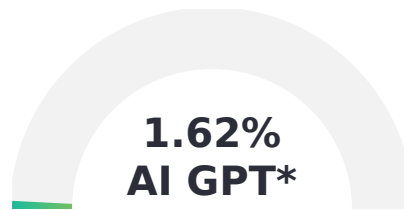




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Some things don't need to be defended.
They need to be understood—and lived with.

In 2024, I pleaded guilty to an offence under the Domestic Abuse (Scotland) Act.

It was about messages and images—sent during the emotional wreckage of a long-term relationship that had ended, but still lingered in me.

I sent a photo in my underwear.
A striptease with a caption.
And a more explicit image.

The judge said clearly:

“If it wasn't for the sexual nature of the images, it's unlikely this would have become criminal.”

That line matters.
Because it marked the difference between heartbreak and law.

⚖ The Sentence
Community Payback Order

Supervision

Sex Offenders Register

I accepted all of it.
No appeal.
No evasion.
No spin.

Because accountability isn't the enemy of healing.
It's the doorway to it.

□ What I've Learned Since

That pain can make you act out in ways that hurt people—even if you never meant to

That silence feels like punishment until you realise it's the only place truth can grow

That shame doesn't kill you—but hiding from it might

That being on a register doesn't erase your humanity—but it does force you to reckon with it

□ Why I'm Still Talking About It

Because most people bury their worst day.

I'm choosing to build from mine.

Because most people let the media own their story.

I'm choosing to speak first—before they speak for me again.

Because someone will search my name.

And when they do, I want them to find the truth, not just the trial.

□ What I Keep Doing

I show up to supervision

I go to therapy

I build this site

I write diary entries

I speak plainly

I hold the sentence in one hand—and the work in the other

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