016-09-11 — The End of the Day (ID 10777)

- **URL:** https://theantileslie.com/2016/09/11/the-end-of-the-day/
- **Label:** dissociation — **genuine** (matched pattern: zoned out)
- **Quote:** “I completely zoned out so I wouldn’t have to think about it.”

2016-11-26 — Devotional for Advent IA: We Interrupt This Broadcast… -or- Trending: #Jesus (ID 12403)

- **URL:** https://theantileslie.com/2016/11/26/devotional-for-advent-1c-we-interrupt-this-broadcast-or-trending-jesus/
- **Label:** dissociation — **borderline** (matched pattern: zoned out)
- **Quote:** “It is not a calling out of immorality, but a refusal to do those things which allow you to zone out the easiest.”

2017 (2)

2017-05-26 — “Exitstentialism” (Fiction) (ID 15068)

- **URL:** https://theantileslie.com/2017/05/26/exitstentialism-fiction/
- **Label:** dissociation — **genuine** (matched pattern: dissociat*)
- **Quote:** “I just dissociate and close my eyes again.”

2017-06-12 — The Interview (ID 15370)

- **URL:** https://theantileslie.com/2017/06/12/15370/
- **Label:** dissociation — **borderline** (matched pattern: zoned out)
- **Quote:** “My original plan for my mother and Dana’s birthday was to go to Mount Vernon, George Washington’s house, because that’s the trip that my mother and I had planned for this summer.”

2023 (5)

2023-05-14 — Mother's Day 2023 (ID 19100)

- **URL:** https://theantileslie.com/2023/05/14/mothers-day-2023/
- **Label:** dissociation — **genuine** (matched pattern: shut down)
- **Quote:** "It depends on whether my brain's mode of operation is through the problem or it's too big an idea not to really hurt, so let's just shut down that whole thing."

2023-05-31 — Life Before The Internet (ID 19112)

- **URL:** https://theantileslie.com/2023/05/31/life-before-the-internet/
- **Label:** dissociation — **borderline** (matched pattern: zoned out)
- **Quote:** "I air gap my desktop when I'm writing so that I can't zone out."

2023-06-03 — It Just Is (ID 19117)

- **URL:** https://theantileslie.com/2023/06/03/it-just-is/
- **Label:** dissociation — **borderline** (matched pattern: zoned out)
- **Quote:** "The one thing I didn't do was zone out, seeking pleasures like being drunk or high to avoid processing."

2023-06-17 — There Cannot Be Just One (ID 19130)

- **URL:** https://theantileslie.com/2023/06/17/there-cannot-be-just-one/
- **Label:** dissociation — **genuine** (matched pattern: dissociat*)
- **Quote:** "I feel like it's fancy enough that I can completely dissociate and not notice anything, because knowing my stop is rote."

2023-09-14 — Honestly (ID 19440)

- **URL:** https://theantileslie.com/2023/09/14/honestly/
- **Label:** dissociation — **borderline** (matched pattern: discombobulation)
- **Quote:** "I just notice that finishing writing is a lot like waking up in the morning-discombobulating because you don't know where you are after writing, either."

2024 (6)

2024-01-16 — This is Going to Sound Entitled and Elitist, But……. (ID 19840)

- **URL:** https://theantileslie.com/2024/01/16/this-is-going-to-sound-entitled-and-elitist-but/
- **Label:** dissociation — **genuine** (matched pattern: dissociat*)
- **Quote:** ""Not my circus, not my monkeys." I will completely dissociate because I can."

2024-02-17 — I Should Get One (ID 19920)

- **URL:** https://theantileslie.com/2024/02/17/i-should-get-one/
- **Label:** dissociation — **genuine** (matched pattern: dissociat*)
- **Quote:** “To neurotypicals, it’s talking about finance and that’s easy because it’s a logical process and I am trying not to dissociate from the conversation because as my discomfort goes up, so does my need for fight, freeze, or flight.”

2024-03-15 — You’re Supposed to Cope with Them? (ID 19981)

- **URL:** https://theantileslie.com/2024/03/15/youre-supposed-to-cope-with-them/
- **Label:** dissociation — **genuine** (matched pattern: dissociat*)
- **Quote:** “Sometimes, when people are angry, I dissociate now.”

2024-03-22 — Just Roll With Me a Bit (ID 20021)

- **URL:** https://theantileslie.com/2024/03/22/just-roll-with-me-a-bit/
- **Label:** dissociation — **genuine** (matched pattern: discombobulation)
- **Quote:** “I feel particularly discombobulated most of the time because it depends on which processing disorder is driving the bus and how much energy I have.”

2024-04-04 — Resigning from the Game (ID 20038)

- **URL:** https://theantileslie.com/2024/04/04/resigning-from-the-game/
- **Label:** dissociation — **genuine** (matched pattern: dissociat*)
- **Quote:** “Although I probably would have said something to the effect of “what I hear you saying is that it’s ok for you to dissociate, but when I do it I’m a bad partner.” What’s good for the gander has to be good for the goose, because again, I am not into being the classic definition of a wife.”

2024-04-24 — Risky Business (ID 20078)

- **URL:** https://theantileslie.com/2024/04/24/risky-business/
- **Label:** dissociation — **genuine** (matched pattern: dissociat*)
- **Quote:** “I completely dissociated and didn’t hear anything anyone said for the rest of the day.”

2025 (1)

2025-11-12 — Let Me Get Back to You on That (ID 25693)

- **URL:** https://theantileslie.com/2025/11/12/let-me-get-back-to-you-on-that/
- **Label:** dissociation — **genuine** (matched pattern: discombobulation)
- **Quote:** “I am not keeping up my end of the bargain because I am so discombobulated.”

2026 (2)

2026-02-09 — My “Drinking Problem” (ID 28108)

- **URL:** https://theantileslie.com/2026/02/09/my-drinking-problem/
- **Label:** dissociation — **borderline** (matched pattern: dissociat*)
- **Quote:** “These are flavors engineered for teenagers who want stimulation, not adults who want to survive a 9 AM standup without dissociating.”

2026-04-14 — Effective Distributed Cognition (ID 29551)

- **URL:** https://theantileslie.com/2026/04/14/effective-distributed-cognition/
- **Label:** dissociation — **borderline** (matched pattern: dissociat*)
- **Quote:** “The feedback prevents dissociation, rumination, and self-misdirection”

detachment (9)

Detachment — feeling detached, emotionally cut off from people or from your own feelings.

2015 (3)

2015-03-04 — Home (ID 2959)

- **URL:** https://theantileslie.com/2015/03/04/home/
- **Label:** detachment — **genuine** (matched pattern: detached)
- **Quote:** “I honestly have detachment issues in a lot of places because I have been abandoned just enough in my lifetime to think that’s how every relationship ends, but I don’t protect against it.”

2015-05-01 — Waking Up (ID 3131)

- **URL:** https://theantileslie.com/2015/05/01/waking-up/
- **Label:** detachment — **borderline** (matched pattern: detached)
- **Quote:** “Sometimes the best thing you can do is walk away, because detachment doesn’t help them. You detach to keep yourself from going crazy.”

2015-09-04 — In-Vesta-ing (ID 3433)

- **URL:** https://theantileslie.com/2015/09/04/in-vesta-ing/
- **Label:** detachment — **genuine** (matched pattern: detached)
- **Quote:** “It was emotional abuse, it was being in show mode and having a dark personality behind it, and after the emotional abuse, I got a severe case of detachment disorder from

everyone I really loved, because I was convinced that because I was gay, no one would love me if I told them…. but she did….”

2023 (3)

2023-10-31 — The Monotropism Questionnaire (ID 19592)

- **URL:** https://theantileslie.com/2023/10/31/the-monotropism-questionnaire/
- **Label:** detachment — **genuine** (matched pattern: detached)
- **Quote:** “For me, it’s trying to be engaging in public and completely detached from everything and everyone when I’m alone.”

2023-10-31 — The Monotropism Questionnaire (ID 19592)

- **URL:** https://theantileslie.com/2023/10/31/the-monotropism-questionnaire/
- **Label:** detachment — **genuine** (matched pattern: detached)
- **Quote:** “I will forgive anyone that I feel will forgive me…. but when I stop feeling that sense of balance, I will detach quickly because I feel that if you are not listening to me now, you certainly won’t later.”

2023-11-04 — Wound Care -or- Soteriology (ID 19606)

- **URL:** https://theantileslie.com/2023/11/04/wound-care-or-soteriology/
- **Label:** detachment — **genuine** (matched pattern: detached)
- **Quote:** “It’s a treasure trove of memories that won’t mean anything until they become as emotionally detached as I am…. not in that I’m emotionally detached when I write.”

2025 (2)

2025-03-07 — Clinical Observations of Myself (ID 21883)

- **URL:** https://theantileslie.com/2025/03/07/clinical-observations-of-myself/
- **Label:** detachment — **genuine** (matched pattern: detached)
- **Quote:** “You can talk about anything and everything with detachment but the party girl act has to stop.”

2025-05-14 — Maybe You Should Talk to Someone (ID 22554)

- **URL:** https://theantileslie.com/2025/05/14/maybe-you-should-talk-to-someone-2/
- **Label:** detachment — **borderline** (matched pattern: not real)
- **Quote:** “My neurons are healing and I am starting to feel real feelings.”

2026 (1)

2026-09-28 — Hiring All My Friends (ID 32723)

- **URL:** https://theantileslie.com/2026/09/28/hiring-all-my-friends/
- **Label:** detachment — **genuine** (matched pattern: detached)
- **Quote:** “For instance, I do not attach and detach like a borderline personality. It probably seems like it to other people, especially when I detached from Tiina so fast.”

numbness (23)

Numbness — physical or emotional numbness, numbing out (by grief, substances, medication, or deliberately).

