

BY HANNAKO LAMBERT 2019



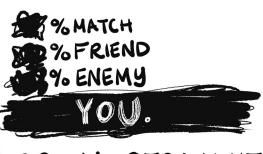




# SEVEN UEARS BY HANNAKO LAMBERT







22 · M·STRRIGHT·S

#### ABOUT PHOTOS



WE MET IN 2010, 2 DAYS AFTER MY 21<sup>ST</sup> BIRTHDAY. I ANSWERED YOUR MESSAGE OUT OF BOREDOM WITH OKC. WE AGREED TO GET SMOOTHIES. YOU SHOWED UP WITH FLOWERS, AND I ALMOST RAN AWAY. I STAYED.

## YOU MADE ME LAUGH, AND YOU WERE CONFIDENT. SO WHEN YOU SAID:



OH, I'M ACTUALLY FROM CANADA, I JUST SAID SEATTLE SO PEOPLE WOULD GIVE ME A CHANCE.

T'M ACTUALLY SUPER'
ALLERGIC TO CATS AND
DOGS, BUT I DIDN'T
WANT TO BE, Y'KNOW,
DISCRIMINATED
AGAINST FOR MY
DISABILITY\*

\*QUOTE



I'D STRUCK OUT A LOT BY THIS POINT, AND THOUGHT: "WELL, I HAVE NOTHING BETTER TO DO."



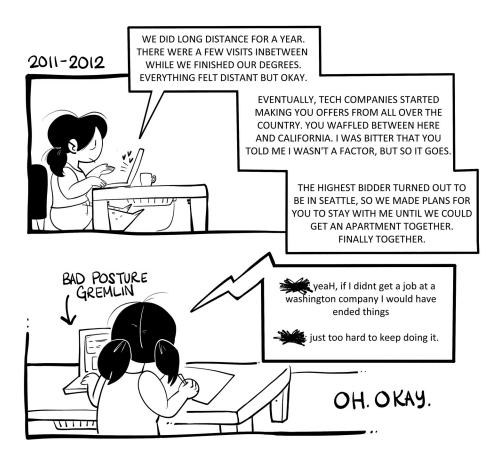
## AND EVENTUALLY:



WHAT? I HAD ALREADY MOVED ON IN MY MIND. IT WASN'T EVEN A QUESTION; A NEW REALITY HAD BEEN ANNOUNCED.

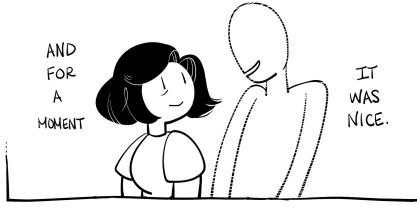


BUT MY HANDS
WERE TIED. I'M WEAK
TO CRYING MEN,
AM I SUPPOSED
TO CRUSH HIM WHILE
HE CONFESSES?
HOW UN. SHOUJO
OF ME.





YOU DON'T REALLY KNOW HOW YOU FUNCTION IN A RELATIONSHIP UNTIL YOU LIVE WITH THEM IN CLOSE QUARTERS. I KNEW YOU, BUT FROM A DISTANCE. YOUR SHAPE WAS UNCLEAR TO ME.





I FELT TRAPPED.
WE'D COME SO FAR!
I SHOULD BE HAPPY.
BUT I'M SCARLED
MY OPINIONS DIDN'T MAFFER.
DEPRESSION SOON CAME
FOR ME, KNIFE IN HAND.

I WAS TRYING TO BREAK INTO COMICS AT THE TIME.I FELT LOST. MY DAYJOB WAS ERODING MY SELF. WORTH. 性 COULD NOT SEE VALUE IN MYSELF. I HAD DEBT. I WAS MISERABLE. I DRANK TO ESCAPE BECAUSE I COULDN'T LEAVE.

HOW DO I TELL MY FRIENDS
WHEN I REFUSED TO BE HONEST WITH
MYSELF? I COULDN'T FACE ANOTHER FAILURE.
IF I LEAVE, ANOTHER FAILURE. SO I KEPT
THESE THOUGHTS DISTANT AND BURIED. IT'S
STRESS TALKING. ISN'T THIS HAPPINESS?



