Subject: Don't bottle it up

Posted by Cee100 on Tue, 18 Mar 2008 22:34:16 GMT

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I've come home from work this evening with a heavy heart, and before i go playing I wanted you to read this.

This evening my colleage at work had a policeman come see her about an email passed onto them from a virtual world site http://www.there.com/

stating that someone in her house used this site and passed an email on that was found by the "threat" team which stated that the sender was about to do something silly with his life!

Just recently in the UK news have been stories of suicides coming from such sites, but in this case it looks like the lad has issues about whats going on with him at the moment in his life and is saying to the addressee that thanks to him he's going to upset his family and friends as he "can't take it anymore".

My friend was very upset, initially the thought of paedophiles came to mind given the nature of the words virutal world until we read the email.

Her husband is a security guard in Iraq and is away for long spells and she is left to raise the kids of which there are 4 remaining in the house. They want for nothing except for a bit of freedom as all youngsters do and she was telling me that he was home recently completly blocked out of his head and he's 15!

All parents do worry for their kids particularly when they get to this age and it only takes that one drink too many or someone pushing a drug your way that could do a lot of permanent damage resulting in loss of life and a family made to pick up the pieces.

I let her go home early to get it sorted and I hope its easy to do.

The reason i'm sharing this with you is if any of you are young enough to relate to whats going on here, have problems yourselves and can't bring yourself to talk to your mum and dad, don't expect it to be solved in a bottle! Find a friend or family member, go to the doctor or talk to an online buddy you know, speak to me if you think it would help.

Sometimes problems you think are so big can be solved in an instant, don't hurt the ones that love you, they brought you into this world to do better than themselves.

XXX

Subject: Re: Don't bottle it up

Posted by Kytten9 on Tue, 18 Mar 2008 23:04:09 GMT

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Some teenagers need a person to talk to...even just to whine...vent or rant at, it's a bitch when you wanna complain and your parents just won't let you let it out.....But some teenagers do have real issues and only a real professional can sort those issues....such as depression etc...I was diagnosed with clinical depression when I was 18 and I was told I'd had it for 18 months so since being 16, I had my personal reasons and was suicidal for a long time, just recently I have recovered from Post Natal Depression after the birth of my son and again those same familiar feelings of wanting to end my own life returned......Why I do not know but what I do know is why I never followed through on them:

When I was 15 my best friends father killed himself and she found him, I saw first hand how her family was ripped apart by this devastating and clearly selfish act, people commit suicide to escape the pain of their angst but do not once think of the heartache, angst and never ending sucking void they leave in the lives of their loved ones who are left with one question forever on their minds that will never be answered and that is: "WHY?"

He is right if you feel this way you should seek help, strong people ask for help when they need it, so be strong and ask or talk to someone!

Subject: Re: Don't bottle it up

Posted by =HT=T-Bird on Tue, 18 Mar 2008 23:31:48 GMT

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Indeed...excellent point, and one that most people sadly ignore. Psychologists aren't "shrinks", they are out there to help.

Subject: Re: Don't bottle it up

Posted by Blazer on Tue, 18 Mar 2008 23:59:49 GMT

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Different people handle things different ways. Some people can have a bad day at work and go on a shooting spree, while others just chalk it up to a bad day at work, and know that tommorrow will be a better day.

Myself, I saw both of my parents die (seperate incidents), and although I will carrry a lifelong emotional scar, I didn't flip out or try to kill myself or hurt people, even though I had nobody to talk to.

Would it have been easier if I had someone to talk to? I don't know. I do know that at the time, you don't want to talk to anyone, and people trying to "help" just make you want to be left alone. I guess bottling it up always happens, it's how you release it that matters.

Subject: Re: Don't bottle it up

Posted by SSnipe on Wed, 19 Mar 2008 00:36:39 GMT

Blazer wrote on Tue, 18 March 2008 16:59Different people handle things different ways. Some people can have a bad day at work and go on a shooting spree, while others just chalk it up to a bad day at work, and know that tommorrow will be a better day.

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strong man.....

Subject: Re: Don't bottle it up

Posted by Cee100 on Wed, 19 Mar 2008 01:34:13 GMT

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I too had post natal depression which took a while to discover, although on occasion the thought that all of this was pointless did cross my mind but my son keeps me grounded to this plain.

Depression and its other factors are a chemical inbalance, I strongly believe most suicides are due to the non understanding that there is something wrong with you mentally that can be sorted out with the right drugs.

