

IF YOU PICKED UP THIS COMIC, CHANCES
ARE YOU'RE ALSO MENTALLY FUCKED!
IN THAT CASE, IT MIGHT BE THE RIGHT
COMIC FOR YOU!
AND IF YOU'RE NOT, WELL... CONGRATS?

WHAT YOU HAVE IN YOUR HANDS IS
MY RAMBLINGS, 1.00 A.M.-THOUGHTS,
THINGS I LEARNED AT THE CLINIC AND
IN THERAPY, AND FIRST-HAND
EXPERIENCE WITH TRAUMA, MENTAL
ILLNES, EMOTIONS, AND THE LIKE.

I HOPE YOU'LL FIND IT HELPFUL
(OR AT LEAST ENTERTAINING).

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TO QUOTE
A SONG BY THE
SKA BAND
THE INTERRUPTERS*

"I'M A MATCH
THEY'RE KEROSINE
AND NOW THEY'RE
GONNA BURN DOWN
EVERYTHING"

SOMETIMES YOU
JUST CRAVE THE
EMOTIONAL CHAOS
YOU'RE USED TO

THERE IS A SMALL
ARSONIST INSIDE OF
ME AND HE JUST WANTS
TO SET FIRE TO
EVERYTHING

* MORE OR LESS

EMOTIONS AND OTHER BEASTS

By Kimera



TODAY'S TOPIC
IS EMOTIONS

THOSE NASTY
BITCHES



DO NOT OPEN!
CONTAINS FEELINGS

I'VE SPENT MOST OF
MY CHILDHOOD AND
TEENAGE YEARS DISSOCIATED
FROM MY OWN FEELINGS

I KNEW I WAS FEELING
SOMETHING BUT I
COULDN'T NAME IT

AND I COULDN'T TURN IT OFF LIKE A SWITCH



I GUESS I HAVE
THE BELIEF THAT ONLY
OTHER MENTALLY ILL
PEOPLE CAN TRULY
UNDERSTAND ME

AND I HAVE
THIS FANTASY
THAT WE'RE GONNA
SUPPORT AND HELP
EACH OTHER THROUGH
OUR RESPECTIVE
STRUGGLES

WHICH IS
BULLSHIT

TWO PEOPLE
WHO ARE DROWNING
CANNOT SAVE EACH
OTHER, THEY WILL
JUST DRAG EACH
OTHER DOWN

AND IT'S
BETTER TO
DROWN ALONE THAN
PULL SOMEONE ELSE
DOWN WITH
YOU

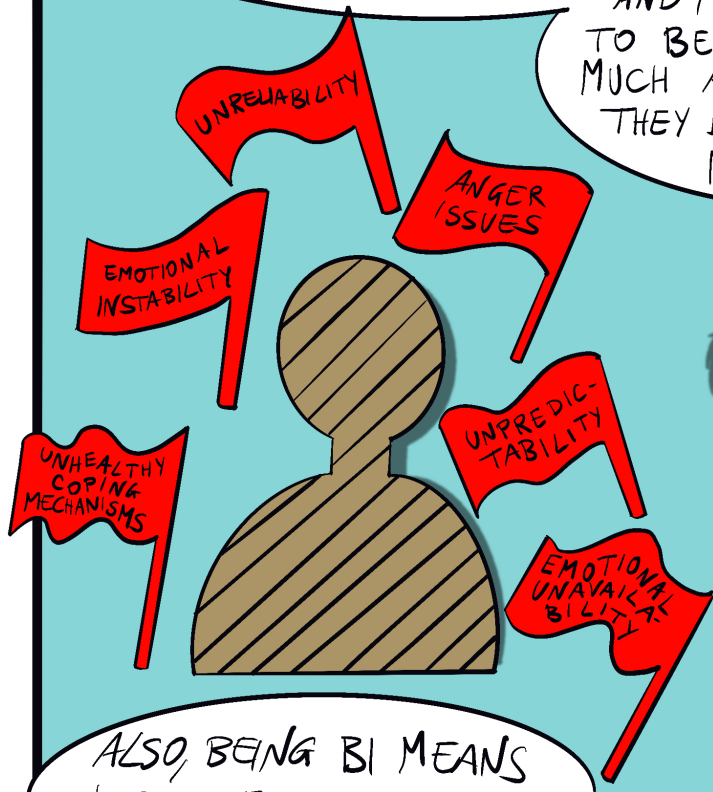
THAT DOESN'T
MEAN OF COURSE THAT
ALL MENTALLY ILL PEOPLE
ARE HIGHLY EMOTIONALLY
UNSTABLE AND UNABLE TO
FORM HEALTHY HUMAN
BONDS AND RELATIONSHIPS