THANK YOU! FOR
REMINDING ME MY VALUE
IS PHYSICAL AND MONETARY!
HOW COULD I FORGET!

OUR RESENTMENT WAS MUTUAL. EVERY ARGUMENT I MADE FOR MYSELF, TOO "EMOTIONAL." SOMETHING ROTTEN IN ME GREW. EMOTIONAL; ANYTHING I COULDN'T PROVE WITH FACTS FROM A CISMAN WAS TOO EMOTIONAL. BUT A PODCAST WITH WOMEN DECRYING FEMINISM WAS FINE. YOUR FRIENDS PLAYING YOU AS A NATIVE SUCKER AND FEEDING YOU BAD INFORMATION AS AN EXPERIMENT, WAS FINE. AS LONG AS YOU HEARD WHAT YOU WANTED TO HEAR.

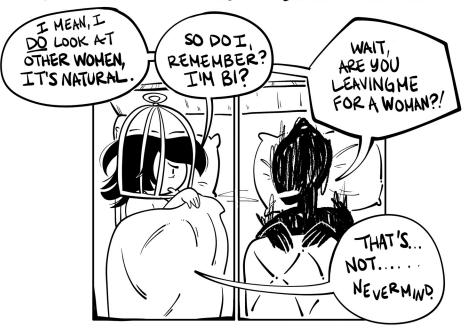


I LOSTMY VOICE.

YOU NEVER NOTICED.

I WAS JUST A SOUNDING BOARD.

### WE LIKED TO HURT EACH OTHER.



YOU WERE BETTER AT IT THAN ME.

(I STILL SLEEP ON THE EDGE OF THE BED BECAUSE OF YOU.)

DO YOU REMEMBER
THE HOT WATER?
THE TANKLESS WATER
HEATER STARTED TO FLUCTUATE
FROM VAGUELY HOT TO FREEZING.

(LET'S NOT TALK ABOUT WASHING DISHES LIKE THAT...)

LET'S TALK
ABOUT HOW YOU
ONLY TOOK COLD
SHOWERS, AND YOU
TOLD ME IT WAS
MY PROBLEM.
A PROBLEM I
COULD NOT AFFORD
TO FIX...



MY ANXIETY WAS
OUT OF CONTROL;
I LACKED THE WORDS.
AND I WAS AFRAID,
OF DAMAGING YOUR
HOUSE, OF UPSETTING
YOU TOO MUCH...

I ADAPTED.

## BUT SOMETHING ROTTEN IN ME STILL GREW. WHEN YOU TOLD ME:



I THOUGHT I WAS NEWSONG ENOUGH.

I STILL FELT MY HEART BREAK.

I STILL STAYED.

THEN WE FOUND ROCK BOTTOM.

#### **2015.** I GOT A NEW JOB.

I FORGOT MY PHONE AFTER CLOSING.
YOU LET ME BORROW YOUR PHONE.

ALLI WANTED WAS TO DO WAS SET AN ALARM CLOCK.



I WILL NEVER FOR4ET HOW 400 HURT ME IN THE DARK.

#### IT DIDN'T MATTER THAT YOU HURT ME.

IT ONLY MATTERED THAT I NOTICED.





I EMBRACED MY EMPTINESS.
WHAT ELSE COULD I DO?

I MADE THE (
CONSCIOUS CHOICE
TO MARRY MYSELF
TO MY WORK.

IF I WAS TO
CONTINUE COASTING
IN A RELATIONSHIP
LACKING COMMITHENT,
I COULD AT LEAST
COMMIT TO MUSELF.

IT BECAME A COPE
PART OF ME; A COPING
MECHANISM FOR STRESS.
A STATE OF ZEN:
"IT'S FINE BECAUSE
I DESERVE THIS.
IT DOESN'T
MATTER BECAUSE
I DON'T MATTER."

