Age: 21

Ethnicity: Filipino

Country of birth: Philippines

Country of residence: Philippines

Highest level of education: College

Occupation: Student

**What does incel mean *to you*?**

Incel in its literal sense just means "involuntary celibacy", meaning, those who identify as incels are "involuntary celibates'' so there you have it, all men who identify as incels must tell that they are virgins, in our community we call this as "truecels"- men who are virgin since birth or khhv (kissless, hugless, helpless virgin), these are the incels. I am emphasizing this to you because there are people who claimed as incels even if they are not virgins anymore, commonly, these people are just men that can't get romantic relationships (gf) but still manage to engage in sexual experiences either through paying escorts (hookercels), or payless sex with women that just dump them or don't want to commit in a relationship with them. These men are usually sexually active and unlike the real incels they can get girls,  but their issue is that they can't get any woman to be in a relationship with them, so their complain is that they feel empty because although they can engage in sexual intimacy they can't engage in a relationship with women. As a KHHV I do not consider these guys as "incels" because in order to be one you must be a celibate ( virgin and sexless) and be a celibate "involuntarily" ( must not pay for sex or engage in payless sex).  This is just my take on the etymology of the word "incel".

        Furthermore, "incel" as a topic for existential discussion is very different for me. Inceldom as part of my miserable identity enables me to analyze and question the reasons for my suffering and sorrowful existence. Ever since I am a child I had suffer, and the universe/nature/Omnipotence is not contented and put me in more suffering. I will not specify but I am certain that my loneliness and bad lucks will just continue to worsen as I get old, and incedom is just part of the painful ladders that will lead me to the path that I am destined to take, the paths of endless sadness which will lead me to my ultimate fate: true forced loneliness. I had accepted (though I still stupidly hope that somehow I can escape this) that I will be alone forever. Why I have  such strong volition to decide that its over for me you might wonder? Its because the reason of my inceldom. Majority of the people who suffers from inceldom- their reasons for being such are just fixable such as being unattractive physically, having low self-esteem and confidence, or not having genetical advantages i.e. height, skin color, etc. These guys still have hope as they can overcome their issues. For me, unfortunately, the reason to my inceldom is unfixable. I was not an incel and never thought that I would be, but when I turned 19, 2 years ago, I acquired a physical disability specifically a movement disorder called "Tardive Dyskinesia". From then on, I tried to falsely hope for myself that it's still not over for me that there are still ways, but as the years go by and I try to find the ways I was confronted and humiliated by the brutal reality that it is truly over for me and there is nothing I can do about it. Overall, inceldom for me is not just a form suffering in my life, rather it is part of the many forms of my miserable existence,  from childhood to today until the future, I had experience, continues to experience, and will experience almost all forms of miseries and bad luck and it will never ever end. I do not know how to put this in words, but what I am saying is that inceldom is just a natural experience to a person like me who always gets the bad luck in life and I was not surprised that this happened to me because since I exist in this world I am always unlucky, and happiness seems to avoid me at all costs, so inceldom, disability, loneliness, and social isolation are just natural occurrences to my miserable (always) life. And I am anticipating (not in an exciting  but rather in an accepting way) that I will be more lonely in the future as no good things usually comes to me, so I had accepted this it is over for me, I will be alone forever, and inceldom and true forced loneliness will just be the endeavour of my agonizing existence.