Alcohol adds to depression, hence the easiness to go from a happy mood to an all out brawl in the bar, it doesn't take long before the brain chemicals can change your mood if someone comes along spoiling for a fight.

As teenagers have their hormones all over the place to begin with, adding booze to their mental cocktail is enough to start the ball rolling, i believe anyway.

I'm glad to see such positive posts, spread the word guys wherever you go!

Subject: Re: Don't bottle it up

Posted by renalpha on Wed, 19 Mar 2008 06:34:34 GMT

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bottle stuff up makes you hard from the outside.

ive seen good and seriously bad thingsive experienced the death from very close 2 times.1 time some random kid got stabbed in front of me

and once my friend got shot to death by turkish people.

i never talked about it to people cause i didnt felt like. some things u better should keep to yourself dont you think? especially when it comes to your private life

Subject: Re: Don't bottle it up

Posted by Goztow on Wed, 19 Mar 2008 07:27:43 GMT

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It certainly helps to talk but not straight away. Such events first need time on your own. At least, that's how I experience it.

On a lighter note: there's hope for this forum.

Subject: Re: Don't bottle it up

Posted by renalpha on Wed, 19 Mar 2008 08:54:13 GMT

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Goztow wrote on Wed, 19 March 2008 07:27 On a lighter note: there's hope for this forum.

I will change if others dont bitch me im like i dont take shit of anyone.

but hell made me lol anyways

Subject: Re: Don't bottle it up

Posted by nopol10 on Wed, 19 Mar 2008 09:59:53 GMT

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Excellent point Cee, I'm glad you shared it with everyone.

Subject: Re: Don't bottle it up

Posted by Cee100 on Wed, 19 Mar 2008 23:03:43 GMT

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Renalpha,

My point is if events in your life mean you are thinking of taking your own talk to someone, I realise bad things happen as you go along and sometimes it doesn't mean what events are and

what happened can be deemed less eventful to others.

I can see where you are coming from and I too would find myself deeply changed by such an event.

A point happened in my life that changed me from the kids I was at school with, it was the death of my nephew when he was just 13, a freak natural accident, he choked to death on his own vomit. I was just 16 myself and we had grown up together and were more a brother and sister relationship. It changed me, It didn't make me want to kill myself but its something that affected the whole family and nothing was the same after that.

His Mother changed and his sister went of the rails, this isn't that surprising I guess but I doubt the kind of councilling was available then like it is today.

When I had my son, I became scared the same thing would happen I would be very protective over him and still am, but would get the most vivid dreams of things bad happening to him, even daydreams that would be quite a shock. I still want him to outlive me and want to be a good Mum to him and hope i'm there for him if he needs me and doesn't feel that he has to hide stuff.

Subject: Re: Don't bottle it up

Posted by renalpha on Wed, 19 Mar 2008 23:29:45 GMT

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Cee100 wrote on Wed, 19 March 2008 17:03Renalpha,

My point is if events in your life mean you are thinking of taking your own talk to someone, I realise bad things happen as you go along and sometimes it doesn't mean what events are and what happened can be deemed less eventful to others.

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im very sorry about that for you.

but ye some events need to be discussed.

ive been talking to proffesionals a lot of times when i was young.

that didnt help me, now my mom wants me back talking to people cuz she doesnt like me wearing red flags.

she doesnt know nor believe me i dont commit crimes.

i dont steal

i dont set trip to people

the only thing i do is come up for my friends,

i would give my life for them and they would do the same thang to me.

we are one family, something i cannot get from my parents because they are not there for me. i cant talk to them, so i talk to my friends and they understand me.

but some things i just cannot tell to my friends so i write lyrics and rap them and it makes me feel good.

Subject: Re: Don't bottle it up

Posted by Cee100 on Sun, 23 Mar 2008 10:41:22 GMT

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When we are teenagers we all go through some stages of development, and that includes dressing a particular way, If yours is red flags then I would sit by and let you go through it. Some parents in my day had to put up with skinheads and mohicans in all sorts of colours for kids, I'd consider myself lucky that all you want is to "fly the flag" lol.

As long as you do stay out of trouble and do what you think is the right thing, I've no doubt their worries will be unfounded and see you as a mature young man in no time.

