

- Of what we know for when we were kids
and previous generations,
we need to put that aside and we need to look
at the statistics and the dangers that are increasing,
cause this is black and white,
increase severe depression we know,
increase productivity in life.
We know in children right now.
So forget about that stoic mentality of when we were kids,
just get over it, and we have to address it.
I don't care what our ego tells us.
You have to address children differently.
When we're talking about depression
you look at the diagnostic manual.
As opposed to adults, we're talking about kids ranging
from four or five, to 17.
There is an enormous amount of developmental change
that takes place throughout that time period.
A five-year-old, hardly presents the same way,
as a 17 year old. - Yeah.
- What we tend to notice is,
preadolescence tends to be more irritable and oppositional
and defiant, and just a difficult child,
leading to a depressive diagnosis
but that's going to be that tip of the iceberg.
As you start to get higher and higher into the age range,
you may see more of the typical signs of depression
like they look sad, they look down, they are isolating,
they are crying.
They may be able to communicate with you a little bit
like, 'My life's sucks.'

So that's gonna change.
Don't forget and we've talked about this,
behavior is the manifestation of an underlying issue, okay?
- That's really good.
Really drive that point home because
we did in the ODD series,
but really drive it home for these viewers
cause that was a big game changer for me.
- Right so behavior is the surface of the iceberg,
that's what you're seeing.
That's that surface of the iceberg, right?
I see this behavior and the behavior is, agitation,
acting anxious or throwing a temper tantrum or talking back,
or, isolating themselves for a little while
or not wanting to go to school,
not wanting to go to practice.
But underneath it all the reason they don't
wanna do these things is because they don't have the energy
or the motivation, or they feel that it's hopeless
or they feel that it has no meaning anymore.
That's the underlying theme to why they're acting that way.
So you have to take that little tidbit of
that manifestation of behavior and say,
"All right, there's something going on here,
so let's look into it."
You see things like decreased interest in things.
I've had kids in my practice that present
and the parents would say,
"I don't know what his problem is
he's being so defiant, he's an all-state swimmer,
he just don't wanna go to practice anymore,

he just don't wanna go."

- Did my parents come see you?
cause that's really...

- I had no idea that that was you,
but I had a patient like that.
And they're saying, "I don't know,
is he just rebelling?
Is he just rebelling because we're encouraging him
to do this?"

And after I spoke with him,
I realized that this kid is depressed.
Because he was saying to me, "Doc what's the point?"
It really has no meaning to me anymore.
I don't enjoy it anymore I don't care if I win or lose
I just don't care."

This is of course a big one and very obvious,
talking about death and talking about life
and what's the meaning, the sense of hopelessness,
dealing with that case I realized
that he was a depressed guy and treating his depression,
helped him and he went on to be a really successful athlete.
And that's not even that important
the most important thing is that he was happy, right?
Right of course he was happy again.
You may see a change in energy levels.
All of a sudden they just don't have energy,
the same energy that they had.
You're gonna see a change in sleeping habits.
In another case,
I'll see a child that they're saying,
they're being resistant, they're avoiding school,

they don't wanna go to school in the morning.
And you know, you talk to the child and you realize,
again, they're just sad and depressed
and they feel no motivation.
They have what's called lassitude
where they just can't get ready.
They can't get out of bed and take a shower
and get prepared and get dressed,
and go through the structure of a school day,
because they don't have the energy or the motivation
or the desire and they feel that there's no purpose.
Now that being said,
there are a lot of other reasons
that they might not wanna go to school and
that can be an anxiety disorder,
it could be oppositional defiant disorder,
it could be rebellion.
But, my point is seeing that change in behavior,
may lead to a depression diagnosis.
- I really like this idea and this realization
that if your child is screaming and yelling,
what parents wanna do is fix the screaming and yelling,
- Right.
- So they punish the kid for screaming and yelling,
or they may be even worse reinforce the kid with a
toy or something to stop the screaming and yelling.
But we're not addressing why the kid is screaming
and yelling in the first place,
which could be depression or anxiety
or something like that.
- Well said, perfectly said.

And I'm gonna take it a step further and say that
if you're just decreasing the screaming and yelling
by providing some sort of tangible reward,
then they learn, that all I have to do is scream and yell
I'm gonna get what I want,
and the truth of the matter is,
getting that tangible reward is not gonna
ultimately make them happy,
it's gonna be a very temporary fix,
but that underlying isolation and depression is gonna grow.
Which is why you don't wanna do that.
You got to get to that underneath.
And I remember seeing this photo,
I bet everyone has seen this picture of the iceberg, right?
- Oh yeah.
- Where there's like the tip of the iceberg out
and there's huge, huge iceberg underneath.
I think that's a perfect analogy to something
like depression and how kids will present with it.
The preadolescence don't have the ability to understand
what they're experiencing and don't have the ability
to communicate it clearly, which you have to be
a very, very good observer as a parent
to pick up on those things.
The adolescent we talked about,
the average mood swings that kids have
and they do have that.
But if you start to notice
that they're not attending school,
they're not spending time with their friends
the way they used to.

They're not doing things that they enjoyed,
they're locking themselves in their rooms,
their sleep habits have changed
their eating habits have changed,
those are all signs of depression.

- Thanks for watching.

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[Music]

we've covered how to spot a psychopath
or sociopath before but we've never gone
this in-depth on the clinical diagnosis
behind them antisocial personality
disorder

welcome to the med circle series
antisocial personality disorder
psychopaths sociopaths and how to spot
them I loved you in this series more
than maybe I've ever loved you it's it's
an evolving really then the reason
though is because I think you were more
brutally honest than you've ever been
you know listen I'll tell you this there
are some things we talked about on med
circle where there there's a lot of pain

and suffering for the person
experiencing it I think of our series on
anxiety disorders yeah I think of our
series on borderline personality these
are people are experiencing a lot of
subjective discomfort they really really
are this group not so much subjective
discomfort they're causing a lot of
discomfort for other people and that's
the thing you know and some people say
but but they had a tough start this I
said you know most people have a tough
start don't go out and victimize other
people and and the utter lack of insight
and the utter lack of commitment to
change and the fact that our culture
somehow Revere's and celebrates it's
like doesn't matter how you win the game
as long as you win
that kind of thinking is becoming more
and more normative yeah and people with
this pattern of antisocial personality
disorder psychopathy sociopathy and all
these variants they're advantaged in
that situation which means that there
means there's less empathy at the top
that there's you know less value on
things that make us human and connected
and have each other's back and it's just
sort of every man for himself for every
woman for herself rather than a sense of

community I as a psychologist have a
problem with that yeah so I was willing
to be brutally honest under these
conditions well it and when I say
brutally honest it's just you telling
the truth I know I really it's not it's
not you I don't and that people will see
when they watch the series yeah it's
just you tell
it like it is and that's and when we
deal with reality we can make better
decisions well I'm not I listen I'm
never gonna be your warm and fuzzy
psychologist I am NOT the sunshine rain
I get warm and fuzzy I do get warm and
fuzzy and I'm actually an
extraordinarily warm and fuzzy person
you know as long as it's it's reciprocal
and mutual yes yep but what I don't like
doing is giving people sort of
artificial feel-good moments mm-hmm that
actually set them up for another fall
absolutely I'd rather give them like the
real deal even if the real deal is
uncomfortable and then let them make
their decisions accordingly that's how I
engage in consultation and clinical you
know in clinical work and how I teach
students all of that you I can't
guarantee that somebody armed with that
reality will necessarily make the

healthy decision but I at least can rest assured knowing that I gave them accurate information do you think that's why viewers respond so positively to you do they respond possible i I get I get a lot of comments on my social media and my email my emails Kyle I met circle comm send it my way I'm happy to chat with you I get a lot of comments and I would say there's they just really point out to your little antidotes your metaphors your big actionable advices in a way that's changing their lives I think people do a lot to me you know what I think that when you're an undergraduate teacher for so many years and they're getting more and more inattentive all the time so I'm trying to keep their attention you do become a teacher and I makes me so happy to hear that you know you make you make this content and you don't know if anyone is gonna see it I have to say ten years ago when I started working in this area of more toxic and difficult relationships if you will you know narcissistic psychopathic sociopathic all of that I was kind of laboring kind of quietly by myself in a room thinking I'll reach a handful of people and that'll be the end of it and I'll grow old

it'll be fine I never dreamed that the
world would take the changes it didn't
nothing prepared me for this it was like
you were studying some weird obscure
disease that nobody cared about one day
it became an epidemic
and it did and there it was and so I
think that I what-what devastates me
I've said the Sun that circled frost say
it again is the loss of human potential
I see when people get sucked into
relationships where they're devalued and
invalidated and negated and dehumanize
and mocked and abused those people
people internalize those mocking voices
and they're echoes that play in there
and I see how much how much of people we
lose and how much of the their words
need to come to the world they don't
even think their words are worthy and
their efforts and their work and so it's
really about educating them about what
happened to them so that they can take
their lives back that's my personal
mission if it's reaching the viewers I'm
so happy to hear that but I think I know
it is and I hope and think that this
series will do it on an even larger
level I'm gonna ask you this question
but I don't want you answer right now I
want you to think of your your favorite

moment of the series we just shot okay
now it can't be me doctor Romani I am
NOT a moment you okay and while you
think of that I just want to tell
viewers what they can expect throughout
this series and remember you can go to
med circle comm and subscribe to watch
this series we talked about cluster B
personality disorders what they need to
know about that there are four
personality disorders in that cluster B
we talked about that that video is
separate from the series but we filmed
it today we talked about antisocial
personality disorder Psychopaths and
sociopaths what makes them different how
they are somewhat similar when they get
misinterpreted as a narcissism other
disorders that are often misdiagnosed
core co-occurring disorders we talk
about the causes of Psychopaths and
sociopaths are they born are they made
as if both we talk about how to spot -
the signs in a psychopath we taught
literally the questions you can ask or
the signs that you can look out of look
out for when you're talking to someone
both for Psychopaths and sociopaths and
then we go on to
about whether or not antisocial
personality disorder sociopathy and

psychopathy can be cured and what treatments are available for those people and then we go through what supporters can do if you're dealing with a significant other who has an antisocial personality disorder if a co-worker if a boss if your child does what you can do actual big takeaway pieces of advice from dr. Romani herself this was a long series and we covered a lot of stuff now what was your big takeaway what was your big your favorite moment I always welcome the opportunity to see if we can ever get ahead of heartache mmm and one thing I really thought we were able to make the point in this series is that when people you know we're talking about psychic relationships with Psychopaths or sociopaths or people with antisocial personality disorder that the writing was on the wall from the beginning and that if this might stop someone from entering or staying in one of these relationships oh or that they can impart that wisdom to someone else big that you know that the that the not getting in in the first place is the best prevention of all and the sense that sometimes that sort of the the desperate rush to get married to be in a

relationship and to let yourself get
blinded to patterns that are not good
for you
these folks often take advantage of that
that vulnerability and people and the
smoothness the glibness the you know so
many people out there in the world think
they don't deserve a relationship so
they'll enter into one with somebody who
doesn't treat them well and I think that
if people everyone deserves to be loved
and loved well yeah and that if it's
anything less than that to give yourself
permission to step away yes yes just to
step away and to step into some things
yes that is more valuable yes and to and
to learn to really value themselves for
I don't even say love yourself that
sound so cliché to learn to value
yourself because when you value yourself
you treat yourself with value and you
tend to be able to keep up the gates so
that people who don't value you don't
get in that you've got to be your own
gatekeeper ain't nobody else gonna do
that thank you you've got to be your own
gatekeeper you are precious in that way
protect yourself yeah I loved loved
loved loved loved loved that my big
takeaway was that I mean I had four
hundred thousand of them and I talked

about them in the series but is that the
simple act of consciousness and being
mindful mmm-hmm
can be that prevention yeah yeah or at
least can I lead you to those better
decisions that better life yep
and we talked about how to actually
apply that it's easy to say well be
mindful you know that's easy easily said
but we really talk about actual steps
that they can take what that looks like
when you are mindful so that you can
take your life and if it's already
pretty good make it great and if it's
not good make it great yes exactly you
said it in the series I want people to
live their optimal life best lives and
then best you know and just to honor
that and becomes you know to actualize
themselves to open themselves up to
potential and possibility so many people
feel that you don't have the right to
that it doesn't have to be anything
grandiose it could just simply being
life in a serene way in a peaceful way
you not to follow anyone else's formula
and I think that unfortunately when
people get into these kinds of toxic
relationships it's often because they're
not living authentically they're not
living honoring their inner voices

because I think then at those times
people may actually give themselves
permission to walk away if it walks like
a duck and it quacks like a duck it's a
duck
just a few people it's a it's a
psychopath her next book I that
resonates so much with me what you said
I mean I actually get chills and goose
bumps that resonates so much I know that
you will love this series you can go to
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you can
this series you can access other series
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that matter to you your education and
this education makes a difference in
your life
so take the time go to med circle comm
and subscribe and thank you so much for
taking your mental health seriously

[Music]

- Let me ask you when you think these thoughts
or beliefs first emerged?

Do you remember the first time
you started thinking,

"somehow I feel less than"?

When did you first recognize that?

- When my mom died when I was 16.

My first 13 years of my life, it was me and my mom.

So when I lost her, I lost

the number one person in my life.
Number one, I mean, number one by...
I don't want to cry on this thing.
Number one by a long shot.
Hi, Dr. Judy. Thanks for seeing me today.
- Hey Kyle, nice to see you.
What's going on?
- Well, I recently have been-
when I say recently, not recently.
So much of my life, I have felt
that I am lesser than,
and I'm putting that in air quotes,
that certain members of my family.
I feel very loved by my family,
very accepted by my family.
But, for example, my brother and father
have a very strong bond.
They work together.
They're interested in sports.
They travel together.
They do lots of stuff together.
And I have great relationships with both of them,
but I don't have as close of a relationship
with my dad as my brother does, for example.
And when I really start to think about that,
well, it makes me sad. It makes me...
Yeah, it makes me sad.
And it makes me also feel like, why am I not?
What do I need to do?
Who do I need to be in order to have
those types of bonds that I see

other members in my family have?
And it's kind of embarrassing
to say all this at 35 years old
'cause I feel like a little kid who's like,
"I want attention from my family!"
But it's kind of true;
I want attention from my family, you know.
And it was always manageable
and it still is manageable,
but it's harder to manage now
because I just moved back home.
So I see it all.
It's closer to me.
I'm less removed from it.
I'm in the middle of it
and I get to see everybody more,
but I also get to see those relationships
that they're having with each other more.
Did that make sense?
- Yeah, it does.
Let me ask you, when you think these thoughts
or beliefs first emerged?
Do you remember the first time
you started thinking,
"Well, maybe they're closer,"
or somehow, "I feel less than."
When did you first recognize that?
- I know, I know exactly what it was.
It was when my mom died, when I was 16, my brother was 13.
And at that, my first 13 years of my life,
it was me and my mom. Oh my gosh.

I mean everywhere, everything, me and my mom.
I recognize my dad and brother
are part of the family,
but in my head it was,
it was me and my mom.
And so when I lost her,
I understand my dad lost his wife
and my brother also lost his mother,
but I lost the number one person in my life.
Number one, I mean, number one by,
I don't want to cry on this thing.
Number one by a long, like a long shot.
And naturally,
as my brother and father also were grieving this,
they probably bonded together.
I very quickly went off to college anyway,
so I was separated.
So I think it was a combination of,
I think it was a combination of my mom going,
me moving off to college and being by myself,
and then I also just think there
are natural differences with me being gay
and my father and brother being straight.
We live in two different worlds, not completely,
but in certain areas, you know?
My experience in this world
is very different from theirs
specifically because I'm gay.
And so that, you know, it takes
a little more effort on both of our ends
in order to kind of build that bridge.

