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2 Feb · 47 tweets · [JulianneMcShane/status/1356426536019230725](https://twitter.com/JulianneMcShane/status/1356426536019230725)



"One week before the insurrection, I started to get text messages that I needed to be careful — and that I needed to be careful on the 6th [of January]...those text messages came from other members of Congress..." - [@AOC](#) on Instagram Live rn

"...saying that they knew and were hearing that there was violence expected on Wednesday..."

She started seeing would-be insurrectionists outside the Capitol on Monday, 2 days before the insurrection, that they were carrying "spear tips," & that it struck her as weird that there were few enforcements: "These people [insurrectionists] started coming [to DC] on Monday..."

She says a crowd of "Republican, Trump people" crowded behind her car on Mon; they started recording her asking why she "hates this country": "...on the inside my heart was beating really fast because there's a crowd of ppl w spear-like instruments mobbed right behind my car."

"On Monday we were already as members of Congress having heightened interactions with these people, so anyone who tells you that we couldn't have seen this coming is lying to you. Anyone who has gone on the record & said that there was no indication of violence has lied."

By Tues, "it felt volatile" around the Capitol: "There were already ppl watching me walk into the Capitol to the point where it just didn't feel safe. On Tues I started taking my [identifying Congressional] pin off...by the time I left the building...bc I already felt unsafe"

"It was no longer safe for me to be anywhere in public in Washington, D.C., 24 hours [before], on that Tuesday."

Adds that on Tues, "Capitol police leadership" assured members of Congress that security plans were in place for Wednesday (the 6th) but that they would not share details — even with members — to avoid leaks.

"I go back to scrolling lunch options for what we're going to order when all of a sudden I hear boom, boom, boom, on my door — and then I hear these huge violent bangs on my door and every door going into my office...like someone was trying to break the door down."

"There were no voices, no yells, nobody saying who they were, nobody identifying themselves, just — boom, boom, boom."

Says she ran to get her staffer, who told her: "run and hide."

Says she ran back to her office and hid in a back bathroom. "I realize that the bathroom was the wrong choice — I should've jumped into the closet. I start opening the door to my bathroom...when all of a sudden I hear that whoever was trying to get inside got into my office."



"And then I realize it's too late for me to run to the closet, so then I go back in [to the bathroom]...then I start to hear these yells, of 'where is she?'"

Says she hid behind the bathroom door: "This was the moment where I thought everything was over."

"The weird thing about moments like these is that you lose all sense of time...it felt like my brain was able to have so many thoughts in that moment, between these screams and these yells of 'where is she,' and so I...I thought I was going to die." She's close to tears on video.

"I just felt like, if this is the plan for me, then ppl will be able to take it from here. I had a lot of thoughts, but that was the thought that I had about you all. I felt that if this was the journey that my life was taking, I felt that things were going to be ok..."

"...and that I had fulfilled my purpose."

Says she saw "a white man in a black beanie" through the doors, yelling 'where is she.'

"I have never been quieter in my entire life...and then all of a sudden I hear my staffer yell out, and he's like, 'come out.'"

Says she came out & the man was a Capitol police officer (unclear if he ID'd himself that way or if someone else did)

"He was looking at me with a tremendous amount of anger and hostility, and things weren't adding up. There was no partner there," wasn't ID'ing himself

This mystery man apparently directed her & her staffer to another congressional building "It wasn't until we get to that building that we realize he didn't give us a specific location...we can hear all of these riotors behind the glass doors...we don't have any secure space"

"It almost felt like a zombie movie or something...it just feels like it's just a matter of seconds where these doors are going to break through and they're going to get in." Says they went looking for another member's office for safety - "we hear yells getting louder & louder"

"As we're going down a spiral staircase closer to the street level the yells only get louder...we run to this member's office and I start banging on it...we're completely alone..."

She doesn't ID that member, who apparently didn't answer the door, & then apparently sought shelter w [@RepKatiePorter](#) -"I'm at a full 10, fight or flight, thought I was going to die 10 mins ago, then thought I was going to die again...I fully expected building had been breached"

Says staffers started barricading the door:

"It was like drills people have on school shootings — we're going to push the furniture up, we're going to barricade the door, etc."

