

KIMERA



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kimera



DRAWN AND WRITTEN  
BY KIMERA

PRINTED IN FEBRUARY 2025

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# 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 COULD TURN IT OFF LIKE A SWITCH



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.)



WHICH IS KINDA IRONIC,  
CONSIDERING THAT WHEN MY MOM  
DIDN'T COME HOME ON TIME I  
WOULD REACT LIKE THIS



HI MOM,  
WHEN ARE  
YOU COMING  
BACK??


ARE YOU OK??

YOU DIDN'T HAVE  
AN ACCIDENT,  
DID YOU??



I'M SORRY  
I CALLED  
YOU 27  
TIMES

PLEASE,  
CALL ME  
BACK



EXCEPT FOR CHRONIC  
CRIPPLING ANXIETY AND  
THE FEAR OF BEING  
ABANDONED OR REJECTED  
I DIDN'T FEEL MUCH

BUT TO BE HONEST,  
IT DIDN'T REALLY BOTHER ME

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??

WOW. THAT SUCKS, DUDE.

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

WHAT A NIGHTMARE, EY...

MY HIGH SCHOOL BEST FRIEND, WHOSE BEHAVIOUR GOT HIM THE NICK NAME "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

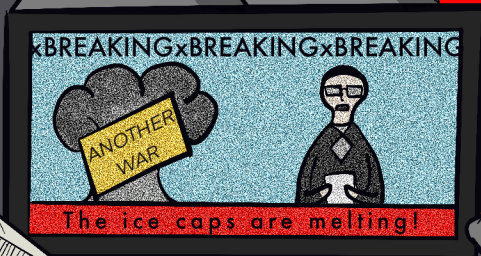
(I STILL LISTENED TO HIM FOR HOURS, THOUGH

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  
THOUGHTEN UP

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



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



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

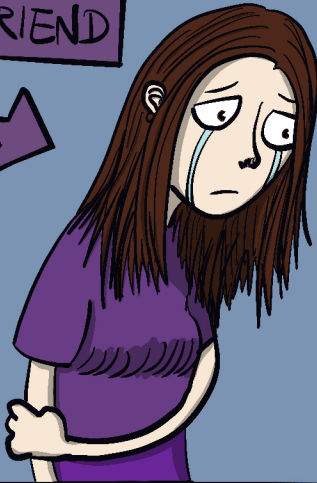
I WAS SO  
ANGRY AND  
LONELY

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  
PEOPLES INTENTIONS

WHEN SOMEONE  
TOLD ME:

I LIKE YOU/  
I LOVE YOU



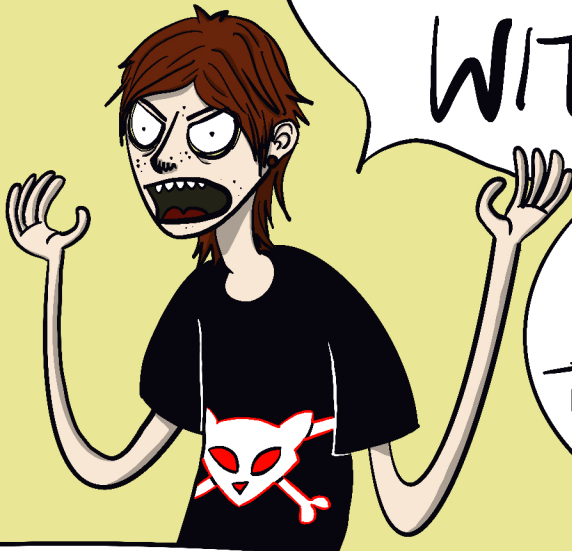
WHAT I  
HEARD WAS:

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:




EEEEHHH...  
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)

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"