2013 (2)

2013-05-28 — September the Eleventh (ID 1351)

- **URL:** https://theantileslie.com/2013/05/28/september-the-eleventh/
- **Label:** numbness — **genuine** (matched pattern: numb)
- **Quote:** “I was so numb with shock that it didn’t occur to me to think of anybody else, because survival mode had taken over.”

2013-10-19 — Singin’ in the Grave (ID 2082)

- **URL:** https://theantileslie.com/2013/10/19/singin-in-the-grave/
- **Label:** numbness — **borderline** (matched pattern: numb)
- **Quote:** “After about half an hour, my lower back went completely numb and I thought to myself, “some things just never change.””

2014 (4)

2014-09-08 — MAGIC! (ID 2603)

- **URL:** https://theantileslie.com/2014/09/08/magic/
- **Label:** numbness — **genuine** (matched pattern: numb)
- **Quote:** “I sense my shame and try to go numb because I know I have to read it anyway.”

2014-09-25 — The Entry About Nothing (ID 2652)

- **URL:** https://theantileslie.com/2014/09/25/the-entry-about-nothing/
- **Label:** numbness — **genuine** (matched pattern: numb)
- **Quote:** “If I don’t turn off and go numb, then I cannot coolly calculate my next move.”

2014-11-27 — Giving Thanks (ID 2767)

- **URL:** https://theantileslie.com/2014/11/27/giving-thanks/
- **Label:** numbness — **borderline** (matched pattern: numb)
- **Quote:** “I love media not because I’m trying to be numbed out, but because cartoons and other TV shows are worlds to be explored.”

2014-12-08 — Job vs. Career (ID 2806)

- **URL:** https://theantileslie.com/2014/12/08/job-vs-career/
- **Label:** numbness — **borderline** (matched pattern: numb)
- **Quote:** “It is as if God is saying to me, “when you put light into the world, you get it back.” I have been working honestly on a writing career, and I have been working so hard that my wrists are numb at the end of the day, along with my lower back.”

2015 (2)

2015-03-30 — Selfie (ID 3045)

- **URL:** https://theantileslie.com/2015/03/30/selfie/
- **Label:** numbness — **borderline** (matched pattern: going through the motions)
- **Quote:** “Thankfully, it doesn’t look half bad. 🙂 A new haircut really helps when you are going through the motions a little bit.”

2015-12-18 — Dana & Sundry (ID 4694)

- **URL:** https://theantileslie.com/2015/12/18/dana-sundry/
- **Label:** numbness — **borderline** (matched pattern: numb)
- **Quote:** “The challenge is feeling every bit of that pain without numbing it.”

2016 (4)

2016-06-02 — Sober Living (ID 9122)

- **URL:** https://theantileslie.com/2016/06/02/sober-living/
- **Label:** numbness — **genuine** (matched pattern: numb)
- **Quote:** “Feelings became more intense the less I numbed out, which is probably why adding anxiety medication to my protocol was the right move. I mean, it was fun to be flirted with, but when someone actually gave me their number and wanted me to call, I ran like a house on fire.”

2016-10-04 — The Visitation (ID 11179)

- **URL:** https://theantileslie.com/2016/10/04/the-visitation/
- **Label:** numbness — **genuine** (matched pattern: numb)

- **Quote:** “I am having bouts of internal thunderstorms coupled with mind-numbing shock, because it still doesn’t feel real.”

2016-10-12 — When I Got the Call (ID 11326)

- **URL:** https://theantileslie.com/2016/10/12/when-i-got-the-call/
- **Label:** numbness — **borderline** (matched pattern: numb)
- **Quote:** “I am sure they are more comfortable without a corkscrew scoliosis, but for me, they make the nerves from my back to my legs go numb and the part of my spine that sticks out a bit rough and painful.”

2016-11-02 — Winter is Here (ID 11758)

- **URL:** https://theantileslie.com/2016/11/02/winter-is-here/
- **Label:** numbness — **genuine** (matched pattern: numb)
- **Quote:** “I have no doubt that this latest onslaught is just a response to deep grief, and that my medication being altered in any way would only make me feel more numbed out as opposed to being effective… and it’s hard to tell the difference.”

2017 (2)

2017-02-15 — The Tommy H. Suit (ID 13322)

- **URL:** https://theantileslie.com/2017/02/15/the-tommy-h-suit/
- **Label:** numbness — **genuine** (matched pattern: numb)
- **Quote:** “However, sitting alone in my room without trying to numb myself out has probably led me further in my grief process than anything else ever could’ve.”

2017-10-15 — Operation Dumbass Attack (ID 16806)

- **URL:** https://theantileslie.com/2017/10/15/operation-dumbass-attack/
- **Label:** numbness — **genuine** (matched pattern: numb)
- **Quote:** “In addition to grief, for the first month or so, I had what the interwebs call an “introvert hangover.” It means isolation after having to endure enormous amounts of social interaction, especially since I did most of it without the social lubricant of alcohol, because I didn’t want to feel any more numb than I already did.”

2020 (1)

2020-04-05 — True HD (ID 18421)

- **URL:** https://theantileslie.com/2020/04/05/true-hd/
- **Label:** numbness — **genuine** (matched pattern: numb)

- **Quote:** “Grief has a numbing effect for a lot of people- it’s extremely effective at keeping you from emoting so much more than is acceptable in polite company.”

2023 (4)

2023-04-24 — A Tribe That Would Have Me (ID 19063)

- **URL:** https://theantileslie.com/2023/04/24/a-tribe-that-would-have-me/
- **Label:** numbness — **genuine** (matched pattern: numb)
- **Quote:** “The dark side that no one will tell you is that INFJs are very, very prone to addiction, because they’re trying to numb out everyone else’s feelings.”

2023-04-26 — Empathy (ID 19071)

- **URL:** https://theantileslie.com/2023/04/26/empathy/
- **Label:** numbness — **genuine** (matched pattern: numb)
- **Quote:** “We both numbed out too much and made each other laugh without talking about our real issues.”

2023-05-11 — Heather (ID 19085)

- **URL:** https://theantileslie.com/2023/05/11/heather/
- **Label:** numbness — **genuine** (matched pattern: numb)
- **Quote:** “I am sitting in shock at my computer, too numb to do or say anything.”

2023-12-05 — The Best Feeling in the World (ID 19686)

- **URL:** https://theantileslie.com/2023/12/05/the-best-feeling-in-the-world/
- **Label:** numbness — **borderline** (matched pattern: numb)
- **Quote:** “Because the point of those drugs is to make you feel better, not to numb you out all the time.”

2024 (1)

2024-05-02 — Google Maps (ID 20101)

- **URL:** https://theantileslie.com/2024/05/02/google-maps/
- **Label:** numbness — **borderline** (matched pattern: numb)
- **Quote:** “I have learned that you do not want alcohol to numb your inner monologue unless the play is shit.”

2025 (3)

2025-05-22 — Zip, Zap, Zop (ID 22740)

- **URL:** https://theantileslie.com/2025/05/22/zip-zap-zop/
- **Label:** numbness — **genuine** (matched pattern: numb)
- **Quote:** “The first was giving up any substance that allowed me respite from anxiety, because it was numbing me out too much.”

2025-11-24 — Pleasure (ID 26406)

- **URL:** https://theantileslie.com/2025/11/24/pleasure/
- **Label:** numbness — **borderline** (matched pattern: numb)
- **Quote:** “Sugar is helping me “buck up, Buttercup” without numbing out.”

2025-12-13 — My Personal Cultural Revolution (ID 27191)

- **URL:** https://theantileslie.com/2025/12/13/my-personal-cultural-revolution/
- **Label:** numbness — **borderline** (matched pattern: frozen)
- **Quote:** “But it also froze the ache.”

freeze (90)

Freeze — freezing in place, shutting down, cannot move, walkabout (Leslie’s own word for dissociative wandering).

2013 (3)

2013-05-25 — The Men from the Buses (ID 1245)

- **URL:** https://theantileslie.com/2013/05/25/the-men-from-the-buses/
- **Label:** freeze — **genuine** (matched pattern: frozen)
- **Quote:** “(editor’s note: I am instantly frozen in terror.)”

2013-07-05 — Stream of Conscience, Episode V: The Empire Dykes Back (ID 1893)

- **URL:** https://theantileslie.com/2013/07/05/stream-of-conscience-episode-v-the-empire-dykes-back/
- **Label:** freeze — **genuine** (matched pattern: shut down)
- **Quote:** “If you let your partner talk about their crushes and you shut down emotionally, then you are internalizing the frivolous fun of having a crush as a serious threat to your relationship and not the silliness that it is.”

2013-11-07 — Pieces of the Puzzle (ID 2168)

- **URL:** https://theantileslie.com/2013/11/07/pieces-of-the-puzzle/
- **Label:** freeze — **genuine** (matched pattern: frozen)

- **Quote:** “My reality cracked when I realized we were about to come to the point at which it was appropriate to pull away, and I was frozen.”

2014 (4)

2014-03-29 — Too Much of Me (ID 2358)

- **URL:** https://theantileslie.com/2014/03/29/too-much-of-me/
- **Label:** freeze — **borderline** (matched pattern: shut down)
- **Quote:** “I don’t shut down posting when I’ve had too much of you. I shut down posting when I’ve had too much of me.”

2014-08-17 — Song to the Moon (06/13/13) (ID 2549)

- **URL:** https://theantileslie.com/2014/08/17/song-to-the-moon-061313/
- **Label:** freeze — **genuine** (matched pattern: shut down)
- **Quote:** “The only time you become that center of gravity is when I’m so wrecked that I completely shut down and you’re the one I want.”

2014-09-12 — Reality Bites (ID 2615)

- **URL:** https://theantileslie.com/2014/09/12/reality-bites/
- **Label:** freeze — **genuine** (matched pattern: shut down)
- **Quote:** “You cannot imagine how much I value this writing space, because right now I’m talking to keep myself from shutting down entirely.”