WORK FILLED THE RESULTING VOID.

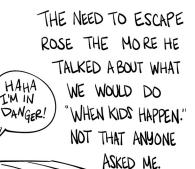
#### SPRING 2016



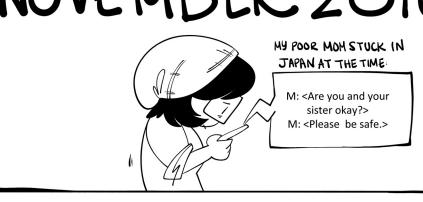


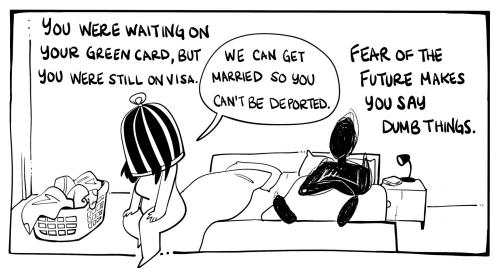


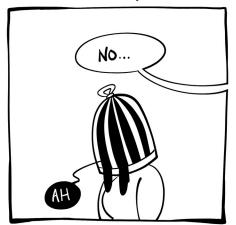
I STARTED TELLING MYSELF
NEW LIES. "YOU'RE NOT
PACKING, YOU'RE CLEANING."
'FORWARDING PACKAGES
IS NORMAL". MY BRAIN
WAS ATTEMPTING SURVIVAL.

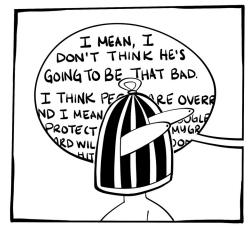


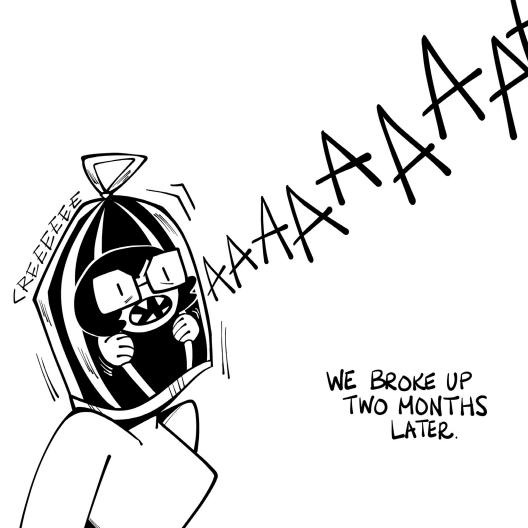


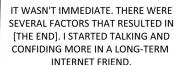














WE WOULD TALK FOR HOURS, SOMETHING I HADN'T DONE IN A LONG TIME. WE WOULD GO INTO LONG TALKS ABOUT OUR STARDEW VALLEY OCS.

I DEVELOPED A CRUSH.
IT WAS THE FIRST TIME
I'D FELT ANYTHING IN
A LONG TIME. WANTING
TO DO SOMETHING
ABOUT IT WAS A BIG
PUSH TOWARDS
GETTING OUT.



YOU HAD A DEATH IN THE FAMILY AND TOOK VACATION EARLY, AND I WAS LEFT ALONE FOR A MONTH. I DID NOT MISS YOU. I DID NOT MISS HIDING YOU FROM FRIENDS WHO I KNEW WOULD TRY TO DESTROY YOU I DID NOT MISS APOLOGIZING FOR WHAT WOULD COME OUT OF YOUR MOUTH.









BUT BEING WITH THE SAME MAN FOR SEVEN
YEARS CAUSED HIM TO TURN
INTO MY DEFINITION OF
MASCULINITY.

TURNS OUT: I'M JUST REPULSED BY YOU



MY FUTURE
PLANS ARE GONE!
I WOULD HAVE GOTTEN
MARRIED IF WE HAD KIDS!
I CAN'T BELIEVE THIS
IS HAPPENING... I
KNEW THIS WOULD
HAPPEN WHEN YOU
SAID YOU WERE BI.



