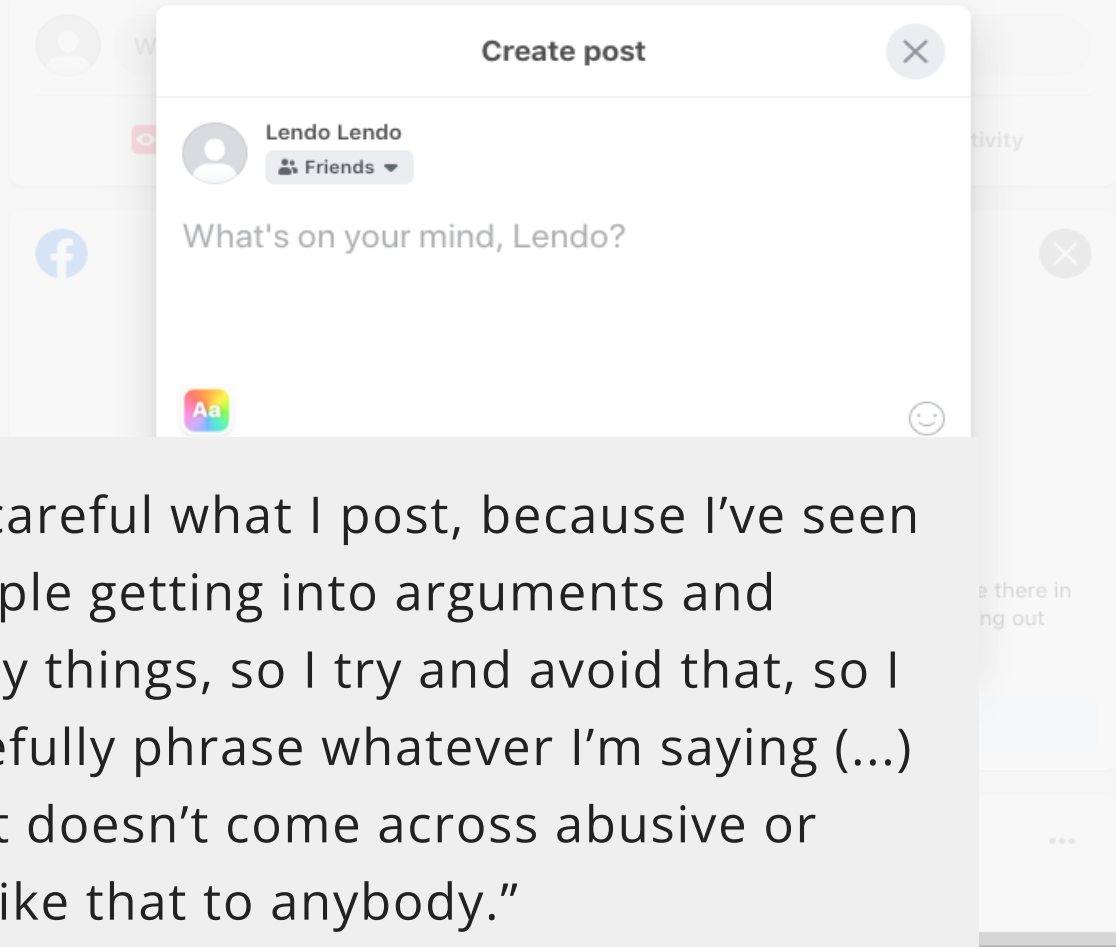"I'm very careful what I post, because I've seen other people getting into arguments and quite nasty things, so I try and avoid that, so I try to carefully phrase whatever I'm saying (...) and that it doesn't come across abusive or anything like that to anybody."