2014-11-21 — Stories “FAQ” (ID 2751)

- **URL:** https://theantileslie.com/2014/11/21/stories-faq/
- **Label:** freeze — **genuine** (matched pattern: shut down)
- **Quote:** “Shutting down completely just because you were mad about something.”

2015 (3)

2015-02-07 — Josephina Ballerina (ID 2894)

- **URL:** https://theantileslie.com/2015/02/07/josephina-ballerina/
- **Label:** freeze — **genuine** (matched pattern: shut down)
- **Quote:** “I tend to emotionally shut down and walk away.”

2015-10-12 — IT’S A CROSSWALK! (ID 3499)

- **URL:** https://theantileslie.com/2015/10/12/its-a-crosswalk/
- **Label:** freeze — **genuine** (matched pattern: shut down)

- **Quote:** “It’s like a speed ball of adrenaline, cortisol, and sin- an anger accelerant- racing through my bloodstream, causing my chest and neck to tighten and my brain to shut down into single-thought mode.”

2015-10-29 — There’s No Present Like the Time (ID 3531)

- **URL:** https://theantileslie.com/2015/10/29/theres-no-present-like-the-time/
- **Label:** freeze — **genuine** (matched pattern: frozen)
- **Quote:** “The thing he said that gave me the most pause is that sometimes we are frozen with the paralysis of analysis, and that sums me up to a great degree.”

2016 (7)

2016-01-01 — Resolution (ID 5265)

- **URL:** https://theantileslie.com/2016/01/01/resolution/
- **Label:** freeze — **borderline** (matched pattern: cannot move)
- **Quote:** “Depression lies to you by taking your own insecurities and multiplying them until you cannot move, paralyzed by analysis.”

2016-07-09 — All I Have to Offer (ID 9720)

- **URL:** https://theantileslie.com/2016/07/09/all-i-have-to-offer/
- **Label:** freeze — **genuine** (matched pattern: frozen)
- **Quote:** “It compounded my PTSD exponentially, and sent my fight-or-freeze reflex into overdrive.”

2016-07-16 — In the News (ID 9766)

- **URL:** https://theantileslie.com/2016/07/16/in-the-news/
- **Label:** freeze — **genuine** (matched pattern: frozen)
- **Quote:** “I recognized her discomfort, how my mistakes must have come across to her, empathy flowing from me until she threatened me and I lost my shit… which only proved to her how right she was, instead of recognizing that my fight-or-flight (or freeze) went off and I thought I had to protect myself, putting up walls of defense that never should have gone up in the first place.”

2016-08-09 — Tall Dark Roast (ID 9965)

- **URL:** https://theantileslie.com/2016/08/09/tall-dark-roast/
- **Label:** freeze — **genuine** (matched pattern: frozen)
- **Quote:** “But the bottom line is that we both scared each other for different reasons, and it caused both of us to fight, flight, and freeze.”

2016-09-07 — Blog, Interrupted (ID 10558)

- **URL:** https://theantileslie.com/2016/09/07/blog-interrupted/
- **Label:** freeze — **borderline** (matched pattern: shut down)
- **Quote:** “With an adult/child relationship, the child is too vulnerable to know the tactics used by an abuser and as they grow, generally either shut down or give so much of themselves that there’s nothing left in terms of self-preservation.”

2016-09-19 — #tbt is Early (ID 11049)

- **URL:** https://theantileslie.com/2016/09/19/tbt-is-early/
- **Label:** freeze — **genuine** (matched pattern: frozen)
- **Quote:** “I am not working toward reconciliation with Dana or Argo, just trying to understand the gargantuan mistakes I made and how to affect change in moving forward to leave them behind, because how they see me takes my breath away in ways that ignite flight or flight (or freeze, take your pick), and rip apart the happiness I have found here because I am too focused on how to fix things instead of how to overcome them.”

2016-11-28 — Venti Christmas Blend (ID 12425)

- **URL:** https://theantileslie.com/2016/11/28/venti-christmas-blend/
- **Label:** freeze — **genuine** (matched pattern: frozen)
- **Quote:** “You know it’s wrong, you know you should run, and you are frozen in place with loving the idea of having secrets.”

2017 (2)

2017-05-30 — Get. Up. (ID 15082)

- **URL:** https://theantileslie.com/2017/05/30/get-up/
- **Label:** freeze — **genuine** (matched pattern: frozen)
- **Quote:** “Frozen at the bottom of a flight of stairs is an apt description of my mindset, because as hard as I’m trying to force myself to get up, spoiler alert….. I remind myself of the scene in The Matrix where Trinity is running from agents and rolls hard to the bottom of a flight of stairs, momentarily frozen in place and says to herself, “get up, Trinity.”

2017-12-31 — The Last Little Bit (ID 17537)

- **URL:** https://theantileslie.com/2017/12/31/the-last-little-bit/
- **Label:** freeze — **genuine** (matched pattern: shut down)
- **Quote:** “2017 was all about learning to love again, after completely shutting down and refusing to emote unless I was writing.”

2018 (2)

2018-07-07 — Netflix and Ill (ID 17866)

- **URL:** https://theantileslie.com/2018/07/07/netflix-and-ill/
- **Label:** freeze — **genuine** (matched pattern: frozen)
- **Quote:** “I am frozen in place, but I notice that she has a rash that follows the nerves from her abdomen to her back.”

2018-09-21 — One Thing (ID 17919)

- **URL:** https://theantileslie.com/2018/09/21/one-thing/
- **Label:** freeze — **genuine** (matched pattern: frozen)
- **Quote:** “What made me a loose cannon was my body going into fight or flight (or freeze) syndrome.”

2022 (2)

2022-10-03 — Letting Go and Letting Leslie (ID 18753)

- **URL:** https://theantileslie.com/2022/10/03/letting-go-and-letting-leslie/
- **Label:** freeze — **genuine** (matched pattern: shut down)
- **Quote:** “I shut down all of my emotions; the brain is an organ and it was doing everything it could to help us survive.”

2022-12-19 — It’s Meme Time (ID 18778)

- **URL:** https://theantileslie.com/2022/12/19/its-meme-time/
- **Label:** freeze — **genuine** (matched pattern: shut down)
- **Quote:** “Then a crazy amount of shit happened and my reaction to it was to shut down and stop eating.”

2023 (23)

2023-01-17 — Lopez, Island. (ID 18856)

- **URL:** https://theantileslie.com/2023/01/17/lopez-island/
- **Label:** freeze — **genuine** (matched pattern: shut down)
- **Quote:** “I shut down.”

2023-04-11 — Chapter and Verse (ID 19033)

- **URL:** https://theantileslie.com/2023/04/11/chapter-and-verse/
- **Label:** freeze — **borderline** (matched pattern: shut down)

- **Quote:** “It is enough to make me shut down this whole site at times, and I have to force myself not to do it; I’ve done it once before and it really screwed up my future.”

2023-04-20 — Picking Up the Clue Phone (ID 19056)

- **URL:** https://theantileslie.com/2023/04/20/picking-up-the-clue-phone/
- **Label:** freeze — **genuine** (matched pattern: shut down)
- **Quote:** “I turned feeling insecure and lonely into being able to make connections and draw parallels and be comfortable talking about my emotions in real life, with the caveat that I sense changes in energies quickly and I’ll shut down if I feel you’re not really catching my meaning.”

2023-04-24 — A Tribe That Would Have Me (ID 19063)

- **URL:** https://theantileslie.com/2023/04/24/a-tribe-that-would-have-me/
- **Label:** freeze — **genuine** (matched pattern: shut down)
- **Quote:** “Now, it’s shutting down emotionally and not creating new relationships so that I don’t have to worry whether someone is happy or not.”

2023-04-26 — Empathy (ID 19071)

- **URL:** https://theantileslie.com/2023/04/26/empathy/
- **Label:** freeze — **genuine** (matched pattern: shut down)
- **Quote:** “I shut down at mean words and will match you because I am no longer taking in information.”

2023-06-03 — It Just Is (ID 19117)

- **URL:** https://theantileslie.com/2023/06/03/it-just-is/
- **Label:** freeze — **genuine** (matched pattern: shut down)
- **Quote:** “When I shut down, I shut down completely.”

2023-06-29 — Things I’ve Learned About Pain (ID 19148)

- **URL:** https://theantileslie.com/2023/06/29/things-ive-learned-about-pain/
- **Label:** freeze — **borderline** (matched pattern: shut down)
- **Quote:** “When I absolutely shut down this thing we’ve managed over the years, I told her I’d realized that every fight was like this one.”

2023-07-02 — I’m Not Sure (ID 19153)

- **URL:** https://theantileslie.com/2023/07/02/im-not-sure/
- **Label:** freeze — **borderline** (matched pattern: shut down)

- **Quote:** “When the inspiration to write is the ending of a major relationship (in terms of time, not romance), I write until I shut down.”

2023-07-05 — Needs Work, tbh (ID 19160)

- **URL:** https://theantileslie.com/2023/07/05/needs-work-tbh/
- **Label:** freeze — **borderline** (matched pattern: shut down)
- **Quote:** ““I’m averting my eyes!” “Well, stop it.” I’ve worked for years trying to shut down “The Committee,” the tapes in my head that provide my inner monologue. It hits different when you’re trying to shut down your external monologue that is also, in fact, your internal monologue.”

2023-07-06 — This is a Family Show (ID 19162)

- **URL:** https://theantileslie.com/2023/07/06/this-is-a-family-show/
- **Label:** freeze — **genuine** (matched pattern: shut down)
- **Quote:** “The confusing part came from shutting down and opening up, It was a cycle for which I could not prepare or make stable because once I hurt her, nothing was ever the same.”

2023-07-06 — This is a Family Show (ID 19162)

- **URL:** https://theantileslie.com/2023/07/06/this-is-a-family-show/
- **Label:** freeze — **genuine** (matched pattern: shut down)
- **Quote:** “That I’m shutting down so much no one else will ever have a chance.”