SEVEN YEARS
MADE HE OLDER
AND WISER. AND
THE SIMPLE ACT
OF TAKING A
STEP FORWARD
HELPED ME TO
ACTUALLY HEAR
WHAT YOU WERE
SAYING: IT WAS
ONLY EVER ABOUT
THE LIFE YOU
WANTED.

4 CARS OF DONATIONS.

2 FUTONS.

3 COUCHES I SURFED ON. MANY, MANY FRIENDS.

FOR A BRIEF TIME, I WAS HOMELESS. I WOULD HAVE BEEN S.O.L. WITHOUT Y'ALL.





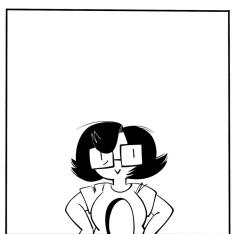
I GOT A ROOM WITH A DOOR EVENTUALLY. ADJUSTING TOOK A WHILE.

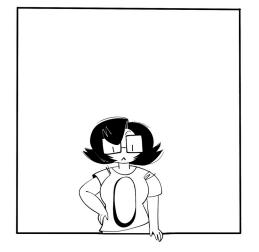
SOMETIMES I WOULD BE FOUND FURIOUSLY SWEEPING THE FLOOR IN THE DARK.













HERE'S THE
THING: I ALWAYS
ASSUMED I WAS
OKAY. BAD THINGS
DON'T HAPPEN
TO ME!



LOOK AT HOW STRONG AND WELL-ADJUSTED I AM! HA HA HA!!

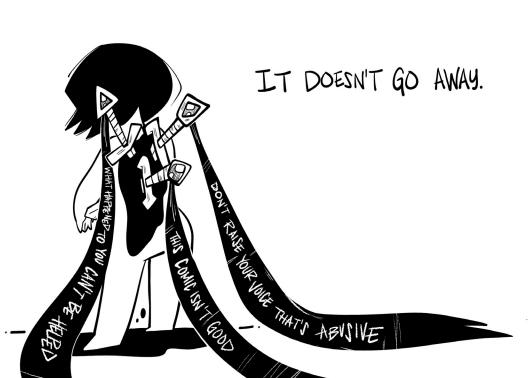


TURNS OUT I'M JUST SLOW



TO REACT.



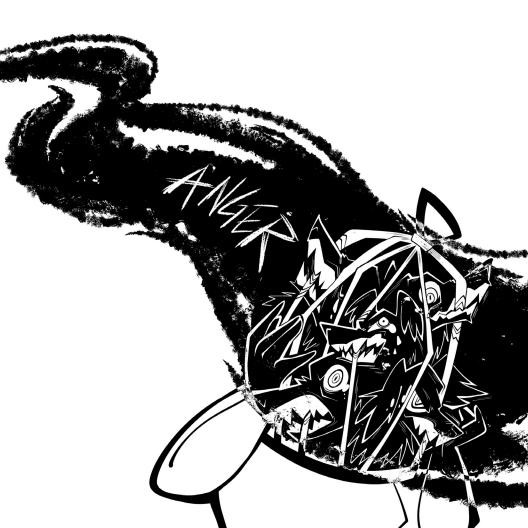




YOU CAN BREAK THE BARS OF A CAGE, BUT THAT DOESN'T MEAN YOU LEAVE IT.

I WASN'T TRAPPED ANYMORE; I WAS TRYING TO CONTAIN THAT ROTTEN THING THAT GREW INSIDE ME OVER THE YEARS.