BUT SOME MATCHES
CAN BE TRIGGERING
AND HIGHLY EXPLOSIVE
FOR BOTH PARTIES



BUT WHEN I SEE A PERSON WITH A THOUSAND RED FLAGS MY HEART SKIPS A BEAT

AND I FEEL THE NEED TO BE WITH THEM AS MUCH AS POSSIBLE BEFORE THEY DISAPPEAR FROM MY LIFE

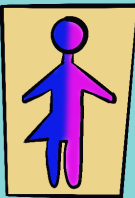


ALSO, BEING BI MEANS I GET THE BEST OF BOTH WORLDS...

I'M ATTRACTED TO EMOTIONALLY UNAVAILABLE MEN LIKE MY FATHER AND EMOTIONALLY ABUSIVE WOMEN LIKE MY MOTHER

GREAT, RIGHT?

WHY CHOOSE?!



THIS WAS OF COURSE ESPECIALLY VISIBLE IN FRIENDSHIPS AND ROMANTIC RELATIONSHIPS...

I WAS KINDA OBSESSED WITH PROVING MY EMOTIONAL AUTONOMY TO OTHERS AND THAT I DIDN'T NEED ANYBODY AT ALL



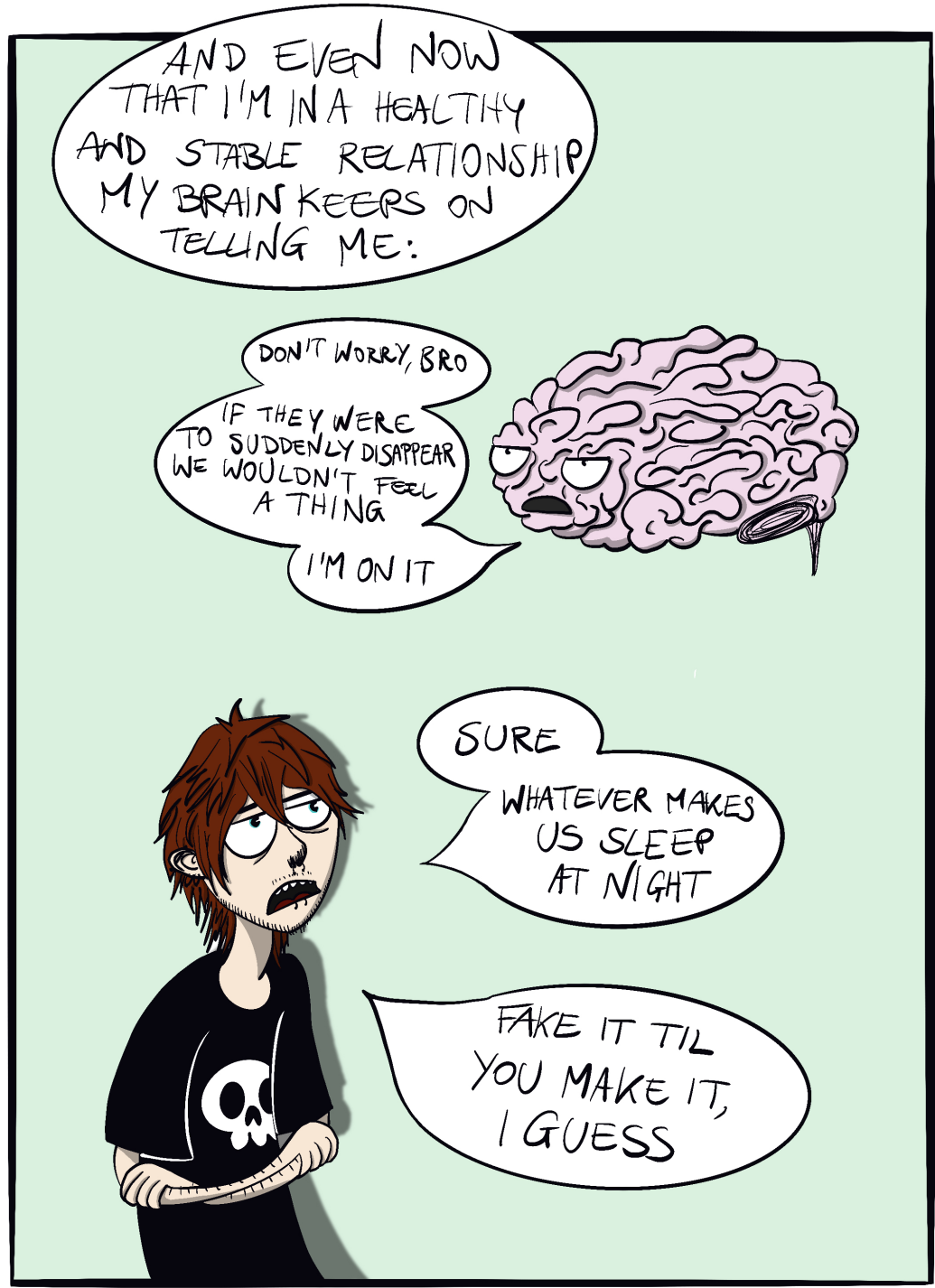
I'M SORRY, BUT I WANT TO END THE RELATIONSHIP

