So, I have something on my mind that I'd like to talk about, but I'm not really sure how to approach it.

I had a conversation earlier today with ChatGPT about emotional dysregulation in autism and borderline personality disorder. If what it told me was right, then I don't actually have BPD, but I do have a very strong sense of fairness that can make certain situations feel... overwhelming for me in the moment.

Obviously, that's something I need to manage on my own, and I don't expect other people to adjust their lives around it. But sometimes, people can do or say something that will unintentionally set me off, and I think it would be worthwhile to have a conversation so that we can minimize these sorts of misunderstandings.

For reference, this is about when you decided to play games with someone else on Friday, March 7th. I have a question or two regarding what you were thinking at the time, and I'd like to share how it felt on my end. I want to be super clear that I'm not mad or upset anymore—I had an emotional reaction at the time, but I've worked through it and I'm good now.

I just figured it would be helpful to talk so that this kind of situation doesn't catch me off guard again in the future. No rush at all—whenever you're ready to chat, I'm happy to :)

EDIT (several hours after the fact): reread what I typed earlier, I want to be *super duper* clear, it's also not *your* fault! I did blame you for, like, thirty minutes before I calmed myself and walked myself through it, but having done that, I can't really blame you! There are *thousands* of good reasons to hang out with somebody over me, and I'm thankful you *did* tell me to begin with! I just also still didn't react well, and that's *not* on you. I hope that was obvious, but in the case that it wasn't, that's why this edit exists.