CARELESS WORDS, TRYING TO PRETEND I'M FINE, ALL BROUGHT OUT ONE EMOTION:







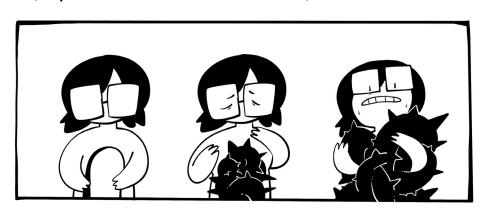




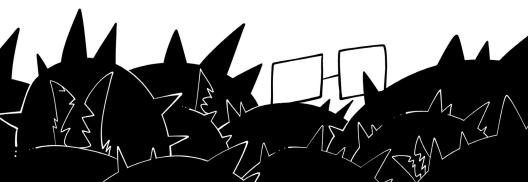




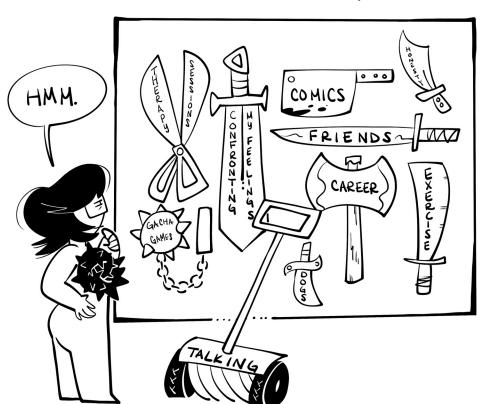
THESE DAYS, THE VOID EASILY FILLS UP WITH ANGER AND STRESS. IT CAN DRIVE ME.



BUT IT CAN BURN ME UP OR CONSUME ME.



# LUCKILY, I NOW HAVE AN ARMORY OF OPTIONS TO TACKLE THAT ANGRY KNOT:



#### BUT SOMETIMES:







YOU KNOW, I WENT BACK TO THE HOUSE. (I WAS SCARED TO FOR AWHILE. WOULD I SEE YOU? DID YOU KEEP THE GINKO?) I COULD SEE THE WINDOW WHERE I USED TO SIT AND DRAW. IT WAS DARK. DID YOU EVER FIND A WAY TO FILL YOUR OMN' 24D ADID;

I CAN'T REMEMBER YOUR FACE ANYMORE.

I CAN REMEMBER YOUR LAUGH, AND I CAN REMEMBER THE TONE IN YOUR VOICE WHEN YOUR TEMPER WOULD RISE.

I REMEMBER THAT FEAR.

AT THAT TIME, 25% OF MY LIFE WAS SPENT WITH YOU.

HOW DO I EVEN BEGIN TO SUMMARIZE THAT FEELING?



### WHOOPS NEVERMIND, FIGURED IT OUT.



EVERY DAY THAT PASSES MAKES THAT PERCENTAGE A LITTLE SMALLER. EVENTUALLY YOU'LL JUST BE A >BLIPS IN A LIFETIME MADE RICHER % OF TIME YOU DIDN'T DESERVE WITHOUT YOU.

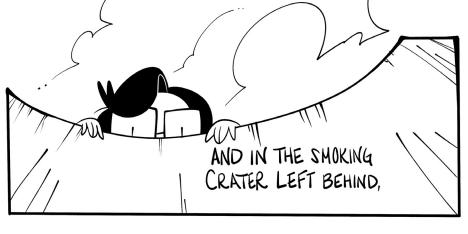
PASSAGE OF TIME



## ANGER UNCHECKED IS DANGEROUS.



BUT IT CAN BURNA PATH TO THE TRUTH.



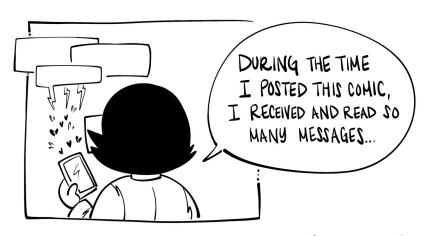


MY ANGER WILL NEVER LEAVE ME.
MAYBE WITH TIME IT WILL
LEARN TO SOFTEN.

BUT FOR NOW I WILL WALK WITH MY ANGER, SHARP AND FULL OFTEETH.