- Thank you so much for sharing that.
And it makes so much sense
that in this huge developmental phase
of your life, where you lost your mother
so tragically at that age,
that your primary attachment figure was gone.
So it makes you feel a bit less secure
about your bearings.
You've essentially lost your safe haven.
Or when we talk about attachment,
your secure base.
The person who you could always come back to
if you made a mistake or you,
you know, had a setback.
She's always going to be the person
who protects you and cheer leads you.
- And a person who I felt like
I didn't ever have to explain myself to.
It was an immediate, "You get it."
Like to her, to me... Even though I was only 13-
no, I was 16 when she died-
she was certainly a mother.
I don't want to paint the picture
that we were friends,
but we had a friendship as well.
I mean, there's no point.
And if she was alive today,
I really believe we would be
very, very close best friends.
- [Judy] Right.
- I also lost the only person

who I felt like saw me.
Because being closeted and 16
and felt removed from my family unit in some ways,
I was like, "No one sees me anymore."
And, you know what, Dr. Judy?
Sometimes I think because I felt that way,
that's why I have pursued a career
in front of the camera instead of behind it.
I mean, there's a reason I'm here
and not where Bridget is,
you know, behind the camera producing.
Because sometimes I feel like
I'm trying to be seen to get validated
for what I lost when I was a teenager.
- Right, right.
That because of your mom
not being with us anymore,
you need more of that frequent,
more frequent anyway, validation.
We all need validation as human beings,
but maybe you need a little bit more
than the average person since she passed,
because she was always the person
who validated you,
even if you didn't have to say anything about it.
It was just there, right?
And whereas maybe you feel a little bit more like,
you'd have to explain yourself more
to your dad and your brother,
and that you'd have to prove yourself
a bit more to them.

And that can certainly explain the dynamic
that you're describing.

So tell me about some of the specific thoughts
that you have, especially now that you're observing
your dad and your brother's interactions more,
that come up?

That cause you to kind of think back
on this idea of, "Maybe I'm not good enough"?

Or, you know, maybe even-

- Well, I'll answer that.

And I want to preface that this answer with:

I, at my core, believe that
these thoughts are not true.

And I'm only saying that
in case my family watches that.

[Laughter]

'Cause I really do.

What I'm about to say is not my core belief,
but they are thoughts that I have, I guess,
if that's one way to put it.

My thoughts are that my brother and dad
like each other more than me,
so therefore don't want to,
or don't necessarily need to
see me or hear from me as much as they would somebody else.

Sometimes I have the thought that
my place in the family
is a place I have to continually earn,
while other people's place in the family,
They get it without it.
It is unconditional.

You have it, you know?

Just because.

Does that make sense?

- Yeah, it does make sense.

So let's take one of those thoughts
and it sounds like it's not necessarily something
that's always rooted in reality, per se.

And that, you know, they've never said,

"Well, don't come around here.

We kind of like our two person dynamic."

- No.

- It's not like that at all.

It just comes up all the time.

- Oh my god, my dad and I,

I really do, I feel like I need to defend them
only because this is a semi-public thing we're doing.

I mean, even today,
my brother has texted me multiple times,
encouraging me on this little project.
And I sent him this gospel song that I like
because him and I both like gospel music randomly.

And that's all happened today, you know?

It's not as though my family in no way is like,

"Boo Kyle."

It is just me.

It's me. Sometimes I feel that way,
even though I couldn't blame them, really, for it.

- Right. Yeah, absolutely.

So this is a really helpful example for me,
and I want to introduce a couple of techniques
that I like to use using the theoretical paradigm

of acceptance and commitment therapy
to try to see if we can get some movement on this.
So let's go back to identifying
that specific thought that you have.
So whether or not you're
actually watching an interaction,
or it kind of just can pop up in your head.
Which, we know, is how thoughts work.
You know, it's not like you have
to be triggered by seeing them,
you know, hanging out on the couch together,
watching your show.
Sometimes it just comes up.
It can just come up whenever.
Tell me what that thought is once more,
in as specific terms as possible
as it comes up to you.
- Oh wow. Okay.
I am not worthy enough to be in this family.
- Right.
- Does that work?
- That does. And "I'm not worthy enough
to be in this family,"
as you can think about that thought right now,
how does that feel if that actually represented
what was truly going on?
I mean, how does that feel to you emotionally
and viscerally right now in this moment?
- Overwhelmingly devastating.
I mean, even saying it out loud feels so violent,
it feels like a knife going into my stomach.

It feels like somebody I cared about insulted me
when I say what I just said out loud.
I mean, it feels devastating.
Devastating is the best word I can come up with.
- Absolutely.
It goes to your core beliefs about who you are.
And if you feel that you
are not worthy to be within your own family,
well, it's kind of a common idea
that our families should be the most accepting.
And so if you're not worthy enough
to be part of your family,
then who are you, essentially,
worthy to be a part of in terms of the rest of the world?
And that, of course, is devastating.
So I really appreciate you sharing that.
But of course, as we've talked about,
thoughts are not necessarily facts,
but they feel so real when you say it like that.
And you can see the emotional devastation
one can feel when they really lock into that thought
and entertain it for any period of time.
So what I would like us to do is really
a couple of challenges that will help us
to loosen this thought.
Because sometimes, we become so fixated on the thought,
we fuse with our thought.
An in acceptance and commitment therapy,
we talk about fusion.
Like you fuse your identity and who you are
with the thoughts that you're having

as if they're one and the same.
So somebody could have a thought, "I'm a loser."
It's a thought.
It's a mental event.
But if you fuse with that idea,
well, what's going to happen?
You're going to have all kinds of negative.
self-defeating thoughts that cascade from that,
along with negative emotional reactions,
and also self-sabotaging actions
where, "Well, if I'm a loser,
then why even bother applying for this job?
I'm not going to get it." Right?
So you preclude yourself from
the opportunities of having better outcomes.
You don't even essentially
test out those hypotheses anymore.
- And you know what that happened to me
in May of this year.
I was in a really bad spot,
and part of my rumination was
where I fit in with my family.
And I even had conversations with some friends
when I was really at a low point where I go,
"I don't even want to reach out to them anymore.
I don't want to have to go over there.
I'm going to remove myself."
And it was, it's exactly what you just said
is what I was doing. Yeah.
- Yeah, and it's really hard to separate yourself
from a thought once you're fused with it.

- Yes.

- And in acceptance and commitment therapy, we talk about these techniques called diffusion, where essentially you are actively trying to diffuse the bomb, in a way, diffuse the bomb.

Because thoughts can be very devastating, as we talked about.

Very destructive.

But also, un-fuse yourself from the thought.

Separating yourself from the thought.

Knowing that you are a separate entity and that the thought is just a mental event that you, as a person of agency, is having.

- [Kyle] Yes.

- And that can be very empowering and can also help, so that there aren't this cascade of negative thoughts that follow, along with the emotional reactions and the self-sabotaging, self-defeating actions that you actually just gave a good example of.

So my favorite way of working on one of my diffusion techniques is to have you actually write out the thought that you just spoke to me.

So if you have a piece of paper handy, go ahead and write it down on the paper.

- Oh, write down the thought itself?

- Yes. Write down the thought itself.

So, "I'm not worthy to be a part of my family."

- All right. Done.

- So how does it feel seeing the thought on the page?

- Well, it's a mixture of the devastation,
but also a little bit of like, "Get over at Kyle."

- Right, which is of force a judgment,
is a judgment of your thought,
like, "Wow, what's wrong with me?"

- Yeah, I am.

You're complaining about your loving, giving,
supportive family.

Like, who do you think you are?

Honestly, it's a mixture of those two thoughts.

- And actually you just gave
a great example of how these
secondary waves of emotion can be created.
Because then you judge yourself
for having the thought,
"Well, who are you to say this?
Do you know how many people are so much more
unfortunate in their lives?
And they don't even have loving families.
like they don't even have people
to complain about. They don't even have..."

You know, you can see how quickly it can cascade.

But let's do an exercise.

So most of the times when
we see these negative thoughts,
we try to push them away to some degree.
I don't know if you've had that experience
when maybe you try to like,
"Oh, get over it."

I mean, that's one way, right?

- All day, Dr. Judy. That's what I do.

- Right. Or you try to cover it
or you try to reinterpret it in some way.

In many ways, when we do that with the thought,
we're struggling with it actively.

So imagine the thought.

You have the paper in front of you.

You imagine the struggle.

So the struggle usually,

I mean, I try to visualize it with with my clients
by saying, you know,
you're kind of wrestling with it.

So it's almost like you have to
take the paper in your hand and
you're essentially wrestling with it.

Both of your hands are occupied.

You're holding the paper in your hands.

So go ahead and do that.

Just hold it up. Right.

You're kind of wrestling with it.

You can see that both of your hands are there.

And maybe in some points,
you're just like,
"Oh my god, get away from me."

So you're pushing it out.

So go ahead and just like
push it out As far as you can.

Now, how does that feel,
even in your arms?

Is there a lot of tension?

You're like, "Ahhh."

- Yeah, I'm squeezing this paper way harder than I need to be.

- Right. So you got all this tension in your arms, and by the way, now your hands are not free to do other things, right?

You can't text somebody.

You can't look up something on the internet.

You can't write an email.

You can't work out.

Your hands are occupied.

But what if, instead of struggling with it, we just put the piece of paper in your lap.

So actually, right now, if it's in your lap, it's closer to your body, than when you were pushing it away, which caused a lot of strain and caused you limitations and other things you could do.

But now it's in your lap and your hands are free, right?

So let me see your hands.

Yeah. They're free.

So they're free to do whatever you want to do.

They're free to cuddle your wonderful dog.

They're free to write an email.

But yet the, the thought itself is actually closer to your body, but you're not struggling with it.

- Dang! I see where this is going, I think.

- Yeah. So that's one of the analogies
that we use and ACT, by the way,
uses lots of analogies
to try to bring forward these ideas
in a more vivid fashion.
And it's this idea of,
"Hey, when you're struggling with something,
it actually precludes you
from doing things that are meaningful to you."
And yet, somehow, when the thought
is closer to you,
so they could actually harm you more,
because there it is in your lap.
It's like, "Ahhh!"
But at the same time, your hands are free.
You can do whatever you want to do,
especially things that mean something to you,
that matter to you.
And this is essentially one of the ways
that we start to work on this concept of diffusion.
So from here,
there's two ways to work on this exercise.
One is just to continue on this route.
And essentially, now you've written down this thought
and you can place it in your pocket,
put it on your desk, you know?
Somewhere close to you where you're going
to recognize that it's there.
And understanding that when it comes back up,
you can tell yourself,
"Well, yeah, I have this thought from time to time.

It's actually right here in my pocket."

- Yeah.

- But it's written down. It's there.

I've acknowledged it.

It's also a separate entity from me.

Obviously, it's a paper.

So it's not me;

it's a paper.

And I'm freely choosing to put it in my pocket.

And I'm choosing to acknowledge

that I have the thoughts sometimes

and still move forward with whatever

I need to do today.

What's on my to-do list.

The things that are important.

So that's one way that we can work on that.

And it's called "card carrying."

But I actually want to work on

another extension of this exercise,

which is to take the paper.

And I want you to write,

let me see how you wrote the thoughts,

so I can see where it's laid out on the paper.

Okay, perfect.

So now I want you to write it.

I want you to write,

I guess right now we write underneath it.

- Okay.

- And we would write,

"I'm having the thought that-"

And now if you link those two concepts together...

Go ahead and read that out to me,
starting with, "I'm having the thought that-"
- I'm having the thought that
I'm not worthy to be a part of this family.
I can tell you as soon as I wrote,
"I'm having the thought that-"
What it actually did for me just now,
is it actually opened up more of my brain
to really think about what I'm thinking about,
what I'm feeling about.
Because before, when you said,
give me that specific thought,
I was really in a place of self-judgment
and ridicule, because I was fused with it.
And I almost like this technique
as a way to explore my real thoughts.
- MM-hmm.
- Like, what other thoughts am I having?
Because I'm not so close to them anymore.
It's easier for me to identify them and say them.
Does that make sense?
- Absolutely.
And that's exactly the kind of reaction
many people have when they are able to identify,
"The thought is just the thought that I'm having."
So first of all, "I'm having" makes you feel
like you're the agent again,
"I'm having the thought."
"I'm having the thought."
The thought is not having me."
Right? "I'm having the thought that-"

and then you filled in the rest.

"I'm not worthy enough to be part of this family."

But now I would like you to add
another clause below that,
which is, "I noticed that-"

So now read the entire sequence together,
starting with, "I noticed that-"

- "I noticed that I'm having the thought
that I'm not worthy to be a part of this family."

Wow.

- Okay. So what do you think
that has added for you?

That last clause of, "I noticed that-"

- Well, two things.

One, space between me and the thought
and the fact that my brain
is a observer of thoughts.
Kyle is observing thoughts.
And so I can sit here, and me, myself,
and observe the thought.
It's like an extra step between thinking it
without being mindful.
And then, "I'm having the thought that-"
Well, that's still you,
and now you're the observer of your thoughts,
so it's one more removed.
It feels like you're getting
a 30,000 foot view of what's going on in here.

- Yes. I'm so glad that you said that.

And this exercise is really important
because it also establishes another concept

in acceptance and commitment therapy,
which is self-as-context.
So we talk about these different versions
of self and self-concept.
And oftentimes we talk about the identified self,
which actually, in acceptance and commitment therapy,
they call self-as-content.
So this is, "I am Kyle.
I'm smart. I'm no good."
It's these identifications
that we put on ourselves
in terms of our content,
you know, who we are, personality traits,
things that are likely to happen to us, et cetera.
But self-as-context is this really revolutionary idea
where essentially, the self-as-context is yourself,
the perfect version of yourself
that hasn't been through damaging experiences,
that doesn't have all of these broken
hopes and dreams
or negative ideals about yourself,
but rather is the observer to everything
that's happened in your life
and is a pure version of yourself
that is resilient and a senior-self
through all the ups and downs of your life.
A couple of other analogies
to explain self-as-context is
it's like, you're the chess board
and the chess pieces in each individual game
is kind of the outcomes of different problems

you might have in your life.
Sometimes the white chess pieces win,
sometimes the black chess pieces win.
The chess board sees all of these games,
thousands of games in its life,
but it's not particularly attached
to any single game.
Yet it's experienced all of them
from an observer level.
Another analogy is
as if you were watching a movie or a play.
You're the audience member.
You do care about the storyline on stage,
but you're not so personally invested in it
that it might cause you to do something
that could be self-defeating.
And so it's this idea of understanding
that there's the self-as-context for all of us.
That all of us can have this 360 degree view
and no matter what is happening right now,
we don't have to be attached to the content
as much as we're likely to do
because this is just the way
that the human brain works.
Another extension of this exercise
is to look at the paper that you wrote down this thought.
And of course, below that,
now you've written,
"I'm having the thought that-"
and below that again, you wrote,
"I noticed that-"

And even looking at the physical placement of the words.

You, Kyle, are farther away physically
from that original damaging thought,
and it's farther away from you physically, also.

So there's that idea of physical
distancing from the thought.

- Mm-hmm, mm-hmm.

- And that can also be a powerful imagery
for some people. Where they can say,
"Yeah, before the thought was like,
right here, it was like crippling me and now, wow.
There's barriers in between.

There's like two layers of protection, in some ways,
between me and this thought
now that we've added these two clauses."

- Yeah.

Really fabulous. Dr. Judy.

I don't know why I would expect anything else,
but that was fabulous.

Thank you for that.

That was a real, I brought you real stuff
and you gave me real applications.

That was great. Thank you.

- Thanks, Kyle.

- Thanks for watching.

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- I have pretty much been medicated my entire life,
from the age of nine 'til today.

I've had moments where,
for a multitude of reasons have gone off my meds,
and that has always resulted in a relapse.

I mean, it is the deepest, darkest,
I mean, life doesn't even make sense
when I get into that deep, deep space.

- I wonder what it's like
just to put that on the table to say,
we're gonna take a deeper look at this depression,
that this is what you wanna work on for your benefit.

What do you notice inside just as we get clear
that that's what we're gonna work on?

Hi, Kyle, what's the problem you'd like to work on today?

- Well, I was diagnosed with depression
when I was nine years old.

You think we would have figured it out by now, I'm 35.

I have pretty much been medicated my entire life
from the age of nine 'til today.

I've had moments where,
for a multitude of reasons,
have gone off my meds,
and that has always resulted in what I,
and at the time my providers,
would consider a relapse.

I never took myself to the hospital.