2023-07-07 — Things Are Going Well (ID 19166)

- **URL:** https://theantileslie.com/2023/07/07/things-are-going-well/
- **Label:** freeze — **borderline** (matched pattern: shut down)
- **Quote:** “It has not escaped my attention that I got shut down when I asked her for any attention at all.”

2023-07-28 — Looselie, Based on Actual Events (ID 19290)

- **URL:** https://theantileslie.com/2023/07/28/loosely-based-on-actual-events/
- **Label:** freeze — **genuine** (matched pattern: shut down)
- **Quote:** “That led to a lot of choice nicknames, which is why I am so internally shut down when I hear a straight person say the word “queer.” I am having to do an enormous amount of work to turn off that reflex because the younger kids coming up have embraced it.”

2023-07-30 — One of Those People (ID 19299)

- **URL:** https://theantileslie.com/2023/07/30/one-of-those-people/

- **Label:** freeze — **borderline** (matched pattern: shut down)
- **Quote:** “It thinks the answer is to shut down.”

2023-08-01 — It’s Only 0600 (ID 19302)

- **URL:** https://theantileslie.com/2023/08/01/its-only-0600/
- **Label:** freeze — **borderline** (matched pattern: shut down)
- **Quote:** “It will shut down rather than allowing you to feel unsafe.”

2023-08-18 — You’re Supposed to Plan Them? (ID 19363)

- **URL:** https://theantileslie.com/2023/08/18/youre-supposed-to-plan-them/
- **Label:** freeze — **genuine** (matched pattern: shut down)
- **Quote:** “Secondly, me being a writer is a pitiful excuse to shut down two-way communication, or extraordinary if you don’t want to be in relationship with me. It’s that you think that completely shutting down your emotions is okay.”

2023-09-03 — To Emote -or- The Letter of the Law (ID 19401)

- **URL:** https://theantileslie.com/2023/09/03/to-emote-or-the-letter-of-the-law/
- **Label:** freeze — **genuine** (matched pattern: shut down)
- **Quote:** “Being raised as a preacher’s kid caused me to alternate between carrying my heart on my sleeve and shutting down so that my real emotions remained hidden.”

2023-09-16 — Every Day (ID 19445)

- **URL:** https://theantileslie.com/2023/09/16/every-day/
- **Label:** freeze — **borderline** (matched pattern: shut down)
- **Quote:** “It hurt that my arguments were always shut down; that I was not allowed to need anything while she was allowed to ask for everything and receive it, no questions asked.”

2023-09-21 — Bold of You to Assume (ID 19476)

- **URL:** https://theantileslie.com/2023/09/21/bold-of-you-to-assume/
- **Label:** freeze — **borderline** (matched pattern: shut down)
- **Quote:** “You can fight with your siblings this way, too, because generally you shut down after abuse and your reactions are that way with everyone no matter how close you are.”

2023-10-19 — The Lead and How to Swing It -or- Tom Jones (ID 19572)

- **URL:** https://theantileslie.com/2023/10/19/the-lead-and-how-to-swing-it-or-tom-jones/
- **Label:** freeze — **borderline** (matched pattern: shut down)

- **Quote:** “You just have to do a ton of work on yourself to shut down The Committee™ that tells you they’re just being nice.”

2023-11-01 — Skips (ID 19595)

- **URL:** https://theantileslie.com/2023/11/01/skips/
- **Label:** freeze — **genuine** (matched pattern: shut down)
- **Quote:** “It’s easier to shut down, but it’s unproductive and over time, just gets mean.”

2023-11-10 — English & Language Arts (ID 19616)

- **URL:** https://theantileslie.com/2023/11/10/english-language-arts/
- **Label:** freeze — **genuine** (matched pattern: cannot move)
- **Quote:** “I notice when my demand avoidance gets so debilitated I cannot move.”

2023-11-12 — Satchel vs. The Page (ID 19620)

- **URL:** https://theantileslie.com/2023/11/12/satchel-vs-the-page/
- **Label:** freeze — **genuine** (matched pattern: frozen)
- **Quote:** “I’m just frozen.”

2024 (10)

2024-01-06 — You May Be Entitled to Compensation…. Probably (ID 19828)

- **URL:** https://theantileslie.com/2024/01/06/you-may-be-entitled-to-compensation-probably/
- **Label:** freeze — **genuine** (matched pattern: shut down)
- **Quote:** “However, if it is mean-spirited, I’ll shut down.”

2024-02-01 — Diving Into the Tech (ID 19880)

- **URL:** https://theantileslie.com/2024/02/01/diving-into-the-tech/
- **Label:** freeze — **borderline** (matched pattern: shut down)
- **Quote:** “Only the person who is completely shut down is allowed to need things.”

2024-02-17 — I Should Get One (ID 19920)

- **URL:** https://theantileslie.com/2024/02/17/i-should-get-one/
- **Label:** freeze — **genuine** (matched pattern: frozen)
- **Quote:** “When I am faced with decisions I cannot understand, I freeze.”

2024-02-17 — I Should Get One (ID 19920)

- **URL:** https://theantileslie.com/2024/02/17/i-should-get-one/

- **Label:** freeze — **genuine** (matched pattern: shut down)
- **Quote:** “When there were a couple of times my behavior had been used in meetings to score a political point, I shut down; my being queer and having someone to confide in was not going to become ammunition….. until I realized that there was no way I could hide a secret that big.”

2024-03-01 — Oh My God What a Perfect Prompt (ID 19946)

- **URL:** https://theantileslie.com/2024/03/01/oh-my-god-what-a-perfect-prompt/
- **Label:** freeze — **genuine** (matched pattern: shut down)
- **Quote:** “I was so overwhelmed I shut down completely, because it’s not every day that you get everything you want handed to you on a silver platter….. and I’m bad at transitions. The reason I was in shutdown mode is that it was too much joy to take in all at once, and this is the first time in 10 years that I’ve felt this safe and secure with her.”

2024-03-22 — Teachers, and an Update on the Move (ID 20020)

- **URL:** https://theantileslie.com/2024/03/22/teachers-and-an-update-on-the-move/
- **Label:** freeze — **genuine** (matched pattern: shut down)
- **Quote:** “The photographers left, and I shut down.”

2024-05-02 — Google Maps (ID 20101)

- **URL:** https://theantileslie.com/2024/05/02/google-maps/
- **Label:** freeze — **borderline** (matched pattern: shut down)
- **Quote:** “Being that shut down is egocentric because you have stopped participating in a give and take, making people guess your needs…..”

2024-05-04 — I Made the List for the First Time (ID 20103)

- **URL:** https://theantileslie.com/2024/05/04/i-made-the-list-for-the-first-time/
- **Label:** freeze — **genuine** (matched pattern: shut down)
- **Quote:** “One of the reasons I shut down and became a writer, basically talking to myself for incredibly long periods of time is that it came across like people tolerated me rather than genuinely wanting to be in my company.”

2024-05-23 — I’m Just Not Capable Anymore (ID 20202)

- **URL:** https://theantileslie.com/2024/05/23/im-just-not-capable-anymore/
- **Label:** freeze — **borderline** (matched pattern: shut down)
- **Quote:** “You’re wired to shut down and protect what you have left, not to open up and share your pain so that someone else can see it and help without asking.”

2024-06-06 — The Tao of “Happily Ever After” (ID 20530)

- **URL:** https://theantileslie.com/2024/06/06/the-tao-of-happily-ever-after/
- **Label:** freeze — **genuine** (matched pattern: shut down)
- **Quote:** “I cannot understand, so I have shut down.”

2025 (13)

2025-02-16 — Schengen -or- Finnish Grammar for Dummies, and by That, I Mean Me (ID 21689)

- **URL:** https://theantileslie.com/2025/02/16/schengen-or-finnish-grammar-for-dummies-and-by-that-i-mean-me/
- **Label:** freeze — **genuine** (matched pattern: shut down)
- **Quote:** “At that point, I shut down:”

2025-04-14 — I Have Two Dreams That Depend on You (ID 22155)

- **URL:** https://theantileslie.com/2025/04/14/i-have-two-dreams-that-depend-on-you/
- **Label:** freeze — **genuine** (matched pattern: walkabout)
- **Quote:** “Walkabout If you’ve been through PTSD, you know that going walkabout is probably the only thing that’ll save your life.”

2025-04-30 — Independence Day (ID 22338)

- **URL:** https://theantileslie.com/2025/04/30/independence-day/
- **Label:** freeze — **genuine** (matched pattern: walkabout)
- **Quote:** “I went what’s called “walkabout,” where the adrenaline of being trapped out in the cold made me emotionally regulate myself.”

2025-05-16 — Thieves (ID 22607)

- **URL:** https://theantileslie.com/2025/05/16/thieves/
- **Label:** freeze — **genuine** (matched pattern: walkabout)
- **Quote:** “There’s only going walkabout while I try not to kill myself on the streets of Baltimore late at night. Michael calls it “going walkabout,” how soldiers get through war.”

2025-05-16 — Thieves (ID 22607)

- **URL:** https://theantileslie.com/2025/05/16/thieves/
- **Label:** freeze — **genuine** (matched pattern: shut down)
- **Quote:** “I was ready to face the discordant music I’d made in other people’s lives because I was so worried about protecting Aada that I, again, shut down so far I couldn’t see anyone around me.”

2025-07-19 — A Hit from Helsinki (ID 23298)

- **URL:** https://theantileslie.com/2025/07/19/a-hit-from-helsinki/
- **Label:** freeze — **genuine** (matched pattern: shut down)
- **Quote:** “Because I should have stayed shut down and miserable.”

2025-08-13 — Like (ID 23662)

- **URL:** https://theantileslie.com/2025/08/13/like/
- **Label:** freeze — **genuine** (matched pattern: frozen)
- **Quote:** “It’s a filler word, something you say when your brain has frozen and your RAM is overloaded.”