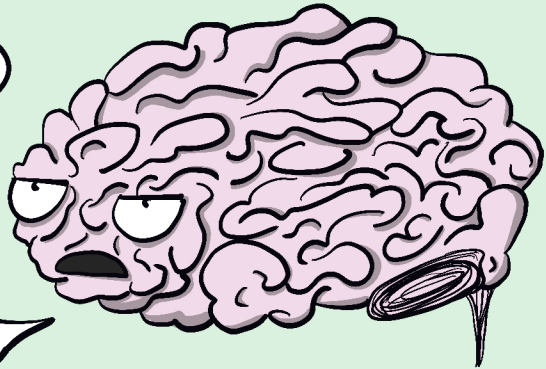


AND EVEN NOW  
THAT I'M IN A HEALTHY  
AND STABLE RELATIONSHIP  
MY BRAIN KEEPS ON  
TELLING ME:

DON'T WORRY, BRO

IF THEY WERE  
TO SUDDENLY DISAPPEAR  
WE WOULDN'T FEEL  
A THING

I'M ON IT



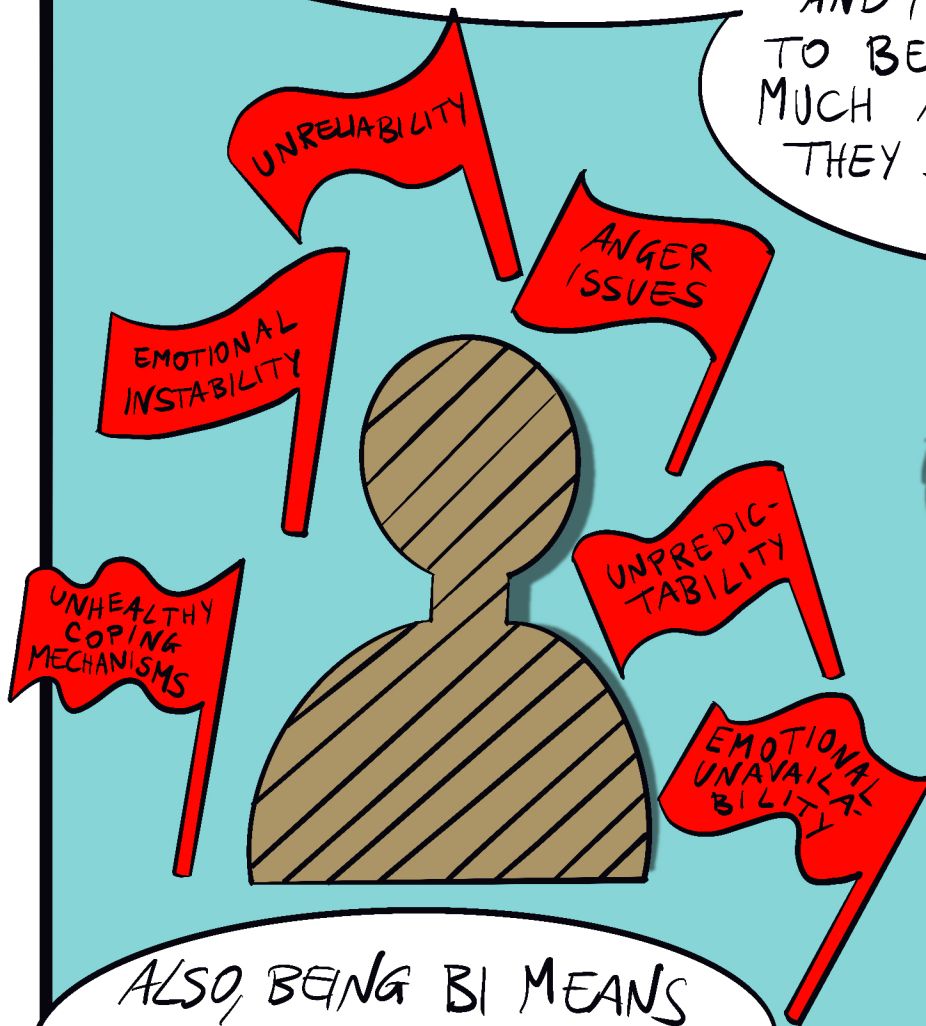
SURE

WHATEVER MAKES  
US SLEEP  
AT NIGHT

FAKE IT TIL  
YOU MAKE IT,  
I GUESS

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

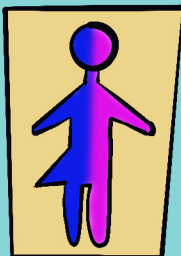


ALSO, BEING BI MEANS  
I GET THE BEST OF  
BOTH WORLDS...