I was always able to find a doctor

who could see me right away
but it was, I mean, if I couldn't have done that,
I would have driven to the hospital.
I mean, it is the deepest, darkest...
I mean, life doesn't even make sense
when I get into that deep, deep space.
So that's happened probably, not probably,
it's happened three times as an adult,
each time corresponding to going off meds.
I'm pretty good with my depression right now.
I had a relapse, so to speak,
a minor one in May
when I was transitioning medication,
and that was disaster, not great.
So I guess, but I bring all that up to say,
I am still not...
I've still not been okay with or accepted
that I will probably be medicated
for the rest of my life for this depression.
I don't like doing that.
I don't like, every morning,
I have to take 40 milligrams of Prozac,
and when I take it, I go,
oh man, I wish I didn't have to take this.
And then when I feel good, my brain still says,
you got this,
like, I can do it.
I don't need this med.
But then the logical part of my brain reminds me,
if you go off of this,
in two to six weeks,

you're gonna regret it.
And I'm grappling with this.
I can treat it, I can manage it,
I know exactly what I need to do,
and I will do it,
because the alternative
is not anything I'm willing to do.
But oh my gosh, am I gonna be 95 years old,
and then taking this pill still every morning,
I don't know.
- Yeah, so I hear a couple of different things.
So, the depression has been an issue in the past,
it's not kind of rearing its head right now,
but concerns about medication
and whether or not
you want to be on medication long-term
and whether that's an option for you.
And, we can talk about medications
a little bit separately
in regard to when people do wanna try
and taper off medications,
unfortunately, they often come off very, very quickly,
and statistically people do better
coming off over like a year,
because if we think about the fact
that it takes four to six weeks
to have the full effect of a dose change,
then it's going to take that much time
with every dose decrease
for your brain to kind of recalibrate.
So we can really throw people into withdrawal

and pop their symptoms,
and you're mentioning there's some real conflict
over being on medication.
And so that's something that we can certainly look at.
I'm wondering what makes sense to you
as far as looking at the medications
versus looking at kind of the origins of the depression,
and maybe getting specific about
when your last episode was,
to be able to see if we can get underneath.
But we can take either path
that sounds right for you.
- Well, I think I'm the second path
of the origins of depression
sound more in line with what I would want.
- Okay, yeah, great.
And so let's make sure that we do what you want.
This therapy is yours,
and that we can really make sure that
we're focusing on your goals,
and so we can talk about meds,
but being able to understand what happens
is such a key piece in balance with the medication,
so that we can work on
how you might operate in the world
that might contribute to the depression.
And so we're clear, we're gonna work on
kind of getting to know about this depression
and how it affects you,
and maybe the origins of it.
And before we even get started,

I wonder what it's like,
just to put that on the table to say,
we're gonna take a deeper look at this depression,
that this is what you wanna work on for your benefit.
What do you notice inside just as we get clear
that that's what we're gonna work on?
- Oh, excitement.
And I know that that's probably an obscure answer,
I get excited for this,
because this is like
I've had this little ugly pet
follow me around my whole life.
I mean, since I was a young, young child,
five, six years old, I remember this feeling,
and so it's always here.
Whether I am medicated or not medicated, it's there.
So when I get to sit across from somebody like you
and say, all right, let's look at this ugly pet,
because I don't look at it that much, Dr. Lamb, I don't.
I work, and I see my friends,
and I play with my dog, I do my life
with this ugly pet.
So to have this space
where we're gonna actually look at this ugly pet
and see what we can do,
I get excited about that.
- I'm glad to hear it,
because for some people coming in, in therapy,
it can be really anxiety-provoking,
they may not wanna look, and so...
- Yeah, no, that's not me.

I've been in therapy since nine years old, I love it.

I get on the couch,

I'm like, hey, what's your name,

let's do it, let's get into it, I love it.

- Wonderful, wonderful.

So could we look at a specific example

of your last kind of relapse into depression,

what was going on,

and just start to get some details around it

so we can see if we can formulate

an understanding of what happens for you.

- So it happened in May,

ironically during Mental Health Month,

and it probably started a little before that

and went past May,

but May was really the big chunk of it.

A lot of things were happening.

One, Mental Health Month

is a big month for me professionally,

so we were very busy,

me and the whole team here at MedCircle.

I literally just now I was like,

right, we're doing MedCircle right now,

I'm not in therapy.

And so I was just busier than I normally was.

I don't know why.

Every year, whether I'm independent of medication,

I get depressed around that time, every year.

I mean, and I don't even anticipate it,

so it's not like my brain's going,

here it comes,

I just move through my life and I go,
wait, why is this happening?
Why is this happening?
And I go, oh yeah, it's that time of the year again.
It's like reverse seasonal depression or something.
The spring comes, and I just,
for that period of time.
Now, my birthday's in April,
I've had therapists tell me,
it's probably 'cause of your birthday,
and I really don't think it is,
but maybe it is.
And the other big catalyst...
And then I went off my meds,
I was switching meds.
I went from Prozac to something else.
That didn't work,
and I went into something else,
and there were gaps in there
that I wasn't on meds at all,
and that was a big catalyst.
And then the other part was,
I don't know what happened,
if all my friends got together and said,
let's all have a problem and bring it to Kyle,
but every single person I knew, it felt like,
was coming to me with huge issues.
I'm getting divorced,
I have a chronic illness,
my husband, XYZ.
I mean, major, major, big life issues.

And I gave them everything.
I go, here, you have all of me.
I got on flights,
I gave them everything.
I was like, here's my time, my energy,
my money, my resources, everything.
So when all of that came together
at the end of May,
I remember telling my dad and my dad called me
and he goes, how are you,
and I said, I'm not gonna help anybody anymore.
I'm done, I have nothing else to give.
I don't care who calls me,
what the problem is, I'm done.
I have nothing left to give anybody.
And then of course I'm like,
unless you need something to dad
then I'll help you.
But I just I couldn't do it.
I was drained,
I had nothing, I had nothing.
- And so is this a pattern for you?
- No, no, I don't think so.
And I am aware enough hopefully to know that there,
I'm sure I have many patterns
that I'm not aware of,
but I never recall in my life
giving myself so much to people
that I am drained.
I don't recall that.
- Got it, so is it accurate to say that

in other times in your life
you would set more boundaries
or let people know when you didn't have...

- Yes.

- So, just differentiating,
you normally set better boundaries as opposed to,
I don't really set boundaries,
but I just got a tsunami of needs...

- Normally I said,
well, now that you're asking that question,
I over the last two years
have really made an effort
to be incredibly empathic,
and I think that has a lot to do with my job
because I see it, I hear it, all of that,
so I'm trying to be really empathic.
And perhaps, the pendulum swung
too far to one side where,
and I'm not saying what I did is only empathy,
but it might be in the same house as other
emotions that may be good in smaller doses,
but all at once for me is a debilitating.

- Absolutely, I think for anyone that when,
it sounds like if I'm hearing you correctly,
that during this time
you put everyone else
ahead of your own needs.

- Yes, yes.

- And is that a pattern for you?
Is that a pattern for you?

- I don't think so.

I really think if you asked my friends,
they'd be like, nah, he's kinda like...
- He's pretty good at taking care of himself.
- I don't think so.
But I did have a psychiatrist tell me once
I was dating this guy who had a lot of issues.
And then, that sounded mean
we all have issues, but...
- But he had a lot them.
- Yeah, and I've also before my current career,
I was an animal trainer
and this therapist of mindset, Kyle,
you naturally care for things.
You have a whole job dedicated caring for animals
who are helpless.
I mean, they depend and rely on,
and now you're this relationship
where this person
is depending and relying on you.
You may wanna look at why you are finding yourself
in these scenarios and situations
where everyone's depending and relying on you.
And I said, yeah, maybe that,
well, and here I am years later in this...
During may or during that time period
where I was in that position again.
And I have control of all of it, Dr. Lamb,
it's not as though I could say,
I could have said, no,
I can't do that for you, I'm sorry,
I said yes to everything.

- Yeah, and so that we don't beat you up about that,
 'cause part of that, your language right around,
 I have control of this,
 sounds a little bit like a self-attack
 as if you should have done something differently.
 And so I'm wondering if we can come into seriously
 and try and understand why.

- Why what?

- Why during this time were your guards down?
 Why during this time,
 was there a draw to really take care of others,
 at the expense of you?

- I know why, I know why.
 I haven't thought about this.
 I really, truly, truly, truly had not thought about this.
 This is my theory at least
 because then I didn't have to take care of myself.
 If I'm taking care of everybody else,
 then I'll have to think about me.
 I don't have to think about,
 I just moved to a new city.
 Working remote has really taken a toll on me,
 this is not meant,
 I'm meant to sit in a room with you, Dr. Lamb,
 not like this.
 And if I can be a part of everyone else's problems,
 then I don't have to look at my problems.

- Beautiful, so we get really clear,
 that one of the primary mechanisms that you may use
 to avoid feeling sadness, grief, over loneliness,
 everything that came with new place,

COVID restrictions, all of this stuff,
you can be distracted,
you can avoid yourself by taking care of others
and what an altruistic thing to do,
but at the neglect of you.
And so we just start to see,
that there's something about sitting with
and exploring, and feeling
what you were feeling at that time.
Med changes that weren't working,
that's gonna bring up feelings towards the providers
that were made the recommendations
and the failed recommendations.
So there was something about being present
with what you were feeling
or what you were going through,
that whether consciously
or unconsciously made you anxious
and how'd you go take care of everyone else
to keep all of these painful feelings at bay.
So should we take a look,
at what these painful feelings were
that were coming up?
And as you think about it now,
what feelings come up as you reflect on
how bad it was in May
and what you were going through.
- Well, I hate to be the person that rebuttals this
without giving you an answer.
- No please.
- Part of what I was feeling was,

I recognize now we're due to me being
in this very deep state of depression.
And so it's hard for me to say to you, oh,
I was feeling disconnected from my family
because okay I was,
but I wasn't disconnected from my family.
I was depressed.
Does that make sense?
So to me like the depressed feelings
are kind of fake feelings.
That's how it kind of how I look at them...
- Super important to differentiate, absolutely.
So that you....
Well, there's a couple pieces here.
So there's a huge difference between feeling
or being in a state of depression
where our thoughts are hopeless,
we feel helpless,
everything is the worst.
That's very different than I'm connected with my family,
but I can't get on a plane and go see them,
and I've got feelings about that
or whatever the case may have been.
So it can become a bit of a chicken and the egg situation,
so that the depressed state
keeps us from feeling what we're feeling
and that this can get muddled.
People often don't separate out sadness and grief
from depression and they're very, very different,
and I think that's what you're highlighting, right?
Is that when you feel depressed

and when you're in a depressed state,
which in our model, would say,
this is a defensive collapse around real feelings
that were coming up after a year of being isolated,
having to navigate all of these changes, a new move.
And while you were connected with your family,
I'm curious how connected you were.
Because I think this is another place
where we can kind of sneaky self-attack ourselves,
like, well, I wasn't disconnected,
I was surrounded by people,
but if I felt completely alone with those people,
or if I wasn't really seen by those people,
if my needs weren't actually met,
I'm gonna have feelings about that,
and then I might blame myself,
well, they were there
but my needs weren't getting met.
So, I was alone and I did have feelings about it.
And so I'm curious what your environment
in regard to connection,
not just connecting to take care of others,
but you being seen.
In the midst of these med changes,
feeling really awful,
who was there to see you, to support you?
- Well, I mean, my best friend lives across the street.
So, he was certainly there,
and he was the only person I really told this to.
And when I told him,
I didn't even tell him the way I'm telling you,

I told him like, look,
we've known each other for 20 plus years,
I'm depressed.
Now I've told you,
I don't need you to do anything,
I don't need you to help me,
I don't need you to like make me dinner.
I'm just telling you,
this is why I'm isolating
or not wanting to hang out or whatever.
- It's really interesting with your best friend of 20 years
that there's a part of you that
really wanted to make sure
that there was no opportunity for him
to take care of you, to support you.
You needed even at moment to take care of him.
Well, in that moment,
you created an opportunity for you to take care of him
by telling him I'm depressed,
but I don't need anything,
let me take care of you
by telling you I have no needs.
- Yeah, that's true, yeah, geez.
Okay, yeah, that's true.
Yeah, no, you're right.
- And is that common for you
as far as like being potentially in dire need?
- Yeah, it is.
- Or no?
- It is common for me to handle it myself,
whatever it is, it's uncommon for me...

- Is that a problem?
- Maybe sometimes, you know, maybe sometimes it is.
- Was it a problem in May?
- Oh yeah, yeah, yeah.

In some ways it was the cause of the problems,
and then it was the prolonging of the problems
'cause looking back Dr. Lamb, I know,
well, I was just about to do it again,
I was just about to say all the things
that I could have done differently to handle this.

- You could have done to take care of yourself
and not be a burden for anyone else.
- Right, right, right.

I even, this is so... I even...

So I live in Phoenix.

I even like intensely looked at moving to Texas,
and my whole family is in Arizona.

And I have a lot of friends in Arizona and I was like,
this isn't working,

I need to go do my own thing and move in my own space.

I'm gonna go look at Texas,
and then I found it was the mosquito capital of the country,
and I was like, well, I'm not moving to Dallas,
but I really heavily looked at that.

It's not like I had the thought,

I mean, I went online,

I called people I knew in Texas.

I was like, let's look at me moving to Texas,
and this was in my deepest, darkest spot I was doing.

- How beautiful to recognize,
more parts of this pattern

where when you're feeling poorly,
that there's a part of you that says
I don't need, I don't deserve,
I don't want help, I don't wanna be a burden.
And it can come out in lots of different ways.
I can do this on my own,
but how does that hurt you?
- Well, I don't think I can really do it on my own at least,
and have the results that I do want.
So that's how it hurts me.
- Is that a problem of performance
or a problem meaning,
I could be wrong here,
but something about the way you said that
sounded like an attack on you,
like, I can't do it on my own
if I could, I should.
- Oh, right.
- Different from, as a human,
when I'm suffering and in need,
I shouldn't want or need this human desire
to be connected with and taken care of.
That there's real barriers to being seen,
to being taken care of or letting people in
to be able to support you and take care of you.
- Yeah.
- What's coming up as I say that,
what do you notice inside?
- Well, I notice now I'm overwhelmed
because I believe this to be true
and this being this kind of,

well, I mean, this is kind of self sabotage, so to speak.
And now I'm overwhelmed because I get to that point,
which a lot of people do and myself included in therapy,
where I go, great,
now we've uncovered all of this,
now what do I do?
It's like, what do I do with all of this?
- Yeah and so great to notice,
that as we start to notice something,
a mechanism inside,
I would in my terminology, I call it a defense.
As this defensive avoidance,
when you're feeling really poorly comes in,
pushing people away potentially
to get the care that you might want or need,
you can then attack yourself for doing it or jump to,
okay, how do I fix this?
But if we slow the process down
and we just get clear that
because first we have to really orient to the problem,
that these depressive episodes can come up,
hard feelings can come up,
and that the way that you've learned
to operate in the world, likely for good reason,
we don't learn this out of the womb,
we learn to not be a burden,
to take care of ourselves,
to be able to say, I'm good.
You know what? I'm so good,
I'm gonna go to Texas 'cause I don't need any y'all.
- And you know what?

You know where I went when I graduated college from Arizona?

I went to an island in Hawaii.

And sometimes I think about that and I go, man,
you really wanted some space.

And in the context of this conversation,

I think there was a part of it that I was like,
okay, I'm good, I don't need anybody.

- So this is a super important point about our defenses
is that not only do they make sense,
if we learned it's not okay to have needs
or to need to be taken care of,
or that we're seen as a burden,
we learned to not do that,
and then we get wedded to it and we get proud of it.

You're self-sufficient,

you can go to an island in Hawaii
and you can take care of yourself.

I got this, and you do,
and we don't have to demo everything that you learned,
it's not a complete demo.

But can we also create space that maybe
part of that way of operating,
when it's rigid,
when there isn't choice around it,
when it's unconscious and potentially impulsive
can be really destructive to you
and can keep you alone
and keep you hidden from other people
so they never really know how you're really doing
or know how to intervene to support you.
And so this is at the very beginning,

when we start therapy,
we have to get clear what's the problem,
what are the things that
how I may be operating
that may be causing problems in my life.
And gosh, as we look at this one,
it sounds as though it's really mixed.
There's a part of you it sounds like,
and correct me if I'm wrong,
that is really proud of your capacity to do this.