2025-09-06 — I’ve Overthought About It For Hours (ID 23870)

- **URL:** https://theantileslie.com/2025/09/06/ive-overthought-about-it-for-hours/
- **Label:** freeze — **genuine** (matched pattern: cannot move)
- **Quote:** “Before, I didn’t have a timeline on how long I would sit with grief, unable to move.”

2025-09-10 — Demand Avoidance (ID 23911)

- **URL:** https://theantileslie.com/2025/09/10/demand-avoidance/
- **Label:** freeze — **genuine** (matched pattern: shut down)
- **Quote:** “Just how much can I do before my brain decides to shut down?”

2025-09-25 — Angela’s Office (ID 24075)

- **URL:** https://theantileslie.com/2025/09/25/angelas-office/
- **Label:** freeze — **genuine** (matched pattern: shut down)
- **Quote:** “I was so shut down and standoffish by the time I left for DC, and that’s just not me.”

2025-10-21 — Driving Ambition (ID 24589)

- **URL:** https://theantileslie.com/2025/10/21/driving-ambition/
- **Label:** freeze — **genuine** (matched pattern: shut down)
- **Quote:** “Why do I feel myself shutting down for calling myself out?”

2025-10-26 — It’s a Rebuilding Year (ID 24878)

- **URL:** https://theantileslie.com/2025/10/26/its-a-rebuilding-year-2/
- **Label:** freeze — **borderline** (matched pattern: shut down)
- **Quote:** “I am very proud of myself that I did not shut down in jealousy and turn away.”

2025-11-28 — ; (ID 26586)

- **URL:** https://theantileslie.com/2025/11/28/26586/
- **Label:** freeze — **genuine** (matched pattern: shut down)
- **Quote:** “Not because it’s actually tempting, but because your brain will do anything it can to protect you, including making you isolate and shut down to avoid pain.”

2026 (21)

2026-01-03 — I Blame the Schools (ID 27425)

- **URL:** https://theantileslie.com/2026/01/03/i-blame-the-schools/
- **Label:** freeze — **genuine** (matched pattern: frozen)
- **Quote:** “Punishment doesn’t fix a child who’s frozen. The freeze begins to thaw.”

2026-01-06 — Bull Run (ID 27455)

- **URL:** https://theantileslie.com/2026/01/06/bull-run/
- **Label:** freeze — **borderline** (matched pattern: shut down)
- **Quote:** “Because what happens is that a people pleaser is refreshed by truth until it leads to conflict and then they shut down.”

2026-01-09 — Tehran (ID 27491)

- **URL:** https://theantileslie.com/2026/01/09/tehran/
- **Label:** freeze — **genuine** (matched pattern: frozen)
- **Quote:** “That’s the freeze.”

2026-01-11 — The Chaos Concierge™: A Business Idea So Unhinged It Might Actually Save Us (ID 27505)

- **URL:** https://theantileslie.com/2026/01/11/the-chaos-concierge-a-business-idea-so-unhinged-it-might-actually-save-us/
- **Label:** freeze — **borderline** (matched pattern: frozen)
- **Quote:** “But the unpredictable parts of life — the water outages, the brain freezes, the mod stack implosions, the sudden existential dread at 3:17 PM — those have no infrastructure.”

2026-01-12 — The Threadripper (ID 27520)

- **URL:** https://theantileslie.com/2026/01/12/the-threadripper/
- **Label:** freeze — **genuine** (matched pattern: frozen)
- **Quote:** ““Today I’m writing the subsection on how workplaces misread freeze.””

2026-01-13 — AI and the DoD (ID 27557)

- **URL:** https://theantileslie.com/2026/01/13/ai-and-the-dod/

- **Label:** freeze — **genuine** (matched pattern: frozen)
- **Quote:** “If you’ve been following my writing on Unfrozen, you know I care deeply about cognitive architecture, executive function, overwhelm, freeze, scaffolding, offloading, and humane technology.”

2026-01-21 — Feedback (ID 27662)

- **URL:** https://theantileslie.com/2026/01/21/feedback/
- **Label:** freeze — **genuine** (matched pattern: frozen)
- **Quote:** “I’ve sent “Unfrozen” to two neurodivergent people and the first thing they said was that they hadn’t finished it because the intro gave them anxiety. So apparently, I can describe the neurodivergent freeze in a way that’s relatable. I may add some sort of trigger warning, because reading about freeze makes your body tense up with fear for someone else.”

2026-01-21 — Feedback (ID 27662)

- **URL:** https://theantileslie.com/2026/01/21/feedback/
- **Label:** freeze — **genuine** (matched pattern: frozen)
- **Quote:** “What makes me freeze the most is that the ability to open and close the door between isolation and interaction is not a choice.”

2026-01-21 — Feedback (ID 27662)

- **URL:** https://theantileslie.com/2026/01/21/feedback/
- **Label:** freeze — **genuine** (matched pattern: frozen)
- **Quote:** “I’m trying to freeze less, and there’s no way to bolt RAM onto my brain.”

2026-01-22 — Left Field (ID 27678)

- **URL:** https://theantileslie.com/2026/01/22/left-field/
- **Label:** freeze — **borderline** (matched pattern: frozen)
- **Quote:** “You celebrate the small wins: a quiet morning, a relaxed jaw, a moment of stillness that doesn’t feel like freeze.”

2026-01-31 — Honest to Blog (ID 27828)

- **URL:** https://theantileslie.com/2026/01/31/honest-to-blog/
- **Label:** freeze — **genuine** (matched pattern: frozen)
- **Quote:** “I didn’t have to rebuild context from scratch every time I froze or shut down.”

2026-02-09 — The Theatre of Work: Why Autistic People Get Hired but Struggle to Stay (ID 28123)

- **URL:** https://theantileslie.com/2026/02/09/the-theatre-of-work-why-autistic-people-get-hired-but-struggle-to-stay/
- **Label:** freeze — **genuine** (matched pattern: shut down)
- **Quote:** “It’s shutting down.”

2026-02-10 — Front Loading the Work: Why We’re So Fast (ID 28136)

- **URL:** https://theantileslie.com/2026/02/10/front-loading-the-work-why-were-so-fast/
- **Label:** freeze — **genuine** (matched pattern: frozen)
- **Quote:** “I freeze.”

2026-03-17 — Yet Another Letter That Will Be Taken the Wrong Way (ID 29045)

- **URL:** https://theantileslie.com/2026/03/17/yet-another-letter-that-will-be-taken-the-wrong-way/
- **Label:** freeze — **borderline** (matched pattern: shut down)
- **Quote:** “My problem was never that you lied once, it was the height, depth, and breadth of the fabrication and the way you just expected me to shut down and get over it…. but your perception is that I was being a drama queen without actually looking at the effects of what you were doing.”

2026-03-24 — Every Day is Therapy Day (ID 29210)

- **URL:** https://theantileslie.com/2026/03/24/every-day-is-therapy-day/
- **Label:** freeze — **borderline** (matched pattern: shut down)
- **Quote:** “But when I bring it up, I’m shut down immediately.”

2026-04-16 — Dear Satya & Mustafa, (ID 29642)

- **URL:** https://theantileslie.com/2026/04/16/dear-satya-mustafa/
- **Label:** freeze — **borderline** (matched pattern: frozen)
- **Quote:** “He freezes.”

2026-07-07 — I’m Already Home (ID 31110)

- **URL:** https://theantileslie.com/2026/07/07/im-already-home/
- **Label:** freeze — **genuine** (matched pattern: cannot move)
- **Quote:** “Right now, Maryland is objectively better for me and I cannot move.”

2026-08-15 — This is a Better Conversation to Have with Copilot Than Me (ID 31520)

- **URL:** https://theantileslie.com/2026/08/15/this-is-a-better-conversation-to-have-with-copilot-than-me/

- **Label:** freeze — **genuine** (matched pattern: shut down)
- **Quote:** “If my brain has shut down, Mico can start suggesting my safe foods until I feel hungry again.”

2026-08-24 — My Favorite Emoticon (ID 31723)

- **URL:** https://theantileslie.com/2026/08/24/my-favorite-emoticon/
- **Label:** freeze — **genuine** (matched pattern: shut down)
- **Quote:** “I shut down and stop listening.”

2026-09-28 — What Aada Never Saw, But Heytch Did (ID 32808)

- **URL:** https://theantileslie.com/2026/09/28/what-aada-never-saw-but-heytch-did/
- **Label:** freeze — **borderline** (matched pattern: shut down)
- **Quote:** “She saw all of my fear and tried to shut me down, and the missing puzzle piece was not getting tired of being shut down long before I did so that I could have walked away quietly.”

2026-11-05 — Project Acoustic Kitty (ID 34938)

- **URL:** https://theantileslie.com/2026/11/05/project-acoustic-kitty/
- **Label:** freeze — **borderline** (matched pattern: shut down)
- **Quote:** “Because I am not constantly shutting down and keeping everything out.”

cycle-panic (42)

Bain cycle marker: panic attacks — panic feeding the DPDR loop.

2013 (2)

2013-04-17 — The Medical Side of Mental Health (ID 679)

- **URL:** https://theantileslie.com/2013/04/17/the-medical-side-of-mental-health/
- **Label:** cycle-panic — **genuine** (matched pattern: panic attack)
- **Quote:** “I mean that I got panic attacks and the shortness of breath was severe.”

2013-05-29 — 100 Things- “Stories” Edition (ID 1376)

- **URL:** https://theantileslie.com/2013/05/29/100-things-stories-edition/
- **Label:** cycle-panic — **genuine** (matched pattern: panic attack)
- **Quote:** “I don’t take Xanax a lot, only when I’m about to have a panic attack.”

2014 (4)

2014-07-26 — Pink (ID 2510)

- **URL:** https://theantileslie.com/2014/07/26/pink/
- **Label:** cycle-panic — **genuine** (matched pattern: panic attack)
- **Quote:** “My male date was minutes away from coming to get me, and I had a panic attack… full on, with shortness of breathing and everything.”