**In as much detail as you feel comfortable, can you tell me more about the difficulties you faced growing up,:**

* **what was school life like?**

Before I have tardive dyskinesia (TD),  school in my highschool years was my escapism in life.  I was an introvert and only have one friend but life at school back then was great and joyful because I was popular and well liked by all people in school especially by my teachers and fellow classmates/students. Everyday, I always look forward in going to school because there I forget all my problems and I feel appreciated by everyone. I was intelligent, I had excellent grades, I attended all academic affairs especially writing and campus journalism, I enjoyed studying because for me going to school is like playing a video game, it was fun and just like a game it has challenges and rewards, the challenges are the competitions that I attended and the rewards are the achievements that I get from it. The biggest achievement and most fun experience I had in highschool was when I became a representative in our school for a National Filipino Writing Contest and I won. I was very happy because I achieve a great feat (for me) and all of people in my school was proud of me. I did not realize at that time but the main reason why I like going to school was because I was subconsciously motivated by the positive affirmations that I get from my teachers and school mates. The reason why a person is inspired to do something is because they feel that they are appreciated by the people in their field. In my highschool years I feel like everybody admired me, everyone wants to be friends with me and some girls would say that they have  a crush on me, teachers were flowering me with compliments saying that I am smart and that I have a bright future ahead, I was happy, motivated, and feel like I have no problem because everybody loves me. Until...the day came, when my world turned upside down, and changed my life for the worst. I was not prepared, and still to this moment, I am still in shell shocked to what happened to me. When I turned 19, I acquired tardive dyskinesia (TD), I was in senior high school and that was the beginning of the end of my happiness. At that time, I started to feel and experience the effect of my disability. Because of my disability people are rude, incriminating, and just plain cruel towards me. After having TD there was a time when I did not get out at my house for 1 month because I am afraid that if people see me they would beat me to death, or bully and humiliate me. Because of my TD people are constantly making fun of me, mocking me, judging me, and treating like I am not a person like trash tbh. In my last year in Senior High I did not suffer alot because our classes were online but when I went to university that's when the real suffering began. I am 21 now and 2nd year and these are my experiences. Everyday going to university is like putting yourself in hell. I am emotionally traumatized. Because of my TD people when they see me they look at me with hate, repulsion, and disgust, and when I saw those in their eyes all of my self-esteem just died, I feel like I should kill myself because I am ashamed. When people are disgusted at you and hate you all the time, everyday, you would want to kill yourself. People avoided me, no one wants to be near with me, and so I experience social isolation  and due to that I feel like I am useless, that I don't belong here, I am worthless and have no purpose except to suffer from humiliation and alienation. Humans are social beings, to have a motivation, you need someone to appreciate you, you need  others to respect you, to look at you that you are a person that should be valued, but when people all the time just look at you with disgust and repulsion, and shoved and push you away like you are not supposed to be here you would have no motivation, the will to live, the dreams, the inspiration, the tommorow, they are gone, you would want to end yourself, you have no home, no hope, no life. Lastly,. people also are very rude and Cruel to me, they constantly mistreat and discriminate me, so I feel like I am not a person anymore, in my mind I do not live in planet earth. I feel like Georg Samsa, an inconvenient bug that gets mistreated and isolated by everybody, and when people show cruelty to me they do not feel bad about it because I am just a vermin, just like Samsa's family isolated and mistreated him in Metamorphosis. When I die, I feel like no one would grieve me. When I contemplate and look back at myself before- I am not even a shadow of my former self now, I am very unhappy. Oh, what the hell did just happened

* **what was family life like?**

 I have no problems with my family. We are just an average Filipino family. The reason why I still continue my studies even people throw all the bullshits to me because of my TD is because my family lives in poverty, I don't want live in poverty like my family so I still endure everything and maybe when I finish studying, I will have a good earning job, and I will be able to protect myself in a better way from the emotional harm that people inflicts on me.

* **what experiences of attempting to find romance have you had?**

When I was in high school there were some girls that had a crush on me. One that stood out from me was from my classmate in 9th grade. Im a shy person so never in my life did I tried to approach a girl. There were also some girls that chatted on me, confessing to me but I ignored them because I do not want to be with them due to my religion. So anyways, this girl in 9th grade liked me, and she told my best friend that she liked me. I ignored her because of my religion or personal beliefs/principle, and also because I was not interested back then to be with someone romantically, I was 16-17 at that time and all I was thinking were online games and school. She did everything to make it obvious to me that she is interested and attracted to me and it kinda make me happy because someone liked me and showed interest to me. I think that she is telling my friends and best friend that she liked me so I would know about it and maybe she thought that upon knowing that I may pursue her. But like I said, I was interested in being with someone at the time so I did nothing. Then she made her last effort, she confronted me and told me blatantly that she liked me, I thanked her and said thank you for liking me, she got upset to my response, and she just told me right away what's her intention, she said that she liked me and she wanted me to be her boyfriend and vice versa, and she also told me the reasons why she liked me and I was very happy at that time because somebody said those things to me and felt happy because somebody liked me because of that. But I was stupid and dumb, so I told her right now I am not interested in engaging with romantic relationship with anybody. But if only I knew what was going to happen to me, I would have take all those opportunities and be with the girls that showed interest me, but that didn't happened and I regretted all of it, knowing I have no experience because I avoided it, and now i am alone.