- No question, no question.

- I don't need anybody.

- That's right.

- And so then we come back to the question,

is it a problem?

- Is that a problem?

- Is it a problem?

- It is a problem,

I think for me to move through the world
with that type of mindset,
and the problem is that it keeps me from the potential.

- The potential of what?

- Anything, the potential of getting better faster,

the potential of being happier,

the potential of having closer relationships,

of showing vulnerability, all of those things.

- Absolutely, yeah.

That when we operate in this way,
which is super common, it's protective,
but it can have catastrophic effects on our relationships,
our capacity to connect, and our sense of gosh,

being able to rely on anyone, even a therapist.
Because if you come into therapy and you're good,
you could stay on that island on the couch.
And so before diving into all the feelings
and all that kinda stuff,
we have to get clear, what's an operation,
what's the root cause that may be perpetuating
some of this depression
and get clear, is this a problem
that I really wanna work on
knowing that there's a part of it
that I really wanna hold on to.

- Yeah, yeah, good.

Damn, really good, obviously.

- What do you notice inside
as we start to just identify this as,
I'd call it right now a potential problem,
'cause there's a part of you that's really,
wants to stay on that island.

What do you notice coming up inside?

Even feelings that come up towards me as I highlight it.

- My feelings are that I,
I don't know if it's a feeling,
but my thoughts are that
I have to go be by myself
and think about all of this
and maybe I shouldn't.

- Ain't that interesting?

Even here with me, as we start to connect
and start to get clear
about what you might wanna work on,

it brings up some feelings about connecting,
could get you anxious and say, okay,
I'm gonna go take this to my island
and go figure this out.

- I know, I really thought I was like, after this,
I have an hour break in my day,
I can go and really think about this by myself.

- You should go do therapy with yourself.
What's it like to just notice that?

- Well, it's kind of funny,
honestly, it's kind of funny.
I guess it's not too surprising
when it's all laid out there,
it's kind of like seeing a completed puzzle
when you didn't think you had all the puzzle pieces.

- And we could see how even here with me,
it could flirt the connection here with me.

- I'm in therapy with you and I'm like, God,
I gotta get rid of the therapist
so I can go think about this.
Yeah, yeah, that's avoidance or is it?

- Yeah, and any sense of what's coming up inside your body
of what you notice
as we're just kind of connecting here
and exploring this together.
Any feelings that come up towards me?
'Cause there's an impulse to get away.

- And I'm not just saying this
to try to be nice to you,
I don't think it's getting away from you,
it's getting away from this conversation.

It's getting away from
these things that are coming up
because there is an ease to living in my boxes
of not letting any one in, I guess.

- Right, yeah, there's an ease to it,
and yet it also can perpetuate that depression
and that isolation and the avoidance.

Because when stuff comes up for you,
there's an impulse to get away
and to potentially push people away.

- Oh yeah, beautiful.

- And any sense of the feeling
inside of you towards me that says step off,
what do you notice inside?

What's the feeling that comes up here towards me?

- Well, my feeling is that you're good.

To me, I'm like, she's doing her job.

- And then there's a part of you that then says,
oh gosh, she could actually get in here.

- Yeah, yeah.

- No, I need to leave.

And so what's that feeling of I need to leave
that comes up here with me?

What's the feeling inside that comes up here towards me,
that's like, don't get too close?

What do you notice inside?

- I don't know that one.

- Would you like to know?

- Of course, yes, I trust you, yes.

- So what's the feeling
that comes up inside here towards me

that wants to push me away?

What feeling do you notice coming up?

- Well, I don't know again, if this is a feeling,
but the thought of I got it from here.

- And if you're setting that boundary with me to say,
I got it from here,
what's the feeling that comes up here towards me?

- That I don't want you to be involved with this
from this point on.

- Any feeling inside towards me?

- I don't... The feeling toward...

- 'Cause that's a thought about what you want to do,
what's the feeling towards me?

If that feeling just comes out here towards me,
if we just let all your feelings be here,
what feelings come up here towards me?

- Well, now I'm feeling aggravated
that I keep getting asked the same question.
I'm like look I don't the feeling,
but now I've gone into aggravated frustration.

- How do you feel that in your body here with me,
if we just let that be present?

- Well, when I said that my face got really hot,
I probably went flush.

- Beautiful, so there's feelings
that come up here towards me
to try and keep me away.
And what's it like to just let that feeling
be present here with me?

- Uncomfortable.

- To be seen for your frustration,

like the frustration that as I approach,
there's a part of you that really wants
to be in therapy to connect,
and there's another part of you
that really wants to push away,
and this is where we start
is just seeing that
so that we don't have a fake therapy
because often people come in
and have really mixed feelings about being seen.
And if your front door is closed,
we can't really go
and take a look at your feelings and figure out,
and so then the work becomes here with you and me
to allow the space that there's a part of you
that wants to connect
and a part of you that wants to keep me at bay.
And that's okay, that's how most of us,
if we actually think about it,
engage in therapy,
we're ambivalent.
But if we don't look, we won't see that.
And then we do all kinds of things
to keep people at bay.
- Thank you for this.
- Absolutely, yes I know I actually have to end.
- We have to go.
Hey, I really appreciate it.
We'll end there and thank you for this doctor.
- Is it okay if even like off the record,
just checking in what that experience was,

this is an experience.

- It was really great

and I'm good and I'm very good and thankful
so I appreciate it.

It was really wonderful,

I'm just in my thoughts right now, so yeah,

and we are over time,

so you go do your thing and thank you, thank you.

- Oh my gosh, no, thank you for being so open and willing...

- Of course, you give me such a gift,

I really appreciate it, so thank you.

- Absolutely, nothing may come up,

but please do feel free to reach out to me

you know what I'm saying as we're...

- Yeah, I am very good, this has been...

This is great, this is wonderful.

So thank you, okay, all right.

Bye y'all, thank you.

- Thanks.

- Thank you again to Dr. Lamb, that was great.

I have a lot to think about,

and thank you for watching.

We are scheduled to do a part two of this video

where Dr. Lamb and I will kind of recap

what we went through

and discuss some of the things that came up

during this mock therapy session.

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(logo swoosh)
- The idea that I would complain or think negatively
about my life sends me into a tremendous amount of guilt
because on paper it's so great,
but here I am exhausted, with anxiety,
and I feel guilty for it.
It drives me nuts.
Then I feel guilty for feeling guilty for feeling guilty.
- Can it be that today, I don't feel great inside?
Where did you get the message that certain forms of pain
are more valid or allowable?
(upbeat music)
Hi, welcome.
I'm Dr. Ramani.
Kyle, welcome to my virtual office.
It's so nice to meet you.

- Thank you.

I'm glad I'm here, I need it.

- How are you feeling?

Then also tell me what you mean by, "I need it."

- How am I feeling?

Well, I'm tired today,

but that's just cause I'm alive and awake.

So if I'm awake, I'm tired.

When I say I need it, I am not new to therapy, okay?

I've been to therapy.

I just haven't been to therapy in a while.

For the first time in my life,

I'm in therapy for reasons

that I haven't been to therapy for.

- [Dr. Ramani] Mm-hmm.

- So part of me is irritated with myself

that I have not been more on top of this.

I feel like I'm a little late to the game.

I know I can catch up,

but that's what I mean when I say I need it.

- Now you shared a couple things I want to follow up on,

but you started by saying, "When I'm up, I'm tired."

How long have you been experiencing

this level of fatigue or tiredness?

- Well, I was born in 1986 so probably around there.

- Oh for your whole life, okay.

- My whole life.

I've been to sleep doctors and other doctors

and gotten all the tests and done all the diets.

I could easily sleep 12 hours a day

and take a nap in the middle of the day.

Anything less than that is me pushing through.

Obviously I cannot run the life I have for myself
on 14 to 16 hours of sleep a day.

- [Dr. Ramani] Mm-hmm, mm-hmm.

- So, yeah. I'm tired all the time.

I know that that impacts my mental health,
but there's just no way around it that I have found.

- So your whole life, like even in childhood, adolescence,
you've had this history of this long-term fatigue
and you've seen medical professionals,
mental health professionals, sleep experts,
and none of them have really shined light
on what this is about.

- The conclusion is that I have Crohn's disease.

I had a surgery that took out part of my stomach,
so I don't absorb nutrients- - Got it.

- I need.

I was also diagnosed with depression
when I was nine years old,
and when that is rearing its head,
my side effect is more exhaustion.

- Yeah, yeah.

So I think it's a combination
of chronic long-term depression and chronic Crohn's disease.

- Okay, so Crohn's disease being an auto-immune condition
and it really, in essence,
also is sort of your body attacking itself.

It can also be made worse.

Auto-immune conditions can be
made significantly more severe or debilitating
if a person's under stress,

because they're mediated by the immune system.
In many ways the stress is sort of like
the puppet master of the immune system.
And on top of that, you have depression.
How long have you had a history of depression?
- Well I was diagnosed with the depression at nine.
I've been diagnosed many times since, throughout adulthood.
I think that the true first symptoms of...
high levels of anxiety,
a lot of thought processes and cognitive distortions,
I suppose there would be,
were probably around six or seven years old.
Then it finally came to a head when I was nine
and my parents were like,
we gotta get this kid to therapy.
- Mm-hmm.
Thank God they did.
And I'm medicated, I'm on 40 milligrams of Prozac
and I've been on many antidepressants over the years.
- Over your lifetime, the therapy, the medications,
has it helped with depression?
- Oh yeah.
- Yeah, okay.
Absolutely. I mean, helped is an understatement.
- Okay. Mm-hmm.
- Therapy and meds are the reason
that I can do this mock therapy session.
- Given how much fatigue you've been experiencing,
your history of Crohn's disease,
and your history of depression,
how does all of this come together

to affect your day-to-day functioning?

- Well, that's a long question-or a long answer.

One thing that is new to me is
the guilt I have for feeling this way.

- Mm-hmm.

- I have a fabulous life, oh my gosh.

The idea that I would complain
or think negatively about my life
sends me into a tremendous amount of guilt
because on paper it's so great.

But here I am, exhausted with anxiety for
the second real time in my life,
the first time I was six years old,
and I feel guilty for it.

It drives me nuts.

Then I feel guilty for feeling guilty for feeling guilty.

It just continues on.

- Right, so in essence, you feel guilty
for having a normal reaction to your life?

- I guess I don't look at it as super normal
because I don't have the stressors
that I hear other people have.

I hear about stress.

I hear about trauma.

I hear about what people are going through,
and I'm not going through that.

Yet there's a part of me mentally that responds
as though I were.

Even saying that out loud, honestly, Dr. Ramani,
I'm like, ugh, God, like, get over yourself.
Like, you don't have anything to be upset about.

- Okay, so...

do you feel guilty when you feel hungry?

- No.

- Okay, but you have access to food,
you have a kitchen I'm guessing,
you have money to buy food.
So why should you ever feel hungry?

- Ah, I don't know.
I don't know.

To me, that's not comparing apples to apples.
'Cause my internal monologue is,
how dare you feel like you have something to be upset about
when you really can't identify anything to be upset about.

- Okay, I understand what you're saying,
but you do you see what I'm saying?
You have a natural experience of hunger
and you allow yourself to feel it,
and you're like, well, better get something to eat
'cause I'm hungry, and you don't judge that.
But you have set up in your mind this idea,
what I'm hearing, is that it's almost as though
you're viewing stressors or misfortunes
or problems quantitatively.
And only if you get over a certain level,
is a person allowed to feel bad.

- Yeah.

- What's the number, Kyle?

- Yeah, you nailed it. - 1-100 scale.

- You nailed it.

You sound like my dad.

My dad has told me, Kyle, you're the guy who goes,

well, I only lost one leg, I have another one.
He's like, you're allowed to be upset that you lost one leg.
You nailed it, you nailed it.
- But you see what you're doing Kyle, even here.
It's like, I lost the leg.
Can't it be that I got two legs
and I got a functioning body,
but today I don't feel great inside.
It's as though you require, or you believe
that there are certain valid reasons to feel bad,
and if you don't have a valid reason,
then it's somehow shameful or wrong.
- Yes.
- So then you feel guilty, yeah?
- Yeah, that's exactly correct.
That's exactly correct.
I didn't have the awareness of it
going into this mock therapy session.
So I guess just for time's sake,
what do I do now with that awareness?
I'm in this session, you provide it for me, I get it.
Sometimes that's enough.
I leave, I go home and I go, oh my gosh.
I don't allow myself to feel normal feelings.
I judge the feelings I have unless they are
compared to something to warrant those feelings in my head.
- Yeah, I wanna ask you though, I wanna understand,
the only way to really fully understand the tree
is to understand its roots, right?
What do you think the roots of this are?
Where did you get the message

that certain forms of pain are more valid
or allowable than others?

- I assume somewhere in my childhood (laughs).

- Right.

- I can't recall something
right off the top of my head.

I also think it's a symptom
of the nature of some of the work that I do at MedCircle.

I get a lot of emails from people sharing their lives.
I am so thankful that people feel comfortable enough
to do that.

But I don't know how well-equipped I am
to go through an inbox every day
of people being abused,
people dealing with suicidal ideation,
people struggling with children who are struggling.

That's a lot for me to take on,
and so after I read all that all day,
and then I go, oh poor Kyle,
you live in a nice apartment and you have a great dog
and you're healthy, but you're tired,
and that's what's giving you anxiety.

You don't have the right to be tired
because we just got an email from Mrs. Miller
who is struggling with her two kids' drug addiction.

- So in a way, Kyle, you're sort of your own perpetrator.

- Hmm.

- What I'm hearing in you is interesting.
It's something I actually hear.

As you know, from looking at my website before you came in,
a lot of the work I do

is in this area called narcissistic abuse.

Helping people who are going through relationships
with difficult, demanding,
and often quite judgemental people.

But it's almost like you're in an abusive relationship
with yourself.

The people who are in these relationships
I tend to work with,
they invalidate their partner's emotion and say,
what do you got to complain about?

You know what, why are you so sensitive?
Why are you getting so difficult, why are you being so...
you're acting like a child.

So they invalidate the emotion of their partner
who's merely having an experience and they judge them.

You're kind of a one-stop shop here Mr. Kittleson,
because you've sort of done it all in your same person.

You have a part of you that gaslights yourself.

- You're right.
- There's this interesting dichotomy within you.

One of the healthiest places we can get a person to
is where they don't judge their own emotion
because emotion is like air temperature,
stand outside long enough, it's gonna change.

It passes.

But with emotion,
if we judge the emotional state we're in and shame it,
try to wall it off, it will come back and bite us.

If we don't allow it to be expressed
or someone else doesn't allow it to be expressed,
again, we wall it off.

Then we have all these compartmentalized parts of ourselves
and we don't become a whole authentic person.

We're almost our own worst enemy at those times.

What we're then doing is, we're deriving our sense
of how we're even allowed to feel from the world.

In essence, we've outsourced ourselves.

- Hmm.

- I'm wondering for you,
can I ask you, are you in a relationship?

- I'm dating someone.

- Tell me about this person you're dating.

- I actually told him about you a while ago,
and I said, yeah, I ended it.

I asked for your opinion and you said,
it seems a little quick, harsh,
and now we're seeing each other again and it's been great.

- Okay.

What do you think your experience, as a gay man,
and it shapes the process of development so differently,
to be a boy.

I think those journeys are still very difficult,
but mercifully we're having more open discourse,
but for you, there was a coming out journey.

I'm wondering how much you see a connection
between any of the experiences you have
in terms of your self-judgment,
the judgment of your emotion,
this dichotomized self we see in you
and even your history of depression
and how that might line up with your process of coming out.

- Wow.

Woo, geez.

There is probably a part of me
that expects more of myself because I'm gay
to prove to everybody else that ha ha ha, joke's on you.
You thought I wasn't going to amount to X, Y, and Z,
and I did that plus more.

- [Dr. Ramani] Mm-hmm.

- So when not in that state,
if it's anything less than like 10 out of 10,
the self-judgment starts.

I think probably when I was 22, 23,
I'm 35 now.

I had some, what is that called, Dr. Ramani,
this is an over simplification,
but it's when gay people don't like themselves
for being gay.

- Self-loathing.