FAIR ENOUGH. C'EST LA VIT. SEE YOU AROUND, BRO.

MY FIRST BOYFRIEND

GREASY TEENAGE ME

(TO MY EX-BOYFRIEND: I'M SORRY I WAS SO COLD. I HAD THE EMOTIONAL MANAGEMENT SKILLS OF A CARROT BACK THEN.)



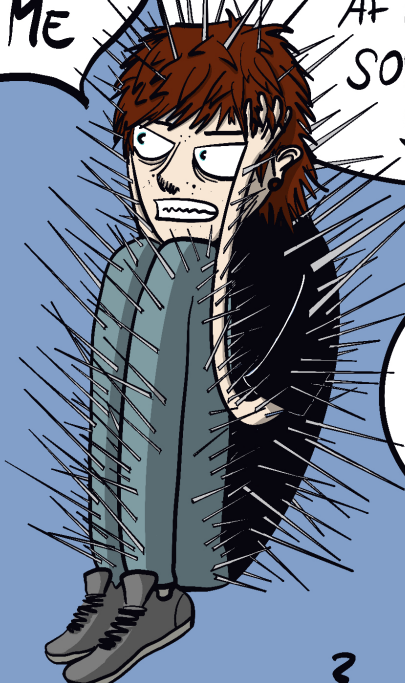
SO FOR A WHILE I JUST THOUGHT THAT I WAS UNFIT FOR RELATIONSHIPS

STAY THE FUCK AWAY FROM ME

CAUSE IT REALLY DOESN'T MAKE ANY SENSE TO FEEL LIKE SHIT FOR 3 YEARS AFTER DATING SOMEONE FOR 5 MONTHS

I WAS BASICALLY A HUMAN PORCUPINE

AN ACTUAL PORCUPINE THINKING "I HAVE TO EAT WORMS TO SURVIVE AND I DON'T MAKE SUCH DRAMA"



AT AN AGE WHEN PEOPLE ARE NORMALLY OVERWHELMED BY THEIR EMOTIONS I MANAGED TO STAY "COOL AND KEEP MYSELF UNDER CONTROL"

I COULDN'T EVEN UNDERSTAND HOW OTHER TEENS COULD BE SO CAUGHT UP IN THEIR OWN FEELINGS

HOW CAN SHE IGNORE ME?? I'M SO IN LOVE WITH HER

AND SHE DOESN'T KNOW I EXIST I LONG FOR HER SWEET EMBRACE HER SOFT LIPS.

WILL I EVER HAVE A GIRLFRIEND??

SHE IS THE ONLY ONE WHO CAN END THIS TORM WHY DOESN'T SHE ACKNOWLEDGE ME?? WHY DOES NO GIRL EVER LIKE ME BACK??

WOW. THAT SUCKS DUDE.

WHAT A NIGHTMARE EY...