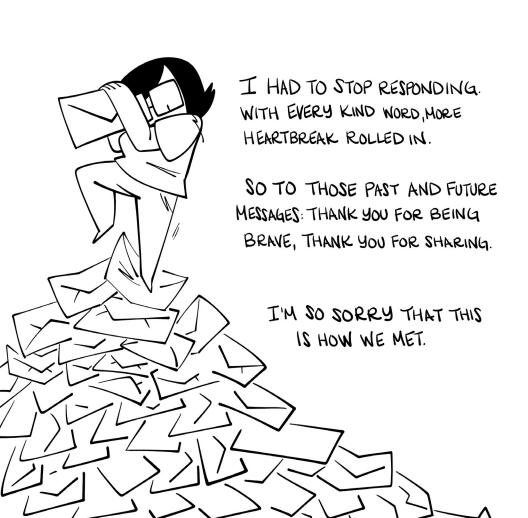


epilogue; to those who remain at sea:









### TO THOSE STILL IN THERE: I HOPE I CAN GIVE YOU SOMETHING.





#### TWITTER COMMENTARY

The following is the original twitter/instagram commentary from when the comic was first posted back in March 2019. While not required reading by any means, this is intended more as a record that adds a little context and a little...flavor to certain pages. It can be read together or separately, as you choose.

Note: Page 49/the original last page of the comic's commentary stands but the original has been replaced with a new page in the final version. Originally the final page, the page was replaced with what I found to be a more satisfying ending. The tweet still stands: thank you for reading.

-New autobio: Seven Years. This will run for at least as long as my 2018 Inktober.

Page 1.

(TW suggested domestic violence, biphobia, emotional abuse, bad relationships, depression, and other red pill-induced pain. I tried to make it as light as possible.)

- -Page 2. On compatibility, wanting pets, and yes he said all this.
- -Page 3. And eventually.
- -Page 4. AND EVENTUALLY.
- -Page 5. I miss my kotatsu.
- -Page 6. A moment.
- -Page 7. CW: domestic violence, abuse.

"Yeah, the dude rammed into my shoulder and I faceplanted. I blacked out and next thing I knew I was wailing on his face."

-Page 8. Internal logic.

Yes I know there's a typo in the second bubble, I'll fix it down the road. (Note: I did.)

- -Page 9. His real face.
- -Page 10. Wrong until proven right by a man.
- -Page 11. We couldn't even share blankets, let alone how we really felt.
- -Page 12. Shower thoughts.
- -Page 13. CW abuse.
- -Page 14. 1/3 page update.
- -Page 15. 2/3 cw abuse. Don't look.
- -Page 16. Cw abuse, racism. 3/3.
- -Page 17. Welcome back, and PSA kids: this is a terrible coping method!

- -Page 18. Stardew Valley feelings.
- -Page 19. Danger danger.
- -Page 20. A bad deal.
- -This one should have been captioned "did you know white men are the most oppressed demographic in America?"
- -Page 21. Beginning of the end.
- -I'm at Anime Boston this weekend so these will be back Monday morning.
- -Page 22. Good morning, we're back and early.
- -Page 23. A good time.
- -Page 24. There it is.
- -Page 25. It's always raining.
- -Page 26. A gremlin

- -Page 27. Time moves slow.
- -Page 28. Always the coward.
- -Page 29. Whoops.
- -Page 30. Reaction time: poor.
- -Page 31. Words.
- -Page 32. Oh irony.
- -Page 33. Sorry for the cliffhanger but I need one more weekend to prep the next part. Also hey: maybe, think about what you say to those in dark places. See you Monday.
- -Page 34, welcome back and phew let's get through this together.
- -Page 35, it's Tuesday.
- -Page 36, it's Wednesday.
- -Page 37 cw trauma and mental health.

-Page 38. You don't get to have a name anymore. -Page 39. -Page 40. Thorny state of mind. -Page 41. An armory. -Page 42. -Page 43. Yikes. -Page 44. MCDONALDS MCDONALDS MCDONALDS. -Page 45. Empty spaces. -Page 46. What can I say? -Page 47. Human language is incredible in that there are so many ways to express yourself without saying a word. -Page 48. I swear I know some math. -Page 49. Thanks for reading. (Note: this page no longer exists in this version.)