For the record I had a Madonna thing, all beads, crucifixes and strange clothes

Subject: Re: Don't bottle it up

Posted by renalpha on Mon, 24 Mar 2008 01:35:33 GMT

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madonna is still hot for her age

"fly the flag"

lol i dont think you get with what i call the red flags i mean the red bandanas reppn our gang in our town. and hmm maybe yourr right about flying with the flags smoking makes my day fine

Subject: Re: Don't bottle it up

Posted by Starbuzz on Mon, 24 Mar 2008 01:48:48 GMT

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Kytten9 wrote on Tue, 18 March 2008 17:04When I was 15 my best friends father killed himself and she found him, I saw first hand how her family was ripped apart by this devastating and clearly selfish act, people commit suicide to escape the pain of their angst but do not once think of the heartache, angst and never ending sucking void they leave in the lives of their loved ones who are left with one question forever on their minds that will never be answered and that is: "WHY?"

You almost make that poor man out to be a criminal for commiting suicide!

How the heck is suicide a selfish act? (Not talking about terrorist suicides)

The "heartache, angst and never ending sucking void" of the loved ones is NOTHING compared to the emotional trauma potential suicide victims feel ahead of their suicides.

Subject: Re: Don't bottle it up

Posted by Goztow on Tue, 25 Mar 2008 08:20:17 GMT

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Reinstated the part that made sence. Didn't like seeing this complete topic in spam fest.

Subject: Re: Don't bottle it up

Posted by Dave Anderson on Tue, 25 Mar 2008 08:39:23 GMT

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I don't think you can really say that suicide is selfish or not. You can say that a person who commits suicide is selfish because they leave their loved ones in despair, but you can also say that it is the loved ones who are being selfish, because they would rather have the emotionally disturbed person stay alive and suffer. Some people truly (or seem that they) cannot be helped in anyway; their emotions are too strong and overwhelming for anything to have any effect. Its hard to say though, because each person is different, and no, we don't know how they feel. We can try to understand, but we aren't inside their minds, and we simply don't feel what they feel. It can be strongly argued either way.

Subject: Re: Don't bottle it up

Posted by renalpha on Tue, 25 Mar 2008 19:38:07 GMT

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Dave Anderson wrote on Tue, 25 March 2008 02:39I don't think you can really say that suicide is selfish or not. You can say that a person who commits suicide is selfish because they leave their loved ones in despair, but you can also say that it is the loved ones who are being selfish, because they would rather have the emotionally disturbed person stay alive and suffer. Some

people truly (or seem that they) cannot be helped in anyway; their emotions are too strong and overwhelming for anything to have any effect. Its hard to say though, because each person is different, and no, we don't know how they feel. We can try to understand, but we aren't inside their minds, and we simply don't feel what they feel. It can be strongly argued either way. in my opinion it is selfish

its walking away from your problems to immature to confrontate them you leave people behind, who love you even when you think you dont.

Subject: Re: Don't bottle it up

Posted by light on Tue, 25 Mar 2008 20:01:47 GMT

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renalpha wrote on Wed, 26 March 2008 07:38in my opinion it is selfish its walking away from your problems to immature to confrontate them you leave people behind, who love you even when you think you dont.

You're approaching this from a logical perspective but making the assumption that someone who wants to commit suicide is logical flawed.

In the cases I've seen suicide has been the only shaft of light in an otherwise dark and miserable existence. I'm totally against the idea of suicide, but that's just a small idea of how it can feel for someone who is in that position, and just saying "grow up" or "see what's around you" doesn't work.

Subject: Re: Don't bottle it up

Posted by Blazer on Tue, 25 Mar 2008 23:25:03 GMT

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"Depression", "Dispair", etc are just states of mind. States of mind which you can decide to change, either by not concentrating on whatever is bothering you, or by just deciding to not let life get you down.

Suicide being a "shaft of light" is ridiculous. Only a weak minded fool would believe that the end of existence, (including all that entails-going to hell if you are religious, causing pain in the lives of those that care about you, etc) is the answer to a mental problem.

Ironically I say weak minded, yet a suicidal person somehow has the will to override the primary and most basic instinct that all life on earth has - to survive, and yet they can't use the same willpower to decide to stop being a whiny emo bitch and just move on, and realize that "nothing is very, very bad, or very, very good, for very, very long". Life sucks sometimes, its part of life. Have a good cry, punch a hole in the wall, whatever...but just keep reminding yourself that "tommorrow will be a better day", and eventually it will be.

Ending your life just because things atm suck is dumb...you are getting off the ride at the worst part...why not stick around for the good parts?

I've been closer to death (seeing people die) than most people, and have had some really shitty things happen to me and others that I care about, yet I survived, and was able to move on and find happiness further down the road.