- Self-loathing, yeah, the self (indistinct).

There was probably some of that.

I don't even need to say probably, there was that.

I remember telling my friend, she asked me,
if you could take a pill to be straight, would you take it?

I was like right now, God, every morning.

That'd be so much easier.

I was in my early 20s, I was an adult.

Now I would not do that.

- Right.

- But that's where I came from, if that helps,
if that gives you an answer.

- It helps a lot, because if I could take a pill
and not be gay,

inherently negate part of my authentic self, right?

- Yes.

- For you that compartmentalization has been there.

Like you said, you've gone through your process.

You've integrated your identity.

You're clear on that.

To be a gay man,

that's this you,

this isn't an "oh if I could make this go away"

because there was that self-loathing.

Again, that self-loathing

is magnified through the lens of society.

The self-loathing doesn't come up from anywhere.

It comes from the biases that society has

against any individual that's a member of one or more
marginalized groups.

That internalization of that is such a quiet process.

Sometimes we're not even aware of it.

Then we may turn it inward, judge our emotions,

judge ourselves, label ourselves negatively,

and we'll think this is all an internal process.

When in some ways that process is society.

We internalize these messages from society

and we think they're our own.

- Mm-hmm.

- So it does make me wonder how much you

judging something as integral and human as your own emotions

is sort of a lifetime of having judged yourself

and who you are.

- Yeah.

I mean, the short answer is that is a large chunk of it.

- Mm-hmm, mm-hmm.

So in our work together,

I hope that we can talk about this more.

That you find spaces where you feel

that you can be you authentically, genuinely,

and not feel that you're being judged

or valued conditionally.

But also Kyle, there's a reality to this,

the nature of your work,

where you are reading difficult stories from people's lives.

There's an actual toll to that.

It's actually called compassion fatigue.

People who have to compassion a lot, you wear out.

No more than any other muscle.

If you were lifting stuff all day

or digging ditches all day or fixing roofs all day,

you would be wearing out different parts of you.

In the case of what you're doing,

reading these really difficult stories

that people are sharing with you in a vulnerable manner

is having two impacts on you.

One, that compassion piece,

but the second, it's activating this ancient shame for you.

- Wow, yeah.

Wow. Okay. Yeah.

I mean (sighs), you're really good.

You're really good.

You're really good, Dr. Ramani.

You're really good.

- That's good, thank you.

- That was really good.

That was really good.

I'm a little irritated, to be honest, 'cause it was so good.

(sighs) Really good. Thank you.

I don't even want to talk about it anymore.

- [Dr. Ramani] Okay.

- Yeah, that was really good.

(uplifting music)

I have questions about all that.

- Okay.

- About our therapy session.

- Awesome.

- One, how much of...

we've known each other for years now.

How much of that history

did we have impact this type of session?

- I'm going to be frank with you, Kyle.

Again, because I was doing a mock therapy session,

I was really trying, obviously I had pieces in here,

but I also, even with the little bit you gave me,

like for example, I was trying to set it,

I know you're a gay man

but I didn't want it to be presumptive

since we were sort of laying it out

as though it's the first time I'm meeting you

and all of that.

But not as much as you would think.

What you gave me was enough.

- And what did I give you?

- You told me how you're feeling.

You told me how you've been feeling like this

for a long time.

You gave me a glimpse into your mental health history
and your physical health history,
and how they kind of come together.
You let me know that you obviously had solicitous parents
who encouraged therapy,
but then you really were able to pivot into this space
of being able to talk about the guilt
and then ultimately the shame you felt
about having any
negative thoughts about your life
in light of the fact that people have it so much worse.
This kind of...
it's a very...stoic kind of,
who the heck am I to complain when people
have it so much worse?
I have to say, when I hear that, it always concerns me
because at some level I often think to myself,
this person is going to be perceived
as so strong by everyone.
Like, you're right, what do you have to complain about?
But, I have to tell you,
I once read this book by a woman named Dr. Edith Eger,
and she did such a beautiful job.
She's really like a very female parallel voice
to Victor Frankl,
and in her book, it's called "The Gift,"
she writes about this idea of,
so often we feel like we either don't get
to complain about our lot in life
because some people have it worse,
or she gave a great example

of a person getting aggravated at someone,
like a therapist getting aggravated at someone
for complaining, thinking,
how could you be complaining about this?
Thinking 'cause a therapist two hours before her
might've been hearing someone with a much worse problem.
What Dr. Eger says is that the therapist has to be
sort of masterful
at being able to...
At being able to understand that
everyone's crisis is their crisis
from a subjective point of view.
For one person, not being able
to get to their nail salon when it could open
felt tragic to them.
For another person, processing the suicide of their child,
and you're like, can these two things be compared?
Dr. Eger would say yes, because in both cases,
that person had a negative mood experience
and we don't get to judge it.
I have to say her writing has been quite influential for me.
And again, builds on Dr. Frankel's work as well.
So it's this idea that we don't get to judge,
not as therapists,
nor do we get to judge ourselves as individuals.
Your pain is your pain.
So that theme really struck me hard about you.
Then I wanted to get to the core
of where that came from,
and that's where your history came in.
I do know you're gay.

I knew that very much of the people who have statuses,
who maintain, who hold roles,
I should say role statuses, that are marginalized by society
are often the ones who judge themselves most harshly
because society already does that for you.
That societal judgment almost passively gets internalized.
As a result, people who live
within marginalized roles and statuses
are more likely to self-pathologize than other groups.

- Yeah. You really nailed it.

You really nailed it.

When you tied it all together at the end,
I felt all of it being tied together in my brain.

- Hmm, okay.

- That's how in line it was
with what was going on in my head, what you were saying.
Which really made me feel heard.

I think that was my reaction,
was not just as a realization of where these feelings
are coming from,
but also, oh my gosh,
this woman in 10 minutes
understood what I was talking about.

I've been to a lot of therapy, Dr. Ramani.
Those moments that I just had with you truly in 15 minutes,
I don't have those every therapy session.

- That's good.

- It's a build.

I don't have any good questions (laughs).
I probably have some stupid questions

- There are no stupid questions.

But Bridget, are there any good questions
I can ask about this?
I'm too emotional right now.
- You know Kyle, first of all, thank you.
I'm glad we were able to do something
that would teach people.
Let me tell you though,
part of what I think we were able to do here,
that I hope and wish more people would get in therapy.
That's that idea
of understanding those internalized societal messages.
I think that too often therapy doesn't integrate that.
We're so focused on the closed system of the individual,
that we don't weigh in
on what structural systemic issues do to a person
and how that can actually be a major driver
to our mental health.
One of the biggest problems to me in psychotherapy
is the unwillingness to consider all of that.
The outsideness of it all.
Listen, I practice in Los Angeles,
and a significant proportion of people
bring at least one kind of marginalized status.
Whether a gender, race, ethnicity, whatever.
It's not like I'm saying that that's
the sole explanatory mechanism,
but it really does help sometimes
understand that volley between in and out.
I think a lot of people don't think of it that way.
Why a lot of people don't,
is they're almost afraid of feeling like

they're blaming the world for their problems,
or they're putting themselves in a victimized stance.
At no point were you doing that, if anything,
you were really almost self-shaming, self-harming
and self-gaslighting.
So it's to sort of break you out of that cycle,
because for me the win with you would be
for you to give permission to yourself,
to be able to be okay with not being okay.
So that you'd get back to okay a lot more quickly.
This idea that my feeling sad and my feeling tired
doesn't get to happen because someone else
lost a child or lost their job,
it's comparing to...
it's not even apples and oranges.
It's like...hammers and cows.
There's literally no...they're not even fruit.
They're not even common.
- Right, right.
- I think that one of the problems is,
is that we have this sort of intersubjectivity.
Like, I can only judge my experience
on the basis of someone else's experience.
We humans do that.
We're a tribal species.
We tend to look outside of us.
But it's also being able to know that
no more than I judge myself,
for example, let's say it's a warm day and I feel cold.
It's tempting to say, oh gosh,
there's something wrong with me, I'm cold.

I'm cold!

We tend to be more comfortable
doing it with physical states.

I'm cold, I'm hungry.

That sort of stuff we don't judge,
but when it comes to our emotions, we judge.

That's what I would love for-
if we had worked together, what we would keep working on.
(uplifting music)

A few takeaways, Kyle, would be, number one,
is pay attention to how you talk to yourself.

If someone was talking to you
the way you were talking to yourself,
you'd be like, hey, hello, you need to step back
because this isn't okay.

- Yeah, except way meaner.

- Yeah.

Most of us accept from ourselves far, far worse
than we would ever expect from someone else.

Part of this becomes mindful self-monitoring
of your own self-talk,

Which is never easy to do 'cause the self-talk
is such a passive experience that's internal to us.

I'd love for you to spend more time
being more mindful and aware
on how you talk to yourself.

Number two, I'd love for you to do
almost like a one or two week experiment,
where you honor your moods and be with them.

So when your body is telling you you're tired,
instead of saying, oh my God, Kyle, what's wrong with you?

So many people have it worse, say,
almost talk to your body.
Maybe not do it in front of other people,
but honor your body and say, you're tired?
Let's go rest.
And take care of you.
Instead of yelling at you,
take care of you.
Let's go take rest.
I think after a while, once your body
and your psyche
connect and feel confident, like our host has got us,
we'll be okay, we know we're gonna be taken care of,
together, you might actually feel better.
Does that make sense?
- Yes.
- If know I'm going to someone's house
and they're gonna be like, you want to take some rest,
you want to take a shower, you want something to eat?
I feel taken care of.
But if they're like,
you're gonna do everything on my agenda,
and I'm gonna wake you up at four in the morning,
and then I'm gonna make you go to bed at 10.
We're gonna only talk about what I want, eat what I want.
I'll be like, I don't want to be here,
and I'd feel tense and upset.
Well, I want you to be a better host.
I want you to just sort of work on some of that
very simple self-compassion, listening to yourself,
because I'm hearing you won't take advantage of that.

Like you won't say, oh I'm gonna say in bed for two weeks.
I think you'll say, I got my rest, I'm good.
And you know that you'll honor your need for rest
when you may need it at a later time.
Those would be two things
that I'd really want you to work on.
Again, especially that mindfulness.
Staying in the moment, being with your feelings
and not judging them.
As a third enhancement, you may want to consider journaling.
Journaling can take a lot of forms.
Sometimes people are like,
I am not writing dear diary every day.
I'm not telling you to do that.
Sometimes it's as simple,
I tell some of my clients,
you don't feel like journaling every day,
give yourself a little rating.
I actually have an app
and it goes off at whatever time it goes off.
I can actually rate my moods,
if that makes sense.
I can rate my...did I have a good day?
Did I have a bad day.
Am I tired? Am I sad?
Am I this? Am I that?
It gives me a chance to just touch base
and over time I get data.
I can look at that data over time and say,
oh, wow, that was a bad week, or this is a better week,
or what was it about that day that was better or worse.

Keeping that either through a mood tracking app
or jotting a few things down,
watching the ebbs and the flows of time,
that can help too.

- Well, just so happens,
I started bullet journaling yesterday.
So here we go. - Oh good! Perfect!
I'll incorporate the other two.

And this has been fabulous.
I mean, thanks for the therapy, Dr. Ramani.

- You got it.
My pleasure.

I'm glad it was helpful.
- You can watch more with Dr. Ramani
right here on YouTube or medcircle.com.
I'm Kyle Kittleson.

Remember, whatever you're going through,
you got this.

Thanks for watching.

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(upbeat music)

music playing

When someone hears the phrase 'multiple personalities' it likely stirs up images
from the

1976 movie Sybil, or perhaps the opposing characters of Jekyll and Hyde.

Popular culture would have you believe that people with multiple personalities are dangerous, and few and far between.

however an estimated 150 million people experience dissociative disorders

What is it like to live with multiple people in one body?

Today, you'll meet two people, Encina diagnosed eight years ago with dissociative identity disorder who has

11 personalities and you'll meet Minnie, the three-year-old girl who lives inside Encina's body

Alright, Encina, tell us where you're from.

So, I was born in California and lived there until I was around five years old and my

family moved to Arizona, and I've been there ever since.

And you have a unique diagnosis of having dissociative identity disorder?

A lot of people know that as multiple personality disorder. When were you diagnosed with it?

I was diagnosed; I think I was about-- it was like 22 or 23.

Okay. and what led to the actual diagnosis?

I started having a lot of amnesia feelings which a lot of people are, you know, they

They could think of as a normal thing. You know, you forget what you have for breakfast the day before

And it just became so big that things were happening

it's really hard to explain until you're actually like kind of going through it

That I was seeing therapists regularly and

And Uh

It it was just a diagnosis that ended up happening.

So you're having these events in your life. Where you Monday morning? Wake up and you can't remember what you did over the weekend. And

Wednesday at night you're going to bed and you're thinking what did I do this morning? What did I have to eat?

And you don't think too much of it because people forget stuff but then after 20 to 23 years of this

You're seeing a therapist and finally the therapist says look you have dissociative identity disorder

Yes, but I've been seeing therapists even before then, but it ended up coming out. Yeah. Yeah, that's what it was and

when you're Encina talking to me right now, yes, but you have

Eleven other alters that you can go into.

Can you tell me about each one of those? Oh

So I can tell you about

Basically I have five primary alters

which are the ones that I--

You know if I'm gonna switch I switch into them very regularly

Um, and

uhh

I have one that, I usually,

in the past

I would switch into almost every single day every day

-every day? -every single day.

And how long did you switch into her, that person?

So, she would come out, uh,

For hours at a time, and sometimes for days at a time -but did this go on for months, years, days?

This was like years. Absolutely, Yeah. -So, let's talk about her.

Okay, so, It's gonna sound kind of weird. So basically

Let me start from the beginning a little bit. So,

People with DID, they get it by having

Traumatic

reoccurring childhood experiences that were just like

unavoidable and it's repetitive usually so it's a lot of like, you know, just different kinds of

harming things that are happening to these people that are just

Super traumatic and you're saying from your understanding

It's not just something that occurs once but something that's occurring getting more regularly. -Yeah, it's absolutely more repetitive. It's stuff

That's absolutely reoccurring

and

people with DID they get it around the ages of like

Newborn to around six to seven years old so you can't get DID after that time

so

To kind of describe it

Everybody starts out with multiple personalities if you can kind of imagine that and then as you get older,

you know, your personalities come into one person if you've

experienced trauma

Reoccurring trauma as a child, you know, usually before that age those ages

Your personalities stay split and as a child

These traumatic experiences are going to create these different personalities and these different

'alters' if you will, and

Basically

They're what you're taking from around you so some people will have alters that are like animals

some people will have alters that are completely

like

nonliving things like rocks

Which sounds very odd?

But it's it's what you know as a child what can protect you and those alters become your protectors

so it's not a

bad thing that they're there

Do you want to talk about what happened in your childhood that caused you to develop DID?

So, I don't remember the majority of my life up until like around six years old.

I have like very small little clips, I guess but like only a couple of them.

But I know that it was a

sexual abuse thing and it did happen with
My father along with like some of his friends.
And you know this happened, but for the most part you can't remember it so
It wasn't up until I started seeing my therapist and I started like becoming more
aware of my alters and knowing they were
So when my when I first started understanding that I had DID
obviously your first
Thought and first want to do is to fight against it. I don't want this. I don't
want multiple personalities
You know, it's not a good thing like you want to get rid of them
You can't get rid of DID. You can never even get rid of an alter. They're always
going to be there
when the so these things happen to you when you were a kid and
Then through your teens and early 20s, you were experiencing symptoms of
DID, but it was undiagnosed
Mhm
And then you went to therapy and got diagnosed with DID and you total have
eleven
Alters five of which are primary, but one used to come out every day. Let's start
with her
Okay, so she is her name is Minnie and she's a three year old girl
And that's one of your alters. She's one of my alters now, is she you?
When you were three
No
So she she was like the first one the next one that ended up coming out
Was Devin and Devin is Minnie's?
Caretaker if you will so if there's something that is happening that a three-year-
old shouldn't be seeing she'll take over instead
Devin will take over. Mhm. So Devin's a girl. Mm-hmm. Yeah, so Devin will
come out. Mm-hmm
It's kind of like Minnie has DID. I feel like and he has to become Devin in order
to
kind of kind of

so like if a traumatic experience is happening like the first thing in alters like
The first thing that they want to do is they want to help so what they do is
they take over

So that's what they would do when I was a child, you know

If a traumatic experience was happening to me as a child

They would take over they would basically drive the body if you will kind of
like a car

Are you aware that you've been taken over?