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

GREAT, RIGHT?

WHY  
CHOOSE?!



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

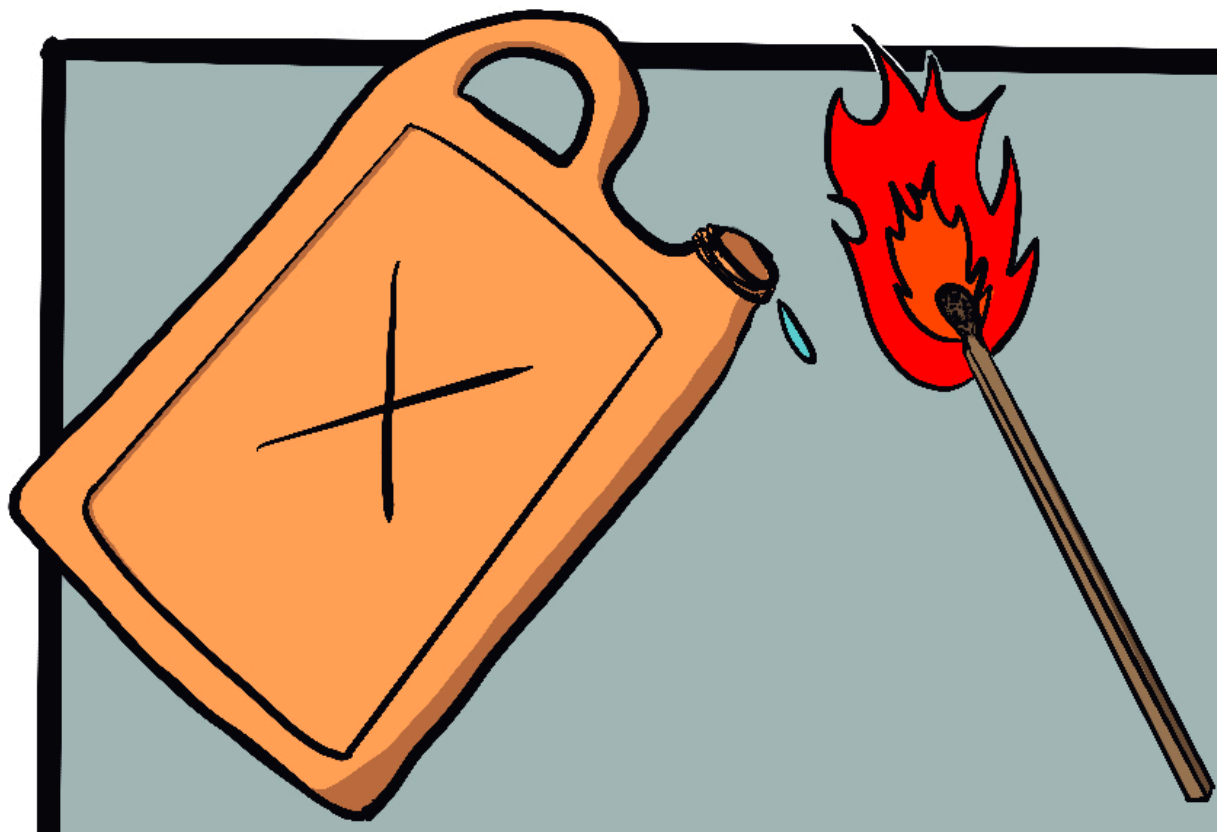
TWO PEOPLE  
WHO ARE DROWNING  
CANNOT SAVE EACH  
OTHER, THEY WILL  
JUST DRAG EACH  
OTHER DOWN

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





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



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).

[www.tumblr.com/blog/worldofkimera](http://www.tumblr.com/blog/worldofkimera)

[chimeric\\_intentions@riseup.net](mailto:chimeric_intentions@riseup.net)