MY HIGH SCHOOL BEST FRIEND, WHOSE BEHAVIOUR GOT HIM THE NICKNAME "LITTLE INFATUATED PONY"

ME, NOT REALLY GIVING A FUCK 'CAUSE HE HAD 5 DIFFERENT INTENSE CRUSHES A MONTH

HIGH SCHOOL SUCKS FOR EVERYONE, BUT ESPECIALLY IF YOU'RE A SENSITIVE KID

(I STILL LISTENED TO HIM FOR HOURS, THOUGH





AND DAMN, I WAS A VERY SENSITIVE KID

I WOULD CRY WHEN A BUG GOT SQUASHED

I WAS ALWAYS TOLD I WAS "WAY TOO SENSITIVE" AND THAT I SHOULD THOUGHEN UP

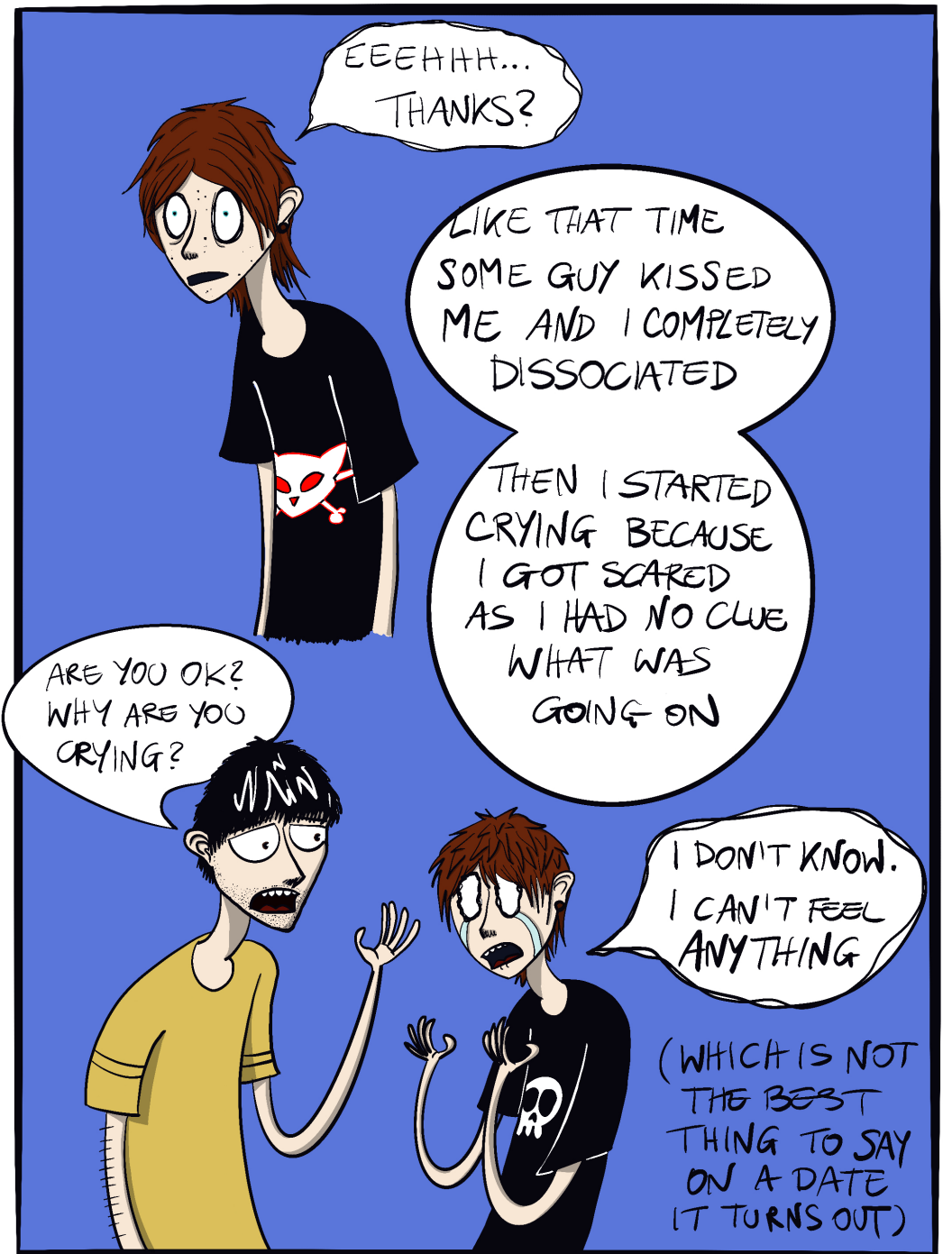
BUT THE WORLD SEEMED SO BRUTAL AND FUCKED UP AND I FELT SO SMALL, FRAGILE, AND POWERLESS

BREAKINGxBREAKINGxBREAKING
ANOTHER WAR
The ice caps are melting!