So usually I wasn't because I wasn't aware of all of that. But as

You know, I went through life and I started experiencing

Okay, I get dizzy or I get kind of like like tired and things like that. I started
recognizing that okay

I'm getting ready to switch

and as I started to work with them instead of against them it became a lot
easier and it became like

Okay, I'm going to switch they're just going to take over. It's not a big deal.
Okay, fine. We started to

communicate with each other through a diary and

Which was the only way that I could communicate with some of them. I've
never even met all of them myself. I

am Co conscious

With five of them meaning if they're out I can see what they're seeing if they
decide

So they can decide to kind of block me out

if

I'm not Co conscious and I'm completely like in an amnesia state then, you
know

It's usually one of the other alters or something else is happening one of the six.
Yeah

When is the last time Minnie came out?

She actually

Doesn't come out as often anymore. I was in some pretty

Abusive relationships and she would come out all the time because of that

but

She hasn't been out for about a month now all month. Mm-hmm. Okay? Yeah,
tell me about the last time she was out
what was the context it was just kind of playing around and
Just hanging out at the house, and she comes out and she wanted to color so
she colored
She's got her own like coloring books and stuff
And how long was she out? Um
Maybe an hour
And were you co-conscious
Mhmm. Yea.
experience being Co conscious with many so
Let me let me put it like this when
When many decides to come out she kind of she does this thing where it's kind
so she doesn't front fully meaning she's not taking
over the body fully
She'll kind of like peek through my eyes to see who's around and see a it's safe
for her to even be herself
and if it is
She'll take over the body she fronts and she will be herself doing what she does
and
If she feels kind of nervous
It's her way of holding my hand
If I'm Co conscious if I can see meaning if she gets a little too nervous then I'll
just take over again
if she's completely like oh
I've got this like I'm not nervous with this person. It's okay. Sometimes she'll
just block me out
And meaning like I'm kind of like an amnesia State. Hmm
Is that scary it used to be it used to be really scary because
When I go through
things like anxiety when it's like a really scary anxiety or something where I feel
like very
unsafe, basically, I

Go through a lot of amnesia stuff, and I've had times where you know
 I would be watching TV or something and then I'd wake up or come to and
 I was like in the middle of the street somewhere else and I was like, where am I?
 That doesn't happen now
 But it did in the past. Why do you think it doesn't happen as much a minute?
 I think it's just because
 Me along with my alters. They we know that we're not in a dangerous situation anymore
 We're not so as your life improved or di D has improved. Yeah
 Is that a common?
 Is that common with people who have di D? I I believe it is
 Yeah, as long as you're taking care of yourself and you're you know, seeing a therapist still at least, you know
 Make sure that it's somebody who knows what di D is and how it works then absolutely, you know
 Who who knew being with a supportive?
 Boyfriend, you know what helped?
 You are in a relationship and it is a healthy relief. Absolutely a hundred percent. Yeah that relationship you think may have helped
 Curb the instances of having these alters. Come on. Oh, yeah
 100% you know it you go from being in one relationship where you're terrified for your life every day
 And then you go to the next one where you're just like you feel so
 Safe, so content like it nothing could over bad like happen to you again when you were in those terrifying relationships
 How often were your alters coming up every day every day every single day and how what percentage of those times?
 were you not Co conscious you were in an amnesia state the majority of the time because I felt
 very unsafe with the person that I lived with and what happens if you're just driving in a three-year-old alter so
 that's why Devon is
 Her protector to make sure that that kind of stuff doesn't happen

So what if Devon wants to take over and then she can she's she's 26 years old.
Yeah, whew

We were in the car. Mm-hmm as encina neared right and in Devon takes over.
Mm-hmm and Devon's driving

Yeah, and you get pulled over. Mm-hmm and the police officer officer says do
you know I pulled you over?

and Devon says

well, we were going I was going a little fast and he says I want your driver's
license and you hand it to him and

It says encina and then he says what's your name?

And you say so Devon will say encina Devon will say encina the alters. So
basically the alters

Stay hidden

There's like three main rules for alters to stay hidden

Unless if they're welcome, you know unless if you know like oh this alters gonna
come out

I I believe you are an alter. I know that you're not faking

I'm not just doing this as like Oh, show me a trick type of thing

To keep the past a secret

To keep it safe basically and to keep the body safe

So within those three things if they're doing those things they're doing their job
but there are people who have DID and their alters come out and

They're they're not keeping the past a secret and they're they don't care who
you are. Usually when it comes to the past

That's that's why the majority of people don't realize they even have di D
because they have had amnesia in the past

They don't know what happened to them in the past

They don't know why their mind is working the way that it is and why they're
blacking out and why things are happening

They don't understand

Real quick. Can you list your alters and give me a two to three sentence bio-
forge? Oh my god

Let's move past that no too much. Yeah, let's move past that no Mikayla, that's
it. But why why is that? It's

There's so much detail with all of them

Like I so I basically in order to talk to all of them. Like I said, I have this journal they all have different

Handwriting's they all have different ideas. You have this journal. Yeah. Yeah

it's it's something that it's the only way I could communicate with them in order to actually like

understand what was happening to me because if you

think of this

as

me and

Encena I am also considered an alter

How do you know that Devan isn't the real Encena right? You know, and I'm just the one taking over right?

You know

it's a very scary thought for the person who has the ID because you never know with which like

Personality is actually the one that the belongs

Yeah, the very original is that appropriate to say the real one or the original?

The original, yeah

Because I mean because in encina's personality who I'm talking to right now could just be the one that made it to the top. Mm-hmm

Yeah, which is why does that bother you? It's not that it necessarily bothers me. It's

It's more of a thought of like

There's still so much that I don't understand about it. Is that why you don't want to go through your eleven alters they I

Think it's just because they're

They they have their own lives as well

And not all of them want to share everything about it so

Again and I don't I'm not pushing your answer. I've never even met all of them personally

Like I've only talked to some of them even just through paper

So

my I have a couple of friends who have met like all of them and
 They're even a reason that I know of some of the personalities
 Because because you've never met him I've just never met some of them
 so can I
 Think most people would will be interested in
 learning about these personalities
 So we we have many mm-hmm three-year-old. Mm-hmm
 dominant personality comes out the most
 We have Devin minis caretaker. Yeah. Now there are three more primary ones.
 Can you talk to us about those? So there's
 Evolution of listen Evelyn. Mm-hmm
 There's a Laura now all women all women you have any male alters. I don't
 I
 have
 So I have twin alters Quinn and Quinton Quinton considers
 Her himself to be kind of versatile. Oh
 That's the only alter that I have that's like versatile like more gender fluid. Yes,
 okay
 I also have an alter. That is a fairy
 Like not a human. Hmm. That's a Laura a Laura. She's one of the primary
 five. Mm-hmm. Let's talk about a Laura
 what does what does she protective so she is I
 Mean, they're all gonna protect in some way or another
 but she's basically like a
 Very calm rational like what can we do to get things done and situated, you
 know, things like that. Um,
 so
 What does she like I know she's calm rational let's get things done
 What it like how does she talk how does she sit like what he talks she talks very
 calm
 She's like thousands of years old from what she says, you know, she's a fairy so
 she

I think she's she's been one of the primary ones, you know, because as a three-year-old, you know

you are trying to believe in magic and stuff and I believe that's kind of where it came from right now us as

The person you know the Fronter

I

Don't create altars if that makes any sense like I'm not like thinking

Oh, I want this kind of a person so it becomes an altar like it's just that just happened

Yeah, that's what you know. Yeah. I think that's a really important thing to understand people are gonna be watching this and thinking

Well, this girl's got blue and purple hair and she's thinks that sometimes she like is a fairy

I think that's what people are gonna think. Oh, yeah, what's the response to that the responses?

I mean

the the only thing I can do is just put out the information that I know what I've gone through my

experiences whether people believe it or not like it's

It's not gonna hurt me I know what I'm going through every single day, you know, like

So if people are going through it as well, it's nice to be able to find other

Resources that can help yeah, you know well and that's why we're doing this. Yeah, you know, it's

You know we were talking

Early on about how there are doctors and therapists and psychiatrists who think that this is not even

God not even something to be treated because it's a joke. It's silly

And not too many decades ago

that was the same response for homosexuality, you know, and so as we continue having these discussions and insight and

Doing the research

I

Think the stigma is slowly slowly removed a big stigma also is

That D ID is rare and it's not what makes you say that so if you look up the statistics

It the D ID

affects people, you know the one to two percent of the population of the human population, basically and

Bipolar disorder is 2% of the population. Mm-hmm

Like there's a lot of other disorders that are also in these small

percentages that seem small but when you really think about it that is 75 million people -

150 million people that have been diagnosed

Yes, 875 million 250 million people have been diagnosed with bipolar disorder

And Eid or an another 75 250 million

Yeah, and those are the diagnosed people. Yeah, that's just the diagnosed people

That's that's you know again, I didn't know that I had it for 20 years

Yeah, we we've talked we've done a few video segments on

Bipolar disorder and the amount of that that goes undiagnosed it was staggering

Yeah, you know people just think oh you're depressed or a lot. You have these moments of where you're just killing it for

Yeah, right, but you know, it's an actual disorder that has to be treated. Mm-hmm. Do you have any alters that are?

dangerous

No, I had an alter when I was like a teenager

That would come out

and

cause a lot of trouble again

It was me thinking that I was just a troubled person because things would be happening and I'd be like, why am I?

Yelling like this or why am I this angry?

I don't know

14 15 16 around that age

And even my mom would be like you're like a very troubled teen like what can we do for you?

But you the reason I asked how old you were. Mm-hmm

Every teenager goes through that 14 15 16 year old they get an attitude. They're yelling or screaming whatever

Yours just happened to be a symptom of something that most people would never even think. Yeah. Yeah

So my mom just thought for a long time. I was this troubled teen and

Going through the therapy and stuff we were able to

basically kind of

I'll say this in an easy way for people to understand it kind of mend her into the other alters as well

So she's not like her own singular

Angry alter anymore. She has become kind of a part of the system as a whole of the system. Mhm

So interesting how you think that terminology you used? Mmm-hmm

Well, that's why a lot of people with diid they call their system a system

They call their all of their altars in general to together. That's their system. Some people it gets so

detailed and so

Like intense because of how deep their di D goes again. Everybody's is different but

With mine I've been able to

Make it to where I'm not struggling against it anymore. Yeah

I'm going to say something that I'm sure some people will say that's not politically correct and how could you say that but

There are those who?

Study di D dissociative identity disorder and say that it could be

the first superpower of

humans, mhm because for example the New York Times did a

story on a woman who either as herself or as one of the alters was blind and then as

an alter herself she could see so let's just say she as

herself as

Jessica will say mm-hmm could see but then as an alter was blind there have also been cases of people who said hey

I'm Kyle. I don't have diabetes
 You can take my blood. They go into one of their altars
 They take blood and those blood tests come back as being positive for diabetes
 So if if that is true
 Mm-hmm
 And you can have blood that is diabetic and then not diabetic and the same
 human being just because something busy all busy all
 Something's going on. Yeah that that's a superpower. Mm-hmm. Do you feel
 like it's a superpower? I
 feel like people in general have like
 Power if if you will, you know
 You have the power to make yourself a happy and healthy person with work.
 Everything takes work, you know
 So, I mean I don't want to say it's a superpower as in like
 one of us is going to be able to fly and the other one can't but I mean
 I I believe these situations is to be true as well
 are you happy that you have the ID I am now because without it I would have
 Traumatically experienced every single encounter
 that happened to me that caused me to have the ID I would have
 You know remembered it and it would have been like a this is happening to me
 Basically, so my alters took over I was blocked out. It happened to them if you
 will and
 There will be there were easier this who would say you need to go through that
 though, I feel like the therapists are more like
 you have to
 Remember the past and go through the work to heal from the past in order to
 heal from it
 Yes, but not necessarily like you should be getting raped
 That you should
 Understand the past. Yes, so you can get absolutely and that's that's what
 happened
 My alters ended up coming out and saying like what happened to me and like
 how it happened

So you have gone through so I've gone through the healing. I've gone through the

You know work and I'm still going through it. You know, I go through it every day problem. Yeah

So

like one of the the hardest

Instances that I I went through. Well one of the most frustrating ones when I was kind of fighting against this

was

Devon came out. I became friends with a group of people who knew of Devon and knew of my alters and such

But Devon ended up

Being in a relationship with somebody that I wasn't in a relationship with so I had to share my time with the body. I

Had to know okay Devon's gonna come out and go on her date

I'm gonna come out and have to go to school like it was a really frustrating time

Were you Co conscious mm. Not the majority of the time

So you as the body who are dating this person, mm-hmm, but unaware of it

I mean I'm aware of it because I've been told they're dating but when you're out to dinner with this person, I'm a damn

No clue. I don't we're not there. Mm-hmm. Couldn't say who the person was where you went

I don't know what I had to eat. Mm-hmm. And then you so for me also as

One of the statistics that you were talking about

I

am

very sensitive to gluten and

My alters are not

So when you if right now if you had gluten you would notice the effects

Yeah, but if you were Devin, mm-hmm all good all good Wow. Mm-hmm

Oh great, but how would you know that if you're not aware? Oh, well, sometimes you are aware

Yeah, sometimes I'm aware and like they you know

so when I when I eat specific kinds of wheat or bread like I get really tired or I kind of

Get a little loopy. Yeah, and they're fine

It does not affect them whatsoever

Eating bread eating right? Yeah

When you meet somebody

When do you tell them or do you tell them you have di D?

I don't

Tell everybody if I'm if I'm really close to somebody

Then you know, I might let them know

But for the majority of the time like I'm not just going out there and be like, hey, I'm encina

I have the ID, you know you're in a relationship. When did you tell him? I told him it?

took a couple of months, but

You know, I ended up telling him and he's never met anybody with the ID and most people have him. Yeah, so

he was very

skeptical about it like most people are and

He started to understand, you know how it was as he was spending more time with like many and stuff so he's met many and

What does he think about that? Oh, he's I mean, it's a normal thing now like he's like, okay

You know you have di D. That's fine. And so many just shows up and he

Hangs out with a three year old in an adult woman's body. Mm-hmm. Yep

People are gonna hear that. Oh, yeah. How is he doing that and how are you doing?

I mean that's just gonna be the reaction. Yeah, but you guys have made it work. Yeah

Wow, that is really fantastic

When you tell somebody, mm-hmm, I have dissociative identity disorder or multiple personality. What is the reaction

a lot of people, you know their only

Experience from it is from Hollywood

MTV yeah, things like that. So they're gonna think oh the Jekyll and Hyde thing they're gonna think oh,

are you dangerous some days and not dangerous other days, but

I

Think that's the majority of the reaction that I get is like, oh, do you do this or does this happen?

What are the questions you know questions like, you know, oh

Do you do you get really angry at times and laughs? Like where does that come from? Like? No. Yeah, it's it's

They're normal people

Yeah, so yeah, but it's they're normal people but it is not common

Do you have someone who has 11 different personality? Mm-hmm. Some of which that you wouldn't even know you were being yeah

But right now I am talking to unseen

Yes, and if I was talking to an altar, would that altar lie to me possibly?

So there is just two chance. I'm talking to an altar

That is just saying there encina

So I'm gonna say no because I haven't seen it

But I know but I get what you're gonna be others say that absolutely get what you're saying. Yes

So there's a chance though if they don't feel safe

They're gonna pretend that they're me if they feel safe and they just are doing their thing then they'll be themselves

Do you know let's assume you are presenting a cocina

Do you know how they feel about all these cameras and lights and craziness? Yeah

Yeah, so I actually had a youtube channel like in the past and I wanted to

make light of di D not in like I'm making fun of it, but they

Let's not take it so seriously and make everybody think that people with di D are

You know psychos right? They're gonna kill you or anything. So I

started making YouTube videos and I would have my altars come out I would have

Some videos where I would basically ask my altars questions as me and then they would respond as so I was a lot of cutting

Like of the video and you would have to wait until your altars came out to do that

Yeah, so I would have my friends help me film it and stuff. So it was a lot easier to transition into those. Can you?