TBH it makes me sick when I see "emo" kids who are contemplating suicide over some bullshit like some girl, crap at school, not liking their looks, or where their life is at that moment. To me they aren't much different than a spoiled kid whining because he didn't get an iPod touch for xmas, and "only a ps3". STFU and guess what...life isn't a bowl of cherries. Suck it up and say "fuck you" to shit that tries to put you down, and next thing you know things will be better...if you are thinking about killing yourself, they can't get any worse can they.

Subject: Re: Don't bottle it up

Posted by renalpha on Wed, 26 Mar 2008 00:00:57 GMT

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blazer is right,

he pulls the word just simply out of my mind.

emo kids who complain at their life are just stupith they actually look for a reason to think they need to die its because they want to be like that like any other subculture but being suicidal is retarded, that why i hate them

suicidal people are stupith because they simply cant handle life, they are too scared for what comes, too afraid to face perhaps the REALITY.

Subject: Re: Don't bottle it up

Posted by KIRBY-098 on Wed, 26 Mar 2008 14:43:36 GMT

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Join the military.

You will have that whiny "poor me" mentally forcefully removed through your nostrils. You learn it is not about you or your things. It's about selfless integrity and duty to a higher purpose.

Best decision I ever made besides becoming a christian.

Excellent point though chuck, and well said. There is a definite dichotomy there.

Subject: Re: Don't bottle it up

Posted by BlueThen on Wed, 26 Mar 2008 19:38:44 GMT

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Most emos take advantage of other people's pity. Usually through lies and by complaining.

Subject: Re: Don't bottle it up

Posted by Carrierll on Wed, 26 Mar 2008 20:28:25 GMT

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Out of pure curiousity, has anyone here ever tried to kill themselves?

Subject: Re: Don't bottle it up

Posted by light on Wed, 26 Mar 2008 20:45:12 GMT

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CarrierII wrote on Thu, 27 March 2008 08:28Out of pure curiousity, has anyone here ever tried to kill themselves?

Not personally but I know people who have tried (and failed, thank goodness).

As for the comments above, I completely agreed with them until I started dealing with people who are in that state of mind, and it's not as clear cut as you think.

Subject: Re: Don't bottle it up

Posted by renalpha on Wed, 26 Mar 2008 22:45:31 GMT

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CarrierII wrote on Wed, 26 March 2008 14:28Out of pure curiousity, has anyone here ever tried to kill themselves?

hell no. lol

i had a friend wich i found out he was becoming emo cutting himself

i told him, stop doing that or i tell your parents.

now he hates me

Subject: Re: Don't bottle it up

Posted by KIRBY-098 on Wed, 26 Mar 2008 23:05:12 GMT

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renalpha wrote on Wed, 26 March 2008 16:45CarrierII wrote on Wed, 26 March 2008 14:28Out of pure curiousity, has anyone here ever tried to kill themselves?

hell no. lol

i had a friend wich i found out he was becoming emo cutting himself

i told him, stop doing that or i tell your parents. now he hates me

Dude, he's EMO. He hated you BEFORE you ever said that.

It's a net zero.

Subject: Re: Don't bottle it up

Posted by Carrierll on Thu, 27 Mar 2008 11:27:54 GMT

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I have.

Light's right, you cannot understand how crazy you get. You just can't. Luckily, I have a very good friend.

Subject: Re: Don't bottle it up

Posted by mrA£A§A·z on Thu, 27 Mar 2008 14:01:17 GMT

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Subject: Re: Don't bottle it up

Posted by renalpha on Thu, 27 Mar 2008 16:00:26 GMT

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CarrierII wrote on Thu, 27 March 2008 11:27I have.

Light's right, you cannot understand how crazy you get. You just can't. Luckily, I have a very good friend.

what made u think u wanna die?

anbd seriously ur pretty pathetic by actually saying u tried to suicide lol tbh

Subject: Re: Don't bottle it up

Posted by Carrierll on Thu, 27 Mar 2008 17:17:25 GMT

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I doubt you could've managed.

Subject: Re: Don't bottle it up

Posted by light on Thu, 27 Mar 2008 18:36:44 GMT

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renalpha wrote on Fri, 28 March 2008 04:00anbd seriously ur pretty pathetic by actually saying u tried to suicide lol tbh

Shut up. It takes a bigger pair than yours to come out and admit something like that.

Subject: Re: Don't bottle it up

Posted by DKDexter999 on Thu, 27 Mar 2008 19:31:00 GMT

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light wrote on Thu, 27 March 2008 12:36renalpha wrote on Fri, 28 March 2008 04:00anbd seriously ur pretty pathetic by actually saying u tried to suicide lol tbh Shut up. It takes a bigger pair than yours to come out and admit something like that.