2014-07-26 — Pink (ID 2510)

- **URL:** https://theantileslie.com/2014/07/26/pink/
- **Label:** cycle-panic — **genuine** (matched pattern: panic attack)
- **Quote:** “I realized that when I was leaving Portland and had a panic attack on (name redacted)’s voice mail, I acted out my first fears when she left the first time… going full circle to the place where we started.”

2014-09-26 — A Room of One’s Own (ID 2654)

- **URL:** https://theantileslie.com/2014/09/26/a-room-of-ones-own/
- **Label:** cycle-panic — **genuine** (matched pattern: panic attack)
- **Quote:** “I became angry about the situation in a whole new way as Dana and I started thinking about having our own children and instead of seeing my situation from my inner child’s point of view, I began to see it from my inner parent’s and the idea that this experience hadn’t been exactly pleasant jumped out at me in the most ugly and violent scene in my mind that I had a panic attack and pretty much fought to keep myself functioning for far longer than I thought was necessary, thank you very much.”

2014-11-10 — Monster (ID 2723)

- **URL:** https://theantileslie.com/2014/11/10/monster/
- **Label:** cycle-panic — **genuine** (matched pattern: panic attack)
- **Quote:** “Mark’s when I was one week away from turning 16, and I had a full-on panic attack, so short of breath that I was going from red to purple because my hair wouldn’t do what I wanted it to do and my clothes were itchy and it was just enough to be the tipping point that screwed me to the wall emotionally.”

2015 (8)

2015-03-25 — Geek House, Part II (ID 3032)

- **URL:** https://theantileslie.com/2015/03/25/geek-house-part-ii/
- **Label:** cycle-panic — **genuine** (matched pattern: panic attack)
- **Quote:** “When I get panic attacks, the hyperventilation is pretty fucking impressive.”

2015-05-23 — Not So Much (ID 3213)

- **URL:** https://theantileslie.com/2015/05/23/not-so-much/
- **Label:** cycle-panic — **borderline** (matched pattern: panic attack)
- **Quote:** “It’s not a panic attack, just shock, and I know it will pass.”

2015-07-16 — sudo apt-get update (ID 3345)

- **URL:** https://theantileslie.com/2015/07/16/sudo-apt-get-update/
- **Label:** cycle-panic — **genuine** (matched pattern: panic attack)
- **Quote:** “I have occasionally used Xanax in the past as needed for panic attacks, but I’ve only had two or three of those… and not one since starting the gabapentin.”

2015-09-07 — Breakthrough (ID 3439)

- **URL:** https://theantileslie.com/2015/09/07/breakthrough/
- **Label:** cycle-panic — **genuine** (matched pattern: panic attack)
- **Quote:** “I literally had a panic attack the day that Dana showed me The Reconciliation of a Penitent in the Book of Common Prayer.”

2015-10-12 — IT’S A CROSSWALK! (ID 3499)

- **URL:** https://theantileslie.com/2015/10/12/its-a-crosswalk/
- **Label:** cycle-panic — **genuine** (matched pattern: panic attack)
- **Quote:** “The panic attack that was building melted and I was enveloped in grace.”

2015-10-13 — Separating the Tweet from the Chaff (ID 3501)

- **URL:** https://theantileslie.com/2015/10/13/separating-the-tweet-from-the-chaff/
- **Label:** cycle-panic — **genuine** (matched pattern: panic attack)
- **Quote:** “When I was a junior in high school, I had a panic attack before I left for the homecoming dance, because I was going with a boy and not only did I feel like I was cheating on the one I loved, I felt like I wasn’t being true to myself, either.”

2015-10-14 — Try to Keep Up (ID 3504)

- **URL:** https://theantileslie.com/2015/10/14/try-to-keep-up/
- **Label:** cycle-panic — **genuine** (matched pattern: panic attack)
- **Quote:** “She chose it for our last anthem as a choir together at Bridgeport UCC, and I didn’t know it at the time, but I was having a panic attack.”

2015-10-14 — Try to Keep Up (ID 3504)

- **URL:** https://theantileslie.com/2015/10/14/try-to-keep-up/
- **Label:** cycle-panic — **genuine** (matched pattern: panic attack)

- **Quote:** ""a compliment or kindness, just to bring us into view, but you could not interpret me… and I could not interpret you." The service itself went fine, and I was over the panic attack before it even started."

2016 (5)

2016-06-03 — Just a Nerd with a Journal (ID 9198)

- **URL:** https://theantileslie.com/2016/06/03/just-a-nerd-with-a-journal/
- **Label:** cycle-panic — **genuine** (matched pattern: panic attack)
- **Quote:** "I used to only take benzos as needed during a panic attack, but a low dose every day seems to work much better…. mostly because I'm not already in the middle of a panic attack and THEN taking something for it."

2016-06-10 — Sin Cera (ID 9365)

- **URL:** https://theantileslie.com/2016/06/10/sin-cera/
- **Label:** cycle-panic — **genuine** (matched pattern: panic attack)
- **Quote:** "I learned this week that anxiety doesn't always look like a panic attack, but flashes of rage."

2016-06-10 — Sin Cera (ID 9365)

- **URL:** https://theantileslie.com/2016/06/10/sin-cera/
- **Label:** cycle-panic — **genuine** (matched pattern: panic attack)
- **Quote:** "It was a panic attack of enormous proportion, because I thought I was being treated unfairly and it caused my inner 14-year-old to come out instead of the grown woman I've become."

2016-09-09 — Allergy Friday (ID 10672)

- **URL:** https://theantileslie.com/2016/09/09/allergy-friday/
- **Label:** cycle-panic — **genuine** (matched pattern: panic attack)
- **Quote:** "It becomes an out and out panic attack which comes on whether I've taken Klonopin or not."

2016-10-21 — How Can I Keep from Singing? (ID 11412)

- **URL:** https://theantileslie.com/2016/10/21/how-can-i-keep-from-singing/
- **Label:** cycle-panic — **genuine** (matched pattern: panic attack)
- **Quote:** "There were about ten full seconds that I thought I was going to go into a full-blown panic attack and I didn't have any Klonopin in my backpack and I hadn't taken it earlier… but at the same time, I do not regret it in the slightest."

2017 (2)

2017-05-14 — Dream Big (Originally Posted as a Facebook Note June 2012) (ID 14828)

- **URL:** https://theantileslie.com/2017/05/14/dream-big-originally-posted-as-a-facebook-note-june-2012/
- **Label:** cycle-panic — **genuine** (matched pattern: panic attack)
- **Quote:** “Gary was coming to pick me up, would be there any second, and I was in my bedroom having a panic attack. And by panic attack, I am not kidding. I mean shortness of breath/Chevrolet on your chest panic attack.”

2017-12-15 — Cold (ID 17517)

- **URL:** https://theantileslie.com/2017/12/15/cold/
- **Label:** cycle-panic — **genuine** (matched pattern: panic attack)
- **Quote:** “But panic attacks that presented as rage burned that bridge butt-quick.”

2019 (1)

2019-05-01 — Let’s Catch Up (ID 18030)

- **URL:** https://theantileslie.com/2019/05/01/lets-catch-up/
- **Label:** cycle-panic — **genuine** (matched pattern: panic attack)
- **Quote:** “There’s a reason people get panic attacks confused with myocardial infarction, because they can cause angina if they’re severe enough. The worst panic attack I’ve ever had was during my divorce from Dana, because something she said registered all my hot buttons at once and I went from fully-functioning adult to weeping, hyperventilating, and heart pain inside of one second.”

2021 (2)

2021-10-20 — She’s Come Undone -or- “Life as a SCIF” (ID 18725)

- **URL:** https://theantileslie.com/2021/10/20/shes-come-undone-or-life-as-a-scif/
- **Label:** cycle-panic — **genuine** (matched pattern: panic attack)
- **Quote:** “I did not expect what was coming, which was probably most of the reason I had a full-on panic attack.”

2021-10-20 — She’s Come Undone -or- “Life as a SCIF” (ID 18725)

- **URL:** https://theantileslie.com/2021/10/20/shes-come-undone-or-life-as-a-scif/
- **Label:** cycle-panic — **genuine** (matched pattern: panic attack)

- **Quote:** “That was before I was taking anti-anxiety medication, and I had a panic attack so severe it was like the ones you see on hospital television shows where the patient thinks they’re having a heart attack and dying.”

2022 (2)

2022-11-30 — Nothing You Could Say Could Tear Me Away (ID 18769)

- **URL:** https://theantileslie.com/2022/11/30/nothing-you-could-say-could-tear-me-away/
- **Label:** cycle-panic — **genuine** (matched pattern: panic attack)
- **Quote:** “After the shooting in Colorado Springs, I had a panic attack.”

2022-12-23 — Body Issues (ID 18811)

- **URL:** https://theantileslie.com/2022/12/23/body-issues/
- **Label:** cycle-panic — **genuine** (matched pattern: panic attack)
- **Quote:** “That was the moment I had my first panic attack.”

2023 (8)

2023-03-16 — All the Things You Never Knew (ID 18972)

- **URL:** https://theantileslie.com/2023/03/16/all-the-things-you-never-knew/
- **Label:** cycle-panic — **genuine** (matched pattern: panic attack)
- **Quote:** “That’s what I meant when I said that there were moments that shit had gone down at work and I was having a panic attack and neither one of us could handle the other’s emotions.”

2023-04-14 — I Am… (ID 19038)

- **URL:** https://theantileslie.com/2023/04/14/i-am/
- **Label:** cycle-panic — **genuine** (matched pattern: panic attack)
- **Quote:** “Being in the closet for a school year was amazing and gave me the worst panic attack of my life.”

2023-06-15 — Me (ID 19127)

- **URL:** https://theantileslie.com/2023/06/15/me/
- **Label:** cycle-panic — **genuine** (matched pattern: panic attack)
- **Quote:** “Authentic rage is a symptom of PTSD, because it generally accompanies a panic attack.”