Voluntarily bring out an altar if they want to come out. Yes

and only the ones that I'm like Co conscious with really

Otherwise like it's it's usually just a traumatic experience

Or some kind of like a trigger that will bring them out. So many and Devin. Mm-hmm would be

The most likely to come out if you were going to get robbed. Mm-hmm, okay

How has it affected your relationships I

Don't feel like it actually affected any of them like negatively I

have been in a lot of

abusive relationship relationships in the past

But that wasn't because of my alters it was just because these people were very abusive

and now that I'm in a very healthy relationship, it's it kinda is just

It is what it is. I guess I don't know. It's hard to kind of explain

Yeah, it's fine what was the worst experience of having die

The worst experience would probably be

going days

Without knowing what was happening

not knowing where I have been or what I've done or anything and

Don't like tell me about that. I

Mean if you wake up, you know days later and

You're like where am I? It's a scary feeling? That's probably like I I can't

Say that one is like harder than the other necessarily. It's just it's all a very scary experience when you're

Not understanding or knowing what's happening

when people

Ask you to explain

What it's like to have DID or what? It's like to have an alter come out. How do you explain that to them?

so

One description that I could tell you maybe

Think of this think of your body as a car. Okay. You're driving your car you're in the front seat and

You're doing your thing. So I'm driving my body, you know

imagine someone

Takes you out and throws you in the backseat

Now they're driving. You're in the backseat though

You can fight for control of the car or the body

You might not always win that fight

You can see what's happening just like you can you can, see in the car. You're just sitting in the backseat.

You can hear what's happening or what's being said

so that's kind of like as if

Minnie had come out, but she was holding my hand so I can still see I'm Co conscious. Mm-hmm

Say someone stuck a bag over my head threw me in the backseat now

I can't see where the body or the car is going. I can't see where I'm going. I can't see what's happening,

I can hear though. So it's kind of like a wall has been placed in front of my eyes

And that's another way of being Co conscious to a point, but I can't see, I can hear. Imagine someone

Let's see, someone threw you in the trunk. Okay. So you're in the trunk of this car.

You know that the car is going you can't hear what's happening. You can't see what's happening. You don't know what's happening

That is a type of amnesia that is happening to the body and then imagine somebody has

Knocked you out

thrown you in the trunk and

then

Drove around did their thing, whatever, and then put you back in the front seat before you woke up and then you woke up.

So, now maybe this car is parked in a parking lot or the body has walked somewhere.

You don't know where you've been, that's full amnesia. That last

experience is what most people think of when it comes to DID, but there's a whole level of

like different types of

switching or

Amnesia, or, you know alters coming out or not.

If that makes sense, I think that makes perfect sense. I think that will be the metaphor that people

Understand the most without having DID. Mm-hmm, but it amazes me that today,

you're happy you have it. Yeah.

I'm very thankful.

If an experience happens that like I just can't handle. I know that they have my back they're there to help me

Mmm, so it's not you know a bad thing

What type of doctors do you see and how many do you see for DID?

So, unfortunately, I still haven't been able to find a doctor who specializes in DID, in Arizona that is close to me

I have spoken to doctors who believe the ID and who are very

Reassuring when it comes to it and stuff and who will still talk to me, about it, and things you know,

like let me be me and let the alters come out and such.

But I I haven't been able to find very many that actually like

are close to me and

specialize in it. Do you take medicine for this?

I don't so there is no medication that you can take to stop switching, or to stop the DID.

You can take medications to help with whatever other kinds of diagnosis you have

So most people who have DID. They'll have you know one of their alters will have bipolar or they'll be depressed or they'll be

They'll have like a heart condition, you know, so they'll take medications for those specific things those other mental disorders

But there's nothing that you can take for DID

Specifically, to stop it. I know you don't want to and I'm not asking you to. Mm-hmm. But why?

Why would you feel why do you feel uncomfortable?

Trying to bring Minnie or Devon out on camera

So I don't feel comfortable with that because it's it's not my choice. It's their You know their own person as well, and if they wanted to come out they absolutely could

Minnie used to come out a lot and

She's come out with the majority of my videos and stuff that I had in the past

She's met the majority of my friends that know that I have DID

But

she's also

She has her own feelings, too.

You know, as a three year old and you have people who, you know, who were my friends who loved her, and then

You know, disappeared and then they're not there anymore. So she she has her own level of like

'Don't leave me', type of thing, if that makes any sense as a three-year-old would. Yeah. So, and none of your alters age.

Mm-hmm. So Encina gets older, which is not

always the same with everybody. Some people do have alters that age, mine don't.

If you could have all your alters lined up, mm-hmm all 11 of your personalities, Would there be

some of them that you would love to sit down and talk to as Encina? And what would you say to them? Oh, absolutely

because me and Minnie have been so close for so long, you know, she's she's the

first alter that I know of that would come out as a protector and

She I

Can hear her voice I can see what she's doing like they have their own

World inside. Can you see what she looks like? Yeah, I can see what she looks like, everything. And what does she look like?

Silver hair and she has like a little beauty mark. She's really tiny. She's really cute, like

it's...

Hi hi

You're Minnie?

Yeah

mmm

I'm Minnie. I'm I'm three

You're three? Mm-hmm. What do you think about all these cameras?

A lot of cameras. Mm-hmm. And do you like Encina?

Mmm, yeah, she she's she like my mommy she

What are those? Those are -unintelligible-

What's your favorite animal?

I like my kitty cat mHm, what's your cat's name? Uh squish. Oh squish?

Mm-hmm, and we has another one. Um, he name is (grr?). Hmm

He he's he's a very very good one. He scared all the time though. Now why?

Why did you decide to come out and say hi to everybody? Hmm?

But because my mommy did their videos like this a long time ago, I would do those ones, too

And we have we had lots of fun. We had my my mommy's other friends would be there, and they will help out Jude with the videos

Yeah, and it was it was oh, it's a lot of fun cause I got to color and then got to do lots of games

Okay, I like it. Okay, good. So, what's your favorite game?

umm

I don't know, I like a lots of them

I used to go to the park all the time and and we would go and and go on the slide and go around

Like that and and we would play a lot
okay, and
You like Devin right? Devin's great. Yeah. Yeah and
Are there any other friends that you like?
My mommy had lots of good friends that I like to
II like Alex, it's that and he's really good to me. Mm-hmm, Alex is? Mm-hmm.
Okay, yeah and
Did you go to Disneyland recently?
yeah, yeah, and we go on the rides and they're lots of fun and
Devin likes to come out too, to play on them. Yeah, uh-huh. Yeah, and they're
lots of fun. Yeah and
How long have you known Encina?
Mm, all the time. Hmm. She she's not go no where um,
She always there. Mm-hmm and do you, do you I know this is a big word, okay,
but do you know
What dissociative identity disorder is? what my mommy say that we have?
Yeah, but do you know what it is?
It just
Makes lots of people be your friend. Yeah. Mm-hmm. And so you're you like
it then uh-huh
Yeah, and you like encina? uh-huh and you feel safe with her? Uh-huh, and
Encina likes you too
- Mm-hmm And what's your favorite food again?
I like ice cream and now when you leave here
Where do you go?
mmm I have like my own house in
Inside, too - you have your own house? I live with Devin. With Devin? Mm-hm.
And what does your house look like?
It's a big one
mmm, I have my own bedroom and we
mmm
We play in there lots. Mm-hmm.
That's where I go, if we ever have to do other things if if

Mommy has to be out
 Okay, so when mommy comes out,
 then,
 You go to the house and play and stuff with Devin?
 Okay, cool. And so when was the last time you came out here?
 Mm-hmm. I'm not come out like very many that much more. Um, but
 We we can see
 We can see what happened. So you can see what's going on, you just don't-
 - you don't have to you don't always come out though. Yeah. Yeah and
 Are there things, do you wish you came out more? Are you happy to stay in
 your house?
 I like to come out more I got to to come out and play and color
 And what? I mean, I like to color. Oh, and
 color. Mm-hmm, okay
 Good. I'm glad you came out. Yeah, and I'm glad you're not nervous with all
 the lights and cameras
 There's lots of people. Yeah, and all the people. Yeah, but you're good on TV.
 I'm
 Okay
 And so, now, what are you and Devin doing tonight?
 Mmm, we'll probably color
 Color. Mm-hmm. Okay, that's good. Yeah, we can make lots of pictures. All
 right. I love it
 So what else can you tell me? Hmm?
 Well, yeah, what do you, do you has an animal?
 Yeah, I have a dog. He's a puppy. Yeah, you saw her earlier
 So you like animals? Mm-hm and you can you have two cats. Uh-huh. Yeah,
 do you think the dog would like the cats?
 Mm-hmm. Yeah Kitties might be scare. Of the dog? Mm-hmm. Yeah, but
 they'll be okay. Yeah. Yeah and
 What ,are you okay with water, or do you want something else to drink?
 I don't want nothing

You don't want what? I don't want nothing. I- You don't want anything? I'm
 not fussy. Okay? Oh, you're not. You're easy,
 you're an easy three-year-old
 A lot of three-year-olds are not they're much more difficult than you. Nope
 yeah, I try to be some some friends, but
 It's very a hard they don't look like me. hmm, what do they look like?
 They is littler and because I'm in mommy it's
 It it's get scary sometimes
 mmm, why gets scary?
 They is little and they don't they don't
 They not be my friend. like other three-year-olds? Mm-hmm. They don't want,,
 other three-year-olds don't want to be your friend mm. Hmm. Hmm
 But you have Devin though.
 Yeah and
 Mommy. Mm-hmm. So they're your friends. Uh-huh. Yeah
 and two cats
 What's so funny I just like kitties oh
 All right, so then Minnie, when you're ready to go home, how do you go home
 ? I guess
 My mommy come out. Oh, okay. You want to go get her? Oh
 Okay
 How are you feeling? good, a little nervous why are you nervous? very nervous
 Um
 Just it's it's a
 Big
 It's a big thing to
 Let Minnie out in front of like people that I don't know. Mm-hmm
 It's nice when I'm able to cuz I know that like Minnie really appreciates it
 because she can be herself
 But it's really nerve-racking for me
 Was that person were you co-conscious that whole time? Yeah. Yeah, I could
 see what was happening. So what was happening on your end?

Just letting her do her thing. Just letting her be her so you're just in the back and walk yeah

It's kind of like I

saw this one picture online once where it was like somebody had drawn a face and

So you see like the side of the head. It's like a view from the side and

What you can like the eyes have like a projection as if you were looking like at a movie theater and somebody was sitting like

Watching what was happening through the eyes

So that's kind of what I'm doing. I'm almost like watching like as if I'm in a movie theater. Mmm

When Minnie says that you're like her mother. Mm-hmm. How does that make you feel?

It was fine at first actually it was a way for me to kind of relate to her and that's kind of what we've

Gone with you know, she calls me Mommy and that's fine. Um, I mean, I feel like

She's my little girl in a way. Like I have to protect this little being that's inside, you know, so in a way it's fine

what do you say to the people who watch this and say oh, she's just acting I

Feel like believe what you want, that's fine like it's again, it's not gonna hurt me. I know what I experience every day. I

just I

Would tell people just keep an open mind. Mm-hmm that you know other people who have DID

It's it's possible

so

You know, it's it's a reason why a lot of people don't even come out about it

you know, I've been a part of different kinds of groups on like Facebook and stuff where

you know a wife has DID and she's like, I've never told my husband because I just can't trust that he would actually like

Be there for me, you know. Mm-hmm. So

Just be supportive of the people that you love and if they come to you about anything

Keep an open mind was what just happened to rush

In like an adrenaline way not necessarily more of like a little bit of anxiety like oh this is happening, okay

Anxiety. Yeah, for Encina. Mm-hmm. Not for Minnie. Yeah just excitement for Minnie. Mm-hmm. Yeah, what did many think of me?

No, she was fine with you. She's

Fine with most people when she comes out. She just wants people to like her. Mm-hmm

What did she think of all she liked it? She was fine

Why do you think she changed her mind?

I

think it was because we've done videos in the past and it's something that she got excited to do because you know

We would come up with like scripts for it and stuff

and

She got to play it wasn't her her way of playing and getting to be you know, with the adults and stuff

so, I mean I've taken her to like the park and she's tried playing with like little kids and

Little kids are more understanding about it. You know, they're like, oh how old are you because she's

Walking and talking like a kid. Mm-hmm. And she says three years old and they're like, oh you're a big three-year-old

They believe it, you know, but obviously the parents are gonna be like get this nutjob away from my kids, you know

So it's it's a little rough. It's it's sad because she wants friends. What is good when you have friends

um

She I mean she got to play with these kids

You know, she had her toys and she brought her toys to the park, too

and then the parents said I mean the parents kind of like looked a little bit and I

was with one of my friends who kind of talked to I'm sorry who talked to the parent and

She seemed actually kind of understanding like she wasn't like oh this is weird like I gotta get my kids away or anything but

She's a three-year-old that can't have her own friends. Other than like the adults that are around already

It's so interesting to hear you talk about her like she is another person who's sitting here

I understand you're saying that they are people. Mm-hmm

But to me, I'm like no, this is just Encina when she's acting like a three-year-old. That's how it comes off. Yeah

where

We know that this is actually a separate

Human being. Mm-hmm

Wow, that just blew my mind

I've never seen anything before like that

okay, I mean it's

It's hard to grasp it's hard to grasp just sitting here watching it. Yeah, I wasn't prepared. I didn't prepare to interview a three-year-old

Yeah, I was just sitting here going

Well, of course

I would love to meet any alters that could come

But then I was I kind of just didn't know what to talk to her about. It was a

She's three years old. Yeah

But it's also a grown woman

In front of me mhm. Oh, yeah. I I mean I get it

I've I've met people with DID where it's

hard for me to grasp because they have their own worlds and their own minds and their own personalities and some of them are

Like

wolves or

Like different like creatures and stuff that are mythological and stuff and for me, I'm like, oh, okay

How do I act in front of this other being or creature like yeah this wolf. Yeah

Well, I'm just sitting across from an adult. Yeah, yeah

Well, well, thank you for being so vulnerable of course and bringing Minnie out.
I'm sure she's gonna be the star of YouTube

She'll appreciate that

Thank you for doing now of course the course

What?

Do you wish everyone knew about people with DID? I

wish think like

understood the

there

They're not just an alter. It's not just an alter ego. It's not something that we
made up. You know, these are other

actual people hmm with their own lives

mmm, their own likes dislikes their their own taste in music their own like

Personalities in general they they all look different. They just share one body

hmm

so it's

I wish I could

explain to everybody how

these people aren't dangerous people with DID are

Usually the people to have stuff happen to them. They're not the ones that are
gonna turn into like psycho killers. Mm-hmm

That's a good point

There's something traumatic has happened when they were young. Mm-hmm
and

Now they have DID as the consequence of that. Mm-hmm, but now are being
Victimized in a certain way because of a stigma attached. Yeah, and they were
the ones who originally attacked. Mm-hmm

Have you met anyone else with DID? I have I have and

It's been it was comforting it was really really comforting knowing that

there's others out there that are comfortable enough to

Like come out of their shell and say I have this - mm-hmm and not like keep it
locked away

just the the more that people can hear about it and know that it's real, you know that there is hope you know, it's it's

It can only get better from here. Mm-hmm, you know there there can only be More resources from here. Mm-hmm. So the more that that kind of stuff can happen and

Come upon people. I think that's gonna be the best thing that happens. I think you're very brave for doing this

But I think you're going to help so many people who not only might be struggling with the idea

themselves but maybe know somebody who is

and I think all of us doing our part to be educated on the things that we know very little about

Is the first step on that?