QFT!

renalpha wrote on Fri, 28 March 2008 04:00anbd seriously ur pretty pathetic by actually saying u tried to suicide lol tbh

What you say there is just plain stupid. If you tell someone you have tried to commit suicide, you have made a huge step towards getting help and a better life! If you keep it to yourself you are basically prolonging the incident instead of actually getting the help you so obviously need!

Subject: Re: Don't bottle it up

Posted by Carrierll on Thu, 27 Mar 2008 20:31:05 GMT

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The help required phase is long over. My friend is really great. (Although she does complain about her boobs too often).

Subject: Re: Don't bottle it up

Posted by renalpha on Thu, 27 Mar 2008 21:52:24 GMT

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my heartless replys on those are

internet is serious buisness.

the person is trying to get attention lol again why the fucking internet

Subject: Re: Don't bottle it up

Posted by Blazer on Fri, 28 Mar 2008 00:13:33 GMT

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OMG I dont like my boobs so I'm gonna kill myself!!1111

Fucking pathetic. Tell her to just off herself now, if she thinks life is being harsh on her now, she will shit a brick when the real world really hits her.

Subject: Re: Don't bottle it up

Posted by Carrierll on Fri, 28 Mar 2008 13:24:02 GMT

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Err, she's been raped, but hey. Don't jump to conclusions... (That boobs comment was a joke, BTW)

Edit - and she complains that they hurt, not that she doesn't like them.

Subject: Re: Don't bottle it up

Posted by renalpha on Sat, 29 Mar 2008 17:51:18 GMT

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CarrierII wrote on Fri, 28 March 2008 07:24Err, she's been raped, but hey. Don't jump to conclusions... (That boobs comment was a joke, BTW)

Edit - and she complains that they hurt, not that she doesn't like them.

then pamela anderson must have luck she got aids and she is going to die. she got HUGE BOOBS

Subject: Re: Don't bottle it up

Posted by Blazer on Sat, 29 Mar 2008 19:07:22 GMT

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Well my balls itch sometimes but I'm not gonna off myself

Subject: Re: Don't bottle it up

Posted by Cee100 on Mon, 31 Mar 2008 22:22:44 GMT

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Blazer wrote on Sat, 29 March 2008 14:07Well my balls itch sometimes but I'm not gonna off myself

Stop shaving them then

Sorry but it had to be said!

I've said before suicide is not a logical state of mind there is definatly an imbalance in the chemicals, ergo, teenage suicides because of the hormone surges, elder people because of how depression has got a hold of them for some reason or because of a proper mental inbalance.

Most people who get to a doctor quickly can be treated for their symtoms, agreed though, its not just a concoction of pills that will sort out your problems, you need to get in control of your life and get stronger and believe in yourself once more...

Subject: Re: Don't bottle it up

Posted by Jerad2142 on Wed, 02 Apr 2008 05:42:54 GMT

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Cee100 wrote on Mon, 31 March 2008 16:22Blazer wrote on Sat, 29 March 2008 14:07Well my balls itch sometimes but I'm not gonna off myself

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Most people who get to a doctor quickly can be treated for their symtoms, agreed though, its not just a concoction of pills that will sort out your problems, you need to get in control of your life and get stronger and believe in yourself once more...

Or because others keep putting you down until you actually start to believe that you arn't worth anything, and soon start to believe that you actually cause others trouble, so you decide to remove yourself for the good of others.

Subject: Re: Don't bottle it up

Posted by renalpha on Wed, 02 Apr 2008 06:00:22 GMT

lol alot of people on this forum really want to see that happen to me. but fuck me, hehehe i feel great always did i win you lose fuck ve

Subject: Re: Don't bottle it up

Posted by nikki6ixx on Wed, 02 Apr 2008 06:22:54 GMT

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I've found that shaving my testicles actually has cut itching. It's also really nice when it's a hot, muggy day, and every idiot but you in the room is squirming because he has a Niagara Falls' worth of sweat between his legs.

Edit: It also makes you feel really, really 'free'.

Subject: Re: Don't bottle it up

Posted by renalpha on Wed, 02 Apr 2008 22:28:25 GMT

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nikki6ixx wrote on Wed, 02 April 2008 00:22I've found that shaving my testicles actually has cut itching. It's also really nice when it's a hot, muggy day, and every idiot but you in the room is squirming because he has a Niagara Falls' worth of sweat between his legs.

Edit: It also makes you feel really, really 'free'. there are people younger then 14 years old checking this forum even i find that disgusting.