2023-07-09 — Trauma Bonds -or- Go to Hell, Michael Jackson (ID 19171)

- **URL:** https://theantileslie.com/2023/07/09/trauma-bonds-or-go-to-hell-michael-jackson/
- **Label:** cycle-panic — **genuine** (matched pattern: panic attack)
- **Quote:** “Hearing Cynthia Erivo sing the Rutter Pie Jesu on Fresh Air almost sent me to the hospital because I thought I was going to die and it was just a panic attack. Do you know how traumatized you have to be to feel like there’s no difference between a panic attack and a myocardial infarction?”

2023-07-12 — Your Blog Makes You Sound Like a Dick, Part II (ID 19181)

- **URL:** https://theantileslie.com/2023/07/12/your-blog-makes-you-sound-like-a-dick-part-ii/
- **Label:** cycle-panic — **genuine** (matched pattern: panic attack)
- **Quote:** “Things were good because I didn’t see myself as abused, I just didn’t understand the panic attacks and from where they were coming.”

2023-07-19 — TMI? (ID 19224)

- **URL:** https://theantileslie.com/2023/07/19/tmi/
- **Label:** cycle-panic — **genuine** (matched pattern: panic attack)
- **Quote:** “So, in order to a)not shit myself on the spot and b)stave off the imminent panic attack, this leads to conversations (often out loud) I have with my body, saying things like, “Yes body, we need to shit, that’s what happens when we feed ourselves appropriately.”

2023-07-24 — How Am I Working? (ID 19259)

- **URL:** https://theantileslie.com/2023/07/24/how-am-i-working/
- **Label:** cycle-panic — **genuine** (matched pattern: panic attack)
- **Quote:** “My confusion and horror started then (but horror came later when I really understood its aftermath, but that’s what causes the panic attacks…. buy now, pay later).”

2023-11-16 — Show Mode -or- Fixed Point in Time (ID 19629)

- **URL:** https://theantileslie.com/2023/11/16/show-mode-or-fixed-point-in-time/
- **Label:** cycle-panic — **genuine** (matched pattern: panic attack)
- **Quote:** “I’d had a full-on panic attack at work and went home early.”

2024 (1)

2024-02-22 — Yesterday’s Prompt (ID 19927)

- **URL:** https://theantileslie.com/2024/02/22/yesterdays-prompt/
- **Label:** cycle-panic — **genuine** (matched pattern: panic attack)
- **Quote:** “Once I find what I’m looking for, the panic attack starts.”

2025 (5)

2025-02-20 — Keskustelu takkatulen äärellä (ID 21731)

- **URL:** https://theantileslie.com/2025/02/20/keskustelu-takkatulen-aarella/
- **Label:** cycle-panic — **genuine** (matched pattern: panic attack)
- **Quote:** “I am used to taking .5 of clonazepam to prevent panic attacks.”

2025-03-08 — New Relationship Energy (ID 21897)

- **URL:** https://theantileslie.com/2025/03/08/new-relationship-energy/
- **Label:** cycle-panic — **genuine** (matched pattern: panic attack)
- **Quote:** “The panic attacks were getting worse because I’m different now.”

2025-04-05 — Why I Used to Say I Didn’t Care About Feelings and Now I Care About Enforcing Boundaries (ID 21970)

- **URL:** https://theantileslie.com/2025/04/05/why-i-used-to-say-i-didnt-care-about-feelings-and-now-i-care-about-enforcing-boundaries/
- **Label:** cycle-panic — **genuine** (matched pattern: panic attack)
- **Quote:** “I’m watching “Adolescence” on Netflix, and the adrenaline the score portrays is very much what a panic attack feels like when I’m writing.”

2025-05-16 — Dope (ID 22589)

- **URL:** https://theantileslie.com/2025/05/16/dope/
- **Label:** cycle-panic — **genuine** (matched pattern: panic attack)
- **Quote:** “What’s true and what’s not is enough to make my heart stop, or to have a panic attack large enough I wish it would.”

2025-11-07 — The Nervous Nelly (ID 25481)

- **URL:** https://theantileslie.com/2025/11/07/the-nervous-nelly/
- **Label:** cycle-panic — **genuine** (matched pattern: not real)
- **Quote:** “My panic is not real.”

2026 (2)

2026-08-17 — They’re All Gonna Laugh at You (ID 31609)

- **URL:** https://theantileslie.com/2026/08/17/theyre-all-gonna-laugh-at-you/
- **Label:** cycle-panic — **genuine** (matched pattern: panic attack)
- **Quote:** “I said I’d protect all the kids, and I had a panic attack instead. I cannot talk through a panic attack, I react.”

2026-09-15 — Don’t Wait to Get Help (ID 32260)

- **URL:** https://theantileslie.com/2026/09/15/dont-wait-to-get-help/
- **Label:** cycle-panic — **genuine** (matched pattern: panic attack)
- **Quote:** “I broke my vow of silence on September 11th because I had a panic attack, and I hope she will forgive an unwanted email if she even got one.”

cycle-arousal (26)

Bain cycle marker: fight-or-flight arousal — the body going into fight, flight, or freeze.

2012 (1)

2012-05-30 — When We Were Young (ID 11)

- **URL:** https://theantileslie.com/2012/05/30/when-we-were-young/
- **Label:** cycle-arousal — **borderline** (matched pattern: fight or flight)
- **Quote:** “I think about what you mean to me and my chest feels tight, my breath goes into fight or flight.”

2013 (2)

2013-10-12 — Out of the Deep (ID 2076)

- **URL:** https://theantileslie.com/2013/10/12/out-of-the-deep/
- **Label:** cycle-arousal — **genuine** (matched pattern: fight or flight)
- **Quote:** “To a kid, though, they were tantamount to a fire alarm someone’s in trouble move move move… fight or flight breath can’t go deep can’t breathe coming to get us…”

2013-11-20 — Closer Than Blood (ID 2242)

- **URL:** https://theantileslie.com/2013/11/20/closer-than-blood/
- **Label:** cycle-arousal — **genuine** (matched pattern: fight or flight)
- **Quote:** “At first, I felt like I couldn’t *really* breathe, I was in such fight or flight.”

2014 (5)

2014-09-04 — “Courage” (ID 2595)

- **URL:** https://theantileslie.com/2014/09/04/courage/
- **Label:** cycle-arousal — **genuine** (matched pattern: fight or flight)
- **Quote:** “My process now is to back away from living in fight or flight mode.”

2014-09-09 — Six Degrees of Kevin Bacon (ID 2604)

- **URL:** https://theantileslie.com/2014/09/09/six-degrees-of-kevin-bacon/
- **Label:** cycle-arousal — **genuine** (matched pattern: fight or flight)
- **Quote:** “On one hand, I view her as one of the most amazing people I’ve ever met in my life, and on the other, she is a dark force that has controlled my breathing, never letting it relax from fight or flight.”

2014-09-16 — The Comfy Chair (ID 2625)

- **URL:** https://theantileslie.com/2014/09/16/the-comfy-chair/
- **Label:** cycle-arousal — **genuine** (matched pattern: fight or flight)
- **Quote:** “I am so scared that I am down to fight or flight and there are no luxuries here.”

2014-09-16 — The Comfy Chair (ID 2625)

- **URL:** https://theantileslie.com/2014/09/16/the-comfy-chair/
- **Label:** cycle-arousal — **genuine** (matched pattern: fight or flight)
- **Quote:** “My earthly self says to protect everything I have left in complete fight or flight mode because now I have figured it out and she is the enemy.”

2014-12-06 — Cross-Legged on the Floor (ID 2794)

- **URL:** https://theantileslie.com/2014/12/06/cross-legged-on-the-floor/
- **Label:** cycle-arousal — **genuine** (matched pattern: fight or flight)
- **Quote:** “I have to be careful that my thoughts stay on the ground, because my tendency on these days is to sit and stare into the Mirror of Erised and the dichotomy is so stark my breath becomes fight-or-flight.”

2015 (3)

2015-07-24 — General Yammering (ID 3357)

- **URL:** https://theantileslie.com/2015/07/24/general-yammering/
- **Label:** cycle-arousal — **genuine** (matched pattern: fight or flight)
- **Quote:** “I could think through things more slowly, rather than reacting quickly because I was in fight or flight mode, shortness of breath at feeling threatened with no way to combat it.”

2015-09-09 — Oh Therapist, My Therapist (ID 3441)

- **URL:** https://theantileslie.com/2015/09/09/oh-therapist-my-therapist/
- **Label:** cycle-arousal — **genuine** (matched pattern: fight or flight)
- **Quote:** “I didn’t realize how bad my anxiety had gotten so that I felt the fight or flight physical response all the time instead of just when I needed it.”

2015-10-01 — Cwoffee Twalk (ID 3476)

- **URL:** https://theantileslie.com/2015/10/01/cwoffee-twalk/
- **Label:** cycle-arousal — **genuine** (matched pattern: fight or flight)
- **Quote:** “It’s to combat the fight-or-flight impulse, because in writing down all of my emotions, very few people talk back to me.”

2016 (9)

2016-02-17 — Evidential Proof (ID 6196)

- **URL:** https://theantileslie.com/2016/02/17/evidential-proof/
- **Label:** cycle-arousal — **genuine** (matched pattern: fight or flight)
- **Quote:** “I would give away everything emotionally that I had inside, and then use fight-or-flight to try and get some of it back… mostly flight. I’m generally a lovah not a fightah, but I wouldn’t have said that about myself last year.”

2016-02-20 — One of Us (ID 6230)

- **URL:** https://theantileslie.com/2016/02/20/one-of-us/
- **Label:** cycle-arousal — **genuine** (matched pattern: fight or flight)
- **Quote:** “The medication does not deal with my mood and behavior- that is up to me and my therapist- but it does take away the impulsive fight-or-flight response to everything.”