Says she started changing into extra clothes that Rep. Hill had in that office:

"If I need to run, if I need to jump out the window, I need to blend in with the crowd as much as possible...I'm fully bracing for impact, for these people to breach the perimeter of our building."

On what she says was the uniquely racial & gendered impacts of her terror:

"Are some offices safer than others because they have white-sounding names or male-sounding names [next to the doors]...all these crazy things that you're thinking."

"We had gotten intelligence that there were bombs found very close to where we were," says she was expecting the wing of the building she was in to explode.

On the alleged Capitol police officer who she thought was an intruder in her office & allegedly didn't ID himself to her:

"I think about that officer...just the uncertainty that you don't know if that person was trying to protect you or not is already deeply unsettling."

She says all members of Congress were being directed to the same "extraction point."
"I felt like, I'm not going there. There were members live-tweeting the location of that extraction point where the Speaker was going to be"

[unclear who she's referring to]

"I started to get this feeling in my gut that in any other situation like this [the National Guard] would be called, they would be here...The sun was setting, and in that darkness things could get even more violent."

Says she barricaded for five hours (it seems this was in Hill's office) — on why she wasn't tweeting: "I wasn't safe, I didn't feel safe, and I wasn't going to lie."

Says she supported the electoral college certification that night but was in shock.

"There were still going to be people trying to challenge the election results after multiple people had died in the insurrection."

Then she says she went to eat with [@AyannaPressley](#), who she stayed w till 4 am.

At that point, she says reality hit: "I didn't realize, because I was at that 10...that in all

those hours we were barricaded together I never at any point said out loud [to Hill] what happened."

She says she told Rep. Pressley what she experienced who told her it was "traumatizing."

"If you have experienced any sort of trauma, just the fact of recognizing that and admitting it is already a huge step, especially in a world where ppl tell you...you're lying"

"There's the trauma of going through what you went through and then there's the trauma afterwards of people not believing you, or trying to publicly humiliate you...and that gets internalized too."

Apparently there's more we're not going to hear tonight: "There's other details too, but I'm just not ready for that right now."

"The moment a person actually admits, 'this thing happened to me,' and they're willing to say that to themselves, I think is also a really important first step. I look back on that and [Rep. Pressley] really helped my healing."

On sharing trauma:

"It's a cognitively important thing to do, to tell the story of what happened to you...and that can be a tool for helping a person with healing, in all traumas."

"My story is one of many stories of what these people did, in creating this environment. These folks, who are trying to tell us to move on, are just pulling the page — they're using the same tactics of every other abuser who tells you to move on."

AOC is talking about Jan. 6 & the aftermath in terms of abuse:

"...the countless people who tell women and non-binary people that they're just trying to get attention...these are the tactics of abusers."

"This is not about a difference of political opinion — this is about basic humanity."

She points to Republican members for inciting it:

"We knew in advance that violence was planned, we knew that that violence needed someone to tell the lie...[@tedcruz](#) & [@HawleyMO](#) knew that was the lie...they chose to tell the lie. All of these things were known in advance."

"Afterwards, not even an 'I'm sorry'...if in the last 3, 4 weeks we'd heard that, my response would be a little different right now."

But no, the response was: 'we did the right things, I'd do it again — I'd do it again — I don't regret it at all'

(referring to Cruz/Hawley)

Says Cruz, Hawley & those who incited it "are a danger to their colleagues."

"That's why we need accountability...it's about creating safety. & we're not safe w ppl who hold positions of power who are willing to endanger the lives of others..."

"...if they think it will score them a political point. And why, because they want to run for president in four years? Who cares?"

"Not only is what they're doing reckless, and dangerous...but it's just not smart, just from a political calculation level."

She says she's saving this recording to her IG page, so it'll be available to watch.

"I think that these are important stories to tell...together we have 435 stories, and we need to tell them..."

On coping with trauma:

"If you experience something, talk to someone about it, acknowledge it in your heart, and I hope that you get the courage to do everything you need to do to heal."

And it's over.

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