**When did you first realise you were an incel?**

I was not really worried in getting girls or engaging in romantic relationships with women, my main concern back then when I acquired Tardive Dyskinesia (TD) was my future and escaping poverty.  Even if its hard and even if all the people make it harder I still go to university because my future is my inspiration. The issue of inceldom just occurred on me less than a year ago on our 1st semester in 2nd year (now we're on 2nd semester). During that time, a girl messaged me on messenger. I don't know her but she told me that she's my classmate. Then in a paragraph type, she told me that I was her inspiration or something, she also thought that I was smart and quiet, and  told me that she had a crush on me and confessed that she liked me. When she chatted me about this I remembered my 9th grade classmate right away. At that time, I was in deep sadness and feel bad about myself because when I have TD no one really seems to like me or give me any good treatment, so I kinda feel happy and feel good about myself, its been 2 years since I feel good about myself so this made me feel joyful and relieved from all the stress and pain that I've been through. If only I don't have TD, I would have pursue and take this girl, but that's too good to be true and I have TD so that didn't happen. What really happened is that after several weeks of getting to know each other we talked about my disability, actually I was the one who opened about it so that she would understand me, but upon knowing the reason why my face is horrible and knowing that I have a disability, she kinda look down on me, she avoided me and I was not able to pursue her. I just know next months that some guy was going out with her. If I don't have this bs TD I would have able to get her and I would have a gf now, and probably, I will get girls that are better than her. After this incident, I became depressed, I have no motivation in life anymore, I don't wnat to go to school, I feel useless and worthless and I hate and ashamed of myself for having TD. After that, something snapped out of my mind, and that is the realisation that I will be alone forever, and that's when I realised that I am an incel.

**When and how did you first come across the incel community?**

I came across on the incel community on YOUTUBE. I watched videos of guys of age 27, 30s, 40s, and 50s who are still virgins, and after watching those I kinda feel better about myself knowing that I am not alone and I am not the one who suffer from this. True Forced Loneliness- that's what they call it about males failing to find romantic relationship and experiencing sexual intimacy.

**What is it about the incel community that made you want to become part of it?**

I came across an incel website on internet. I joined and there I tell my story to them (to express my pain from what I've been through), my fears as an incel, and ask for advice. There I feel better because the guys there recognized the severity of my problem due to my disability, and most importantly they give me some advice on how to live with this and accept this, so I felt better and understood (though they can only comprehend slightly my experience) I feel that they emphatized me. I was relieved and also felt happy that there are people who give advice to me and somehow I am not alone, inceldom is more common than most people think it is.

**When you  you say some can overcome genetic disadvantages like height and skin color, how would they do this?**

moneymaxxing, that's my plan when I have enough money, I will buy the supplements and medicines that will ease my TD, and hopefully my condition will be better and hopefully I can regain my life back.

**What do you think about the blackpill?**

For me, the black pill is just an average belief system on the internet. It's a belief system for incels especially to guys like me who have disabilities and because of their disabilities they are unable to experience sexual intimacy and romantic engagement from the opposite sex. That's just it, I have know people online who also have disabilities and because of that they also became incels and get rejected by women

**Has your negative experience with the girls you mentioned affected the way you see women?**

No, not at all, I don't hate women.

**What do you think is needed to be a man?**

I think I am a man enough. Just because you're an incel it doesn't mean that you are not a man or a less valued man. People often think that incels are less valued men or incel themselves think that they are not men enough (some do) but for me I am just an unfortunate guy that have a disability and because of that I get ignored by women and became an incel; I am just a disabled  person who became an involuntary celibate and that doesn't make me not a man enough. For me to be a man you just need to be a good human being especially to yourself. When people are rude to you because of your disability, and they discriminate you and do not give you proper treatment that a person should get, facing that horrible reality and overcoming it by showing self-respect, self-love, and self-worth towards yourself despite how people mistreat you is a masculine thing to do. For me, masculinity is not just about physicality and attractiveness, most importantly masculinity is about emotional maturity to be a responsible, loving, and caring leader/father to your family. You can be an incel, a virgin, a sexless person and still be great, a writer, an artist, a genius or master of a field. The affection that you get from women does not measure your capability as a man, for me masculinity is about reaching yourpotentials, and your capability to show love, compassion, and respect towards yourself when the world doesn't.

**How often and in what ways do you engage with incel forums, do you use many or just one, how long have you been in these spaces?**

I use many incel forums mainly fb and messenger.

I have been in these spaces since November 2023.

**What are your views on feminism?**

I don't like or dislike it. I don't care about it more specifically. But for me, feminism in the past was a good movement especially in literature; women fighting for their place in literature and not letting men to dominate or take control on how women showed be portray in literary works is an admirable thing to do- that is true feminism, expressing their views and valuing their rights through arts, these women were smart too. Now feminism is not even like that unfortunately, rather than pushing for their rights and expressing their creativity through arts now modern feminism focuses on over powering men more specifically in getting the advantages in a relationship, or getting more salary than men in workplace (even though positions determine it), its more like domination rather than equality. Feminists before were smart, suave artists and poets, now most feminists (not all) are just morons who wear blue dyed hairs and shout in the streets.

**Can you remember which YouTube channels you watch?**

Rehab Broom, Heed and Succeed, and other TFL video makers.

**Apart from YouTube, what other incel related social media sites/content do you use/watch?**

Facebook (but there are less videos on that topic)