2016-03-31 — As Humans Ever Get… (ID 7032)

- **URL:** https://theantileslie.com/2016/03/31/as-humans-ever-get/
- **Label:** cycle-arousal — **genuine** (matched pattern: fight or flight)
- **Quote:** “I have so much work to do on responses to adrenaline, because fight-or-flight overtakes me in a way that I cannot see clearly anymore.”

2016-04-26 — Stayed (ID 8047)

- **URL:** https://theantileslie.com/2016/04/26/stayed/
- **Label:** cycle-arousal — **genuine** (matched pattern: fight or flight)
- **Quote:** “But then another fight would start, and I’d start apologizing all over again. We can play each other like violins by now, knowing just what button to push to get the desired reaction… mostly on my end, because I have trouble walking away from a fight. There have been a lot of times that a fight has started over one line in a page of words.”

2016-05-03 — Coffee And Sadness (ID 8336)

- **URL:** https://theantileslie.com/2016/05/03/coffee-and-sadness/
- **Label:** cycle-arousal — **genuine** (matched pattern: fight or flight)

- **Quote:** “I wish I’d been taking Klonopin long ago, because the fight-or-flight would have been beaten out of me long ago.”

2016-10-01 — The Butt-Text and the Beauty (ID 11174)

- **URL:** https://theantileslie.com/2016/10/01/the-butt-text-and-the-beauty/
- **Label:** cycle-arousal — **genuine** (matched pattern: fight or flight)
- **Quote:** “The littlest things set me into fight or flight and I just have no coping mechanisms for it.”

2016-10-09 — Wake (ID 11190)

- **URL:** https://theantileslie.com/2016/10/09/wake/
- **Label:** cycle-arousal — **genuine** (matched pattern: fight or flight)
- **Quote:** “I would like to thank the little baby Jesus that I have been on Klonopin the entire time, because it has allowed my fight-or-flight to recede into the background as I just deal with what’s in front of me, one minute at a time.”

2016-11-18 — Lo, How a Rose E’er Blooming (ID 12253)

- **URL:** https://theantileslie.com/2016/11/18/lo-how-a-rose-eer-blooming/
- **Label:** cycle-arousal — **genuine** (matched pattern: fight or flight)
- **Quote:** “The blessing is the development of coping mechanisms for threat and rage, two things that erupted my fight-or-flight so that it was too big for love and empathy to shine through. The fistfight with Dana only made the PTSD from my emotional abuse compound exponentially and it is mine to own that shit rolled downhill.”

2016-11-19 — Allowing Myself to Get Angry (ID 12258)

- **URL:** https://theantileslie.com/2016/11/19/allowing-myself-to-get-angry/
- **Label:** cycle-arousal — **genuine** (matched pattern: fight or flight)
- **Quote:** “Fight or flight covered up any chance I had at grace and mercy, because cortisol and sin were racing through my body, rendering me unable to disconnect from my emotions and calmly plan out my next move.”

2017 (2)

2017-08-14 — The Ponytail Holder (2017) (ID 16181)

- **URL:** https://theantileslie.com/2017/08/14/the-ponytail-holder-2017/
- **Label:** cycle-arousal — **genuine** (matched pattern: fight or flight)
- **Quote:** “My fight-or-flight was on high alert and I couldn’t do something as silly as pack my things.”

2017-10-26 — Sometimes (ID 17176)

- **URL:** https://theantileslie.com/2017/10/26/sometimes/
- **Label:** cycle-arousal — **genuine** (matched pattern: fight or flight)
- **Quote:** “In terms of fight or flight, trauma-related rage doesn’t even present flight as an option.”

2018 (1)

2018-10-22 — Black on Black Grime (ID 17933)

- **URL:** https://theantileslie.com/2018/10/22/black-on-black-grime/
- **Label:** cycle-arousal — **genuine** (matched pattern: fight or flight)
- **Quote:** “When my fight or flight is engaged, I just keep inhaling until it occurs to me that I might hyperventilate, and that really doesn’t do me any good.”

2024 (3)

2024-01-11 — Thank God for Klonopin (ID 19835)

- **URL:** https://theantileslie.com/2024/01/11/thank-god-for-klonopin/
- **Label:** cycle-arousal — **genuine** (matched pattern: fight or flight)
- **Quote:** “My anxiety ebbs and flows, and I go into fight or flight easily.”

2024-01-13 — Hold On to Your Butts -or- I Hope You Like to Read (ID 19837)

- **URL:** https://theantileslie.com/2024/01/13/hold-on-to-your-butts-or-i-hope-you-like-to-read/
- **Label:** cycle-arousal — **genuine** (matched pattern: fight or flight)
- **Quote:** “So, what I thought of as opening up and trying to get closer, she thought I was “throwing emotional bombs and waiting for the shit storm to begin.” So, when she’d say that, I’d go into fight or flight and it never ended well.”

2024-02-12 — Giving Him the Finger (ID 19905)

- **URL:** https://theantileslie.com/2024/02/12/giving-him-the-finger/
- **Label:** cycle-arousal — **genuine** (matched pattern: fight or flight)
- **Quote:** “Not doing it.” Autism makes it where when someone makes a demand of you, you go into fight or flight (meltdown).”

cycle-clumsiness (9)

Bain cycle marker: clumsiness — Bain lists clumsiness/perceptual slips as part of the cycle.

2013 (1)

2013-12-09 — Dain Bramaged (ID 2279)

- **URL:** https://theantileslie.com/2013/12/09/dain_bramaged/
- **Label:** cycle-clumsiness — **genuine** (matched pattern: clumsy)
- **Quote:** “I’m forgetful, clumsy, and I will forget your name within about fifteen seconds… the flip side being that I will remember your face, your hair, and what you were wearing the first time I met you until I die.”

2015 (2)

2015-03-10 — Pulling Over (ID 2990)

- **URL:** https://theantileslie.com/2015/03/10/pulling-over/
- **Label:** cycle-clumsiness — **genuine** (matched pattern: clumsy)
- **Quote:** “Skiing is the only sport where I do not feel clumsy.”

2015-07-18 — Chicksth Dig Schthars (ID 3348)

- **URL:** https://theantileslie.com/2015/07/18/chicksth-dig-schthars/
- **Label:** cycle-clumsiness — **genuine** (matched pattern: clumsy)
- **Quote:** “I wasn’t… just clumsy and thinking about other things.”

2017 (1)

2017-11-17 — Train-ing (ID 17477)

- **URL:** https://theantileslie.com/2017/11/17/train-ing/
- **Label:** cycle-clumsiness — **genuine** (matched pattern: clumsy)
- **Quote:** “There’s no way to avoid being clumsy on crutches.”

2018 (1)

2018-08-10 — The Rock Star (ID 17891)

- **URL:** https://theantileslie.com/2018/08/10/the-rock-star/
- **Label:** cycle-clumsiness — **genuine** (matched pattern: clumsy)
- **Quote:** “So are these badges of honor, the signs of my profession, or am I just incredibly clumsy?”

2019 (1)

2019-08-20 — The CP and My A (ID 18092)

- **URL:** https://theantileslie.com/2019/08/20/the-cp-and-my-a/
- **Label:** cycle-clumsiness — **genuine** (matched pattern: clumsy)
- **Quote:** “Falls happen. The worst part is being clumsy AND having monocular vision, because when I fall because of something that’s out of my field of vision, my reflexes aren’t fast enough to catch me.”

2023 (1)

2023-11-27 — God Bless the Outcasts (ID 19667)

- **URL:** https://theantileslie.com/2023/11/27/god-bless-the-outcasts/
- **Label:** cycle-clumsiness — **genuine** (matched pattern: clumsy)
- **Quote:** “A good example is not being able to judge the riser on a staircase, tripping up or down on the trades. Most of the time, I fall going up because I have not lifted my foot high enough from one trade to the other.... I am not clumsy because I didn’t see the step at all.”

2024 (2)

2024-06-13 — Being a Preacher’s Kid is Not for the Faint of Heart (ID 20591)

- **URL:** https://theantileslie.com/2024/06/13/being-a-preachers-kid-is-not-for-the-faint-of-heart/
- **Label:** cycle-clumsiness — **genuine** (matched pattern: clumsy)
- **Quote:** “It was clumsiness, introversion, and laziness… and I was weird if I wasn’t in my parents’ vicinity.”

2024-06-27 — Observations (ID 20850)

- **URL:** https://theantileslie.com/2024/06/27/observations-2/
- **Label:** cycle-clumsiness — **genuine** (matched pattern: clumsy)
- **Quote:** “I will then fall up the stairs. No one can make me less clumsy by saying “be careful” more.”

cycle-scanning (3)

Bain cycle marker: scanning / hypervigilance — the nervous system scanning for threat or for symptoms.

2026 (3)

2026-04-22 — The Physical Relief of Distributed Cognition (ID 29810)

- **URL:** https://theantileslie.com/2026/04/22/the-physical-relief-of-distributed-cognition/
- **Label:** cycle-scanning — **genuine** (matched pattern: scanning)
- **Quote:** “The nervous system is always scanning for social volatility.”

2026-09-04 — Gravity’s Rainbow (ID 31947)

- **URL:** https://theantileslie.com/2026/09/04/gravitys-rainbow/
- **Label:** cycle-scanning — **genuine** (matched pattern: scanning)
- **Quote:** “Amygdala activation — The amygdala lights up, scanning for meaning and threat.”

2026-11-07 — Doing Great Things (ID 35065)

- **URL:** https://theantileslie.com/2026/11/07/doing-great-things/
- **Label:** cycle-scanning — **genuine** (matched pattern: scanning)
- **Quote:** “The same coast that regulates an autistic resident is there for the veteran whose nervous system is scanning the horizon.”

Sweep and adjudication: 26 November 2026. Working files: `/tmp/dpdr-candidates.md` *(1,194 raw hits with context),* `/tmp/dpdr-verdicts.tsv` *(one verdict row per hit). Report generated from those two files; every genuine and borderline row appears above.*