I OFTEN FELT THE PAIN OF THE WORLD AS MY OWN, AS EGOCENTRIC AS THAT MIGHT SOUND...

AND I HAD ENOUGH PROBLEMS IN MY LIFE ALREADY

DOMESTIC VIOLENCE, ADDICTION, MENTAL ILLNESS, QUEERPHOBIA AND BULLYING WERE PART OF MY EVERYDAY LIFE



EEHHH... THANKS?

LIKE THAT TIME SOME GUY KISSED ME AND I COMPLETELY DISSOCIATED

THEN I STARTED CRYING BECAUSE I GOT SCARED AS I HAD NO CLUE WHAT WAS GOING ON

ARE YOU OK? WHY ARE YOU CRYING?

I DON'T KNOW. I CAN'T FEEL ANYTHING

(WHICH IS NOT THE BEST THING TO SAY ON A DATE IT TURNS OUT)

WHAT I HEARD WAS:

I'M GONNA PRETEND I LOVE YOU AND MAKE YOU EMOTIONALLY DEPENDENT ON ME AND THEN I'M GONNA LEAVE YOU AND MAKE YOU FEEL UNLOVABLE AND HUMILIATED



SO OF COURSE MY GUT REACTION WAS:

WHAT THE FUCK IS WRONG WITH YOU?!

WHY WOULD YOU DO THAT TO ME?!



WELL, AT LEAST IN MY HEAD... IN REALITY I PROBABLY LOOKED MORE LIKE THIS:

FROM MY ABUSIVE HOUSEHOLD I HAD LEARNED AN IMPORTANT LESSON: THE PEOPLE WHO LOVE YOU ARE THE MOST DANGEROUS

SO DON'T TRUST ANYONE AND KEEP EVERYONE AT A DISTANCE

PEOPLE WERE UNSAFE

LOVE WAS A THREAT

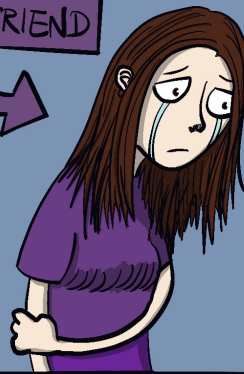
I WAS SO ANGRY AND LONELY

I THOUGHT I HAD TO MAKE IT ON MY OWN

BUT I WAS TOO SCARED OF OTHERS TO BUILD MEANINGFUL CONNECTIONS

IT WAS ONLY WHEN I REALISED THAT I WAS HURTING THOSE CLOSE TO ME THAT I DECIDED I NEEDED TO CHANGE

MY EX-GIRLFRIEND



AND I DIDN'T WANT TO BE A HEARTLESS ASSHOLE

BUT AS SOON AS I ALLOWED MYSELF TO FEEL MY EMOTIONS I WAS UTTERLY OVERWHELMED BY THEM

I WAS SUDDENLY FEELING TOO MUCH

AND I DIDN'T KNOW HOW TO DEAL WITH IT

HERE MY EMOTIONS ARE REPRESENTED BY A FRIENDLY KRAKEN



BREAK-UPS TRIGGERED INTENSE FEELINGS OF ABANDONEMENT THAT I WAS UNABLE TO MANAGE

SO I TURNED TO IMPULSIVE, SELF-HARMING BEHAVIOURS AND SELF-PUNISHMENT

I DEVELOPED DEPRESSION AND AN EATING DISORDER

I PUT MYSELF IN DANGEROUS SITUATIONS, GOT BEATEN UP AND ARRESTED MULTIPLE TIMES

I WAS HYPERSENSITIVE TO REJECTION

AND I GOT MORE AND MORE PARANOID ABOUT PEOPLE'S INTENTIONS

WHEN SOMEONE TOLD ME:

I LIKE YOU
I LOVE YOU

