

What i don't like

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Social :

- People trying to finish my sentences with little to no idea of what i'm gonna say
- People that think they know what i want so they don't ask me and it ends up being the opposite of what i want
- People that asks to ask, just ask please... ([dontasktoask](#) / [nohello.net](#))
- Not keeping secrets secret
- lies
- Taking roundabout/far-fetched measure to avoid confrontation / a subject
- Being dishonest
- People who constantly talks about weather
- Senseless conflicts
- Loud talking at night or morning when my ears a very sensitive
- Straight cis couples /hj
- Frequent uncleanness
- Morning/bad breath
- Certain kind of drunk-ness
- Certain kind of drug-ness
- Racisme, Sexism, Religion, Misogynie
- Eating in bed
- Outside cloths in bed

Violence / Sex :

- Fake punching
- Pinned to wall- knees "between legs"
- Getting my ___ grabbed
 - Buttock cleft
 - Toes
 - Neck
- [intimate setting] People incapable of taking measure to respect my consent, i can easily freeze and go mute if someone go past my consent, unless this person tries to get my explicit consent back, they can go as long as i don't breakdown crying.

Food :

- I hate:
 - Pears

- Oreos
- Speculoos
- Caramel
- Having to fetch the flesh, eg. chicken wings, homard, anything like flesh bound to not edible thingies
- I dislike:
 - Beer
 - Biter tomato sauce/juice
 - "Biscaume"

Environnement :

- Phobia (kinda) related
 - Closed space without ventilation (i need fresh air)
 - Hot moist air
 - Being unable to move (i might freak out)
- Trauma
 - Sudden and/or loud noises (esp. in my ears)
 - VSS / Gore subjects
 - -> my brain is very efficient at cloning situations like that and making me have nightmares / sleep paralysis with me as the victim
- Bright light
- Yellowish light, uncanny -> anxiety
- Fluorescent light source and HDR -> Ophthalmic migraine / Anxiety
- Dishes that are not perfectly spotless
- Windows and Sharepoint
 - Objectively waste of time and efforts

Misophonie

Doing some specific noise in my ears can trigger me:

Wat	Distance de mes oreilles	Apply to online convo	note
Teeths noises	<= 0.5m		Makes me realllly uncomfy
Finger popping	<= 3m	If loud	
Mouth (moist) noises	<= 1.5m	If loud	
Burps	<= 1.5m	IT DOES	Yuck

Revision #4

Created 2026-02-23 01:39:36 UTC by Chamallow

Updated 2026-03-29 07:05:44 UTC by Chamallow