A M Ebert, Ai Nakamura, Alana Hanada, Amanda Lynn, Amy Lynn Dzura, Anastasiya Kochetova, Andrea Demonakos, Andy Kurnia, Anon, Ariel, Arledge Comics, Ashley Joanne Leckwold, Bree Gold, Bryon Yamada, Caitlin Hobbs, Carolyn Sontag, Casey, Cat Whitney, Chloe Hinds, Chris Guion, Correl Roush, Dame, Damien/Alex: 3, Dana I., Dara Alegrano, David Webster, Dean Sexton, Derek D, Dewdlepies, Dorseus, Dr Serenity Serseción, Emma Lord, Eric, Eric Meadows, Erin Hamilton, Evelyn Barnes, George Rohac, Guillaume Garnier, Haley Boros, HazardousLiquids, Heidi, Ian "raggy" Moore, J.R.Foley, Jared Walske, Jasz, Jax!, Jeff Vogele, Jess Turner, Joe Jubb, John Lucien Grillo, Jonathan Wirth, Kaity Moy, Katya Blakey, Kirsten K, Kristal Jean, Lauga, Lissa, Liz Hyde & Jordan Alsaga, Louise, Lyndsay Peters, Mandsand, Margherita DiGregorio, Margrith, Matt Jacobus, Matthew Noe, Michael Hill, Mittie Paul, mrmike, Natasha Reh. M., Normandy Helmer, Rem, Rhodora Jacob, Ruth Holloway, Sam Pryor, Sam Sussman, Sashah Li, Shadoe Morante, Skitty, Starlightslk, Taliaferro Stuyvesant Doom, The Gorgonist, The Wandering Chaos, William Taylor Lashbrook, Xavier Clark, Xib, and Zac.

#### **AFTERWORD**

When I first conceived this comic, I thought to myself: this sure is a lot of awful, but it'll be a good story. Then it spun wildly out of control and outside of the scope I originally wanted to do and became my longest comic to date. I had a breakdown. I got a therapist. I improved a little. I finished.

Revisiting my past in this format was both incredible and miserable. It's easier to see where the cracks are when you can stand at a distance from what happened and be honest with what you see. I'm still learning to be honest with myself, and comics have been my greatest asset and enemy in getting there. This comic helped me realize that no, I AM traumatized actually. Bad things HAVE happened to me. But I can address it now, and face the reality, and find my way out. Comics! They're great.

The response has also been beyond what I could have imagined. I had previously done *That's Not My Name!* a few months prior. Before, it was stories of people in the same unusual name boat. With Seven Years, suddenly I had people sharing their struggles, their sympathies. It was a lot. I cried a lot.

Crying is good, though. Crying is honest. Crying is admitting something, someone, broke something in you. And now you get to try and fix it because you know there's a problem. Like kintsugi, the Japanese art of repairing broken ceramics with gold. This thing that broke will never be the same again. But you DID fix it, in a way that's beautiful on its own. Reborn, not the same as before, but just as good if not better. That's wonderful.

I owe too many thanks for this comic in your hands and eyes at this very moment. To the 397 Kickstarter backers that brought the physical edition to life, thank you. To Stasia, thank you for being my rock and kicking my ass every day. I owe you everything. To Rhiannon and George, thank you for your advice on the campaign and kicking me into finally doing this, both of you are wonderful. To Rhiannon again, for doing pre-press on this book, you are a wizard. (But you knew that already.) To Denise, Nancy, Molly, Stasia, Leah, thank you for giving me shelter. To countless friends, including Pedialyte ABO, which I will not be explaining, thank you for cheering me on to the very end. To those who shared with me, thank you for being brave.

And to you, finishing this sentence, thank you for reading.

Hannako



Seven Years is a humorous and painful autobiographical comic about toxic relationships, coming to terms with your trauma, and learning how to move on. Original posted online via social media, this book collects the original 48 pages, alongside extra reading material and pages created exclusively for the print edition of the book.