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You

said that when you're in work you worry

a lot about how you come across in

social situations yet really makes me

feel really anxious like what I look

like and what people are thinking yeah

you said that you worried that you and

visibly shake yeah

and are there any other things that you

worry that people will notice I think

obviously the shaking I think my hands

and legs shaking and kind of going

really red and sweating and just looking really weird so it sounds like you have quite a strong mental image of how you see yourself when you're in these social situations yeah you so you go red you shake so anything else that you think that you do I mean describe yourself how do you think you look when you're in these situations just like I think I just look really obviously weird and out of place and like really red and just visibly shaking and sweating and kind of not being able to communicate properly with people and is there anything that you do to try and kind of defend against these things to manage and these problems and I guess like when I'm holding the camera I just grip onto it really really tight and or I kind of clench all my muscles and just find something that I can focus on and to kind of try and make myself shake less and not it was red and stuff mm-hmm so you focus on something you grip onto the camera do you make eye contact with people no I just tend to just look down okay so you also avoid eye contact is there anything else that you do to manage the sweating for example I just as I said of looking down and like wearing all black so it's less obvious

and kind of worrying yeah just more
layers and all blacks is you just can't
tell mm-hmm okay what'd you think would
happen if you stopped doing these things
if you stopped gripping onto the camera
or you know you started making eye
contact and not looking down and what do
you think would happen I think it would
be so much worse so yeah I think I just
would just shake even more and be more
anxious and look up more obviously kind
of weird and out of place mm-hmm I'm
what I'm thinking now is how would you
feel about if we did an experiment to to
test out your thoughts on what would
happen if you stopped doing these things
if we did a bit of a roleplay where we
pretended to enact a situation at work
okay and if we did this maybe twice and
the first time you do all the things
that you normally do okay and grip onto
something look down and is there
anything else that you do when you're in
these situations these were
conversations to try and cope and I just
kind of all just like fumble and like
kind of just clenched whatever whatever
it is I'm holding just really tight and
just make sure I don't make any eye
contact all right that's all just kind
of get through it okay so in the first

time I want you to do those things as
much as you normally would in fact maybe
even slightly more than you normally
would
okay and then the second time I want you
to drop doing those things all together
okay is that sound okay try my best and
and do how would you feel about if we
filmed this so you could actually see
what you looked like okay do you have a
camera with you that we could video on
yeah and Matt is my friend okay yeah
yeah we'll use that in just a sec okay
before we do this then we're just going
to fill out this form it's sir because
what we're doing now is an experiment we
call it a behavioral experiment to see
what happens when you change the way
that you're behaving okay so the first
column says I need to fill out an
experiment test this thought that you
have so that our experiment is going to
be that we do a conversation at work and
who should I play if you're playing
yourself in this role play who should I
be and maybe like a client at work I
always have to sit down with clients
before we do the shoe and kind of get to
know a little bit more about what they
want okay so would it work if I was
maybe having a wedding and I was hiring

yeah wedding photographer yeah what kind
of problems do you see coming up in this
conversation that we have like what we
see yourself doing on camera
I'm shaking like being really obviously
shaking and okay bright red and okay so
visibly shaking so how how much will you
be shaking 400 is like shaking
uncontrollably and zero is not shaking
at all how physically shaking will you
be 90 okay and but sorry what was the
other thing that you just said and okay
go really red okay so I'm gonna go red
yeah and how red will you go I mean if
we look around this room and probably
like the chairs okay thanks hello yeah
you're going to be as kind of brightly
pink as these chairs are yeah okay
so out of a hundred then how how pink
would you say these chairs are ninety
how hundred okay and what else you
worried is going to happen when we have
these conversations just worried I'll be
safe like say something stupid and not
be able to kind of get what I'm trying
to say across properly okay and how
stupid out of 100 if 100 is ridiculously
stupid probably like similar 90 and
created say and what I'll see you
worried will happen when you have this
conversation where else it might you see

on the camera I think you'll probably be
able to see the under it sweating and
okay and how much will you be sweating
and again 90 I think like weird like
visibly sweating down the face oh yeah
okay and what you think will happen the
second time around when you stop kind of
doing the things you normally do to cope
when you maybe start to make eye contact
and you're not gripping on something I
think it'll be even worse nothing cool
yeah
how much worse slightly worse like twice
as bad twice as bad okay yeah okay right
if you can you give me a fine animal
yeah
okay should I just use this and yeah
yeah it's probably best okay hmm okay hi
so um I was just wondering if I could
talk to you about maybe doing my wedding
photography yeah Oh what kind of kind of
what kind of things you see and how do
you want it to be like I suppose I'd
like lots of shots of our family and our
friends quite a lot of natural shots you
know people talking when they're having
drinks oh yeah
and you want it like do you kind of see
it being outside is that something that
you're interested in yeah shots it's
going to be a summer wedding so we like

like like a lot of outdoors shots and if possible you know if it's not raining that would be quite nice and yeah quite some arty ones if that's possible yeah and yeah that would be I've done quite a few things like that before so have you got anything that you could show me about your past work yeah I recently did them some sheets outside kind of in like a wood environment so that I could show you that maybe it would kind of help with some ideas okay great right let's do the second one now okay okay you're ready to put down the bottle and I take Mike I contact okay okay hi so I just worry if I could speak to you about doing my wedding photography yeah yeah and what kind of thing are you looking at how do you want it to be like and I'd like kind of lots of shots of family and friends and quite a lot of natural shots you know okay um are you interested in having things outside maybe and he said it was wanted it to be natural yeah it's going to be a summer wedding and okay you know whether dependent of course yeah it would be really great if we could kind of get lots of shots you know outdoors okay if yeah people chatting and maybe some quite arty ones as well yeah have you

got anything that you could show me up
your past work yeah actually it's kind
of a lot of the things I do are outside
and I'm really interested in getting
natural shots so and I could show you
some of my work and we could kind of see
if we could kind of develop something
from that could be quite good okay let's
pause it there okay Ryan's gonna give
you this back now to look at okay I know
I just want you to watch that okay and
then we'll chat about it in a moment
okay it's weird think if so if we just
go back to the things that you predicted
then you said that you thought you were
going to shake visibly shaked you see
yourself shaking on a video and
definitely not as much as I thought I
think it's obvious that I'm obviously
quite anxious but I don't think you can
tell I'm shaking that much mm-hmm so you
said that you were going to shake 90 out
of 100
how much shaking would you say that you
saw there and maybe like less than
thirty okay and you said that you were
going to go red or pink as pink as these
chairs 90 out of 100
did you notice yourself going pink and
not really actually definitely less than
I thought and yeah not as much okay you

said that you were worried that you were
going to say something stupid you know
at 90 out of 100
did you know yourself say anything
stupid not really
yeah yeah I was going to be a lot worse
than actually it was so you thought
you're going to be like 90 say something
that was 90 percent stupid that's really
quite strong I mean in the end did you
pick up anything that so could we maybe
put that as a cou maybe like less than
10 maybe here and you said that you
thought you're going to be sweating yeah
and that you're going to be visibly
sweating did you did you notice yourself
sweating in the end not really
definitely not as bad as I thought again
you thought you were going to be like 90
up and you're like seriously visibly
sweating so what what school would you
actually give it in the end
maybe again less than 10 I don't think
you could tell at all mm-hmm you also
said that you thought it was going to be
twice as bad when you stopped using your
normal strategies yeah what did you
notice watching that video it was
actually probably better when I wasn't
doing any of those things I think I
looked a lot more natural and I was able

to say what I was trying to say I think
I just come across more personable when
I'm not kind of looking down and stuff
said that when you're in work you worry
a lot about how you come across in
social situations yet really makes me
feel really anxious like what I look
like and what people are thinking yeah
you said that you worried that you and
visibly shake yeah
and are there any other things that you
worry that people will notice I think
obviously the shaking I think my hands
and legs shaking and kind of going
really red and sweating and just looking
really weird so it sounds like you have
quite a strong mental image of how you
see yourself when you're in these social
situations yeah you so you go red you
shake so anything else that you think
that you do I mean describe yourself how
do you think you look when you're in
these situations just like I think I
just look really obviously weird and out
of place and like really red and just
visibly shaking and sweating and kind of
not being able to communicate properly
with people and is there anything that
you do to try and kind of defend against
these things to manage and these
problems and I guess like when I'm

holding the camera I just grip onto it
really really tight and or I kind of
clench all my muscles and just find
something that I can focus on and to
kind of try and make myself shake less
and not it was red and stuff mm-hmm
so you focus on something you grip onto
the camera do you make eye contact with
people no I just tend to just look down
okay so you also avoid eye contact is
there anything else that you do to
manage the sweating for example I just
as I said of looking down and like
wearing all black so it's less obvious
and kind of worrying yeah just more
layers and all blacks is you just can't
tell mm-hmm okay what'd you think would
happen if you stopped doing these things
if you stopped gripping onto the camera
or you know you started making eye
contact and not looking down and what do
you think would happen I think it would
be so much worse so yeah I think I just
would just shake even more and be more
anxious and look up more obviously kind
of weird and out of place mm-hmm I'm
what I'm thinking now is how would you
feel about if we did an experiment to to
test out your thoughts on what would
happen if you stopped doing these things
if we did a bit of a roleplay where we

pretended to enact a situation at work
okay and if we did this maybe twice and
the first time you do all the things
that you normally do okay and grip onto
something look down and is there
anything else that you do when you're in
these situations these were
conversations to try and cope and I just
kind of all just like fumble and like
kind of just clenched whatever whatever
it is I'm holding just really tight and
just make sure I don't make any eye
contact all right that's all just kind
of get through it okay so in the first
time I want you to do those things as
much as you normally would in fact maybe
even slightly more than you normally
would
okay and then the second time I want you
to drop doing those things all together
okay is that sound okay try my best and
and do how would you feel about if we
filmed this so you could actually see
what you looked like okay do you have a
camera with you that we could video on
yeah and Matt is my friend okay yeah
yeah we'll use that in just a sec okay
before we do this then we're just going
to fill out this form it's sir because
what we're doing now is an experiment we
call it a behavioral experiment to see

what happens when you change the way
that you're behaving okay so the first
column says I need to fill out an
experiment test this thought that you
have so that our experiment is going to
be that we do a conversation at work and
who should I play if you're playing
yourself in this role play who should I
be and maybe like a client at work I
always have to sit down with clients
before we do the shoe and kind of get to
know a little bit more about what they
want okay so would it work if I was
maybe having a wedding and I was hiring
yeah wedding photographer yeah what kind
of problems do you see coming up in this
conversation that we have like what we
see yourself doing on camera
I'm shaking like being really obviously
shaking and okay bright red and okay so
visibly shaking so how how much will you
be shaking 400 is like shaking
uncontrollably and zero is not shaking
at all how physically shaking will you
be 90 okay and but sorry what was the
other thing that you just said and okay
go really red okay so I'm gonna go red
yeah and how red will you go I mean if
we look around this room and probably
like the chairs okay thanks hello yeah
you're going to be as kind of brightly

pink as these chairs are yeah okay
so out of a hundred then how how pink
would you say these chairs are ninety
how hundred okay and what else you
worried is going to happen when we have
these conversations just worried I'll be
safe like say something stupid and not
be able to kind of get what I'm trying
to say across properly okay and how
stupid out of 100 if 100 is ridiculously
stupid probably like similar 90 and
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with some ideas okay great
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and I take Mike I contact okay
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to you about doing my wedding

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I'm not kind of looking down and stuff
[Music]

we've talked with dr romney about
narcissism before but we've never gone
this in depth welcome to the med circle
series narcissistic personality disorder
the second hand smoke of mental health
you were one of
the first people to ever come on med
circle
you have made such a huge impact i'm so
glad yeah millions of people are getting
lots of emails i'm so happy because it's
helping people understand this and sort
of remove some of the responsibility

from themselves and and come up with a realistic game plan which is so important that's why i'm in this i'm going to help people almost like help people save themselves and move into a far more bright future yes yeah we did one video on this topic i don't even know how long it was like 10 minutes something like that and now we're dedicating an entire series to the i think it's good because i think that's going to help a lot of people have a lot of questions and i'm hoping we'll be able to dispel some of that yeah and create some more understanding before i sat down with you the first time i did not know that narcissism was a personality disorder narcissism is actually not a personality see and that's already one of the big misconceptions out there and why people get their sort of themselves all up in a froth is narcissism is a pattern i don't know that i call it a trait as much as a collection of patterns or traits narcissistic personality disorder is a disorder and if you look at existing and epidemiological studies one to three percent maybe mostly because these folks don't get into

treatment because they don't think
there's anything wrong with them right
so it's very difficult to get meaningful
statistics on what the true rates of
narcissistic personality disorder in the
population
narcissism whole other game much more
endemic it's a pattern people say well
that don't label people i'm like that's
no different than saying he's agreeable
he's sweet he's funny he's narcissistic
they're patterns
the first video we did on narcissism
millions and millions of views still
even growing at the time of filming this
every day
why is this topic resonating with so
many people it's the topic of our time
there's no two ways about it it's the
topic of our time it's misunderstood and
it is absolutely
destroying people
the fact is because people don't
understand it they don't understand that
they're even in it it's almost like
you're it's like having an illness and
you don't know why you're getting more
and more tired every week and then you
finally go see a doctor and the doctor's
like oh you have da da or you're being
exposed to da da and they're like thank

you for the explanation
the number of people i have worked with
who said to me had i not come and
consulted with you clinically and
understood what this pattern was i would
have stayed living like this forever and
probably ended up in an early grave i
mean this is i think when you say that
not because they have narcissists no but
because they're living in somebody so
it's the issue of our time and here's
where it gets tricky we've actually
and we've
rewarded it in our society we're saying
like behave badly
treat people badly throw people under
the bus let's reward you behave in a way
that's uncivil and unkind and be mean
and we'll give you your own tv show
so that's what's happening you said
something to me and i don't remember if
it was on or off camera but you said
the book on
narcissism
could be titled how to be a man in
today's world and succeed yeah
absolutely and it would be the same
exactly it would be the same it would
take a rule book i actually had a
student once come to me after class and
say you know i'm trying to succeed in

business and after learning about
narcissism i now realize that if i
do all these things i'll be really good
at sales can you teach me i was like no
wait teach him how to be a narcissist
yeah i know that no okay but just for
fun can you teach someone how to play
not really i'll be frank with you i'd be
doing a lot better financially faster a
bit more narcissistic in fact and
they'll make so much money oh they do
the research is actually quite clear
a trick called agreeableness which is
actually quite opposite to narcissism
people who are agreeable are friendly
warm open gregarious helpful to other
people they make significantly less
income than people who are more
antagonistic and narcissistic yeah i
mean it costs you think about it you
know like oh no that's okay you don't
need to pay me for that
you know that kind of thing
you're like the doctor who takes your
payment in pies rather than money you
know it's like that kind of just a nice
thank you we'll do i will take a cherry
pie from time to time
you're not a narcissist uh what
can you still though
be strict and successful and aggressive

and
and make a ton of money and all these
things without being a narcissist
i'm not sure
even that answer is a really
strong answer you're not yeah i'm not
sure i haven't seen much evidence of it
i've seen some people really really make
it but even they'll acknowledge
i had to play a little bit of hardball i
had to put my needs way ahead of someone
else and not stop to think how this may
hurt them i mean there was definitely a
relative empathy deficit compared to
a far more agreeable person i just don't
say business by and large is a zero-sum
game yes and i think when you're working
in a corporate structure and you're
having to answer to folks like
shareholders and there's they don't care
about sort of the rank and file employee
that that's when the game changed i
still think when you had company towns
and the guy who ran the factory still
knew of the lives of the others there
was a bit more empathy that's kind of
gone you throw in other societal trends
like social media where it's all about
you know who can sort of social
comparison who can look better that kind
of thing it becomes more superficial i

think all of that is colluding that we
don't value empathy anymore we really in
fact especially in boys and men we're
not teaching our boys to be empathic
we're actually saying empathy is a
weakness in boys and men and that's
really one place where we can really see
a correction if we could do that but
we're actually going in the opposite
direction i mean empathy has really kind
of gone the way of the eight track like
not cool not hip
you said one to three percent of the
population has been diagnosed with
nurses yeah that's what the research
studies show and you know what i think
we get caught up in like people say it's
my boyfriend it's my husband it's my
wife when you really open that net to
mothers and fathers brothers and sisters
bosses and co-workers aunts uncles you
name it you'll see i actually don't know
a single human being whose life hasn't
really been touched by pathological
narcissism what's interesting is that
for some people it comes late in life so
they had great parents nice husband good
friends but then their sister marries a
narcissist and that's actually worse
like when your first encounter of it is
when you're a full-blown adult because

then you really don't know what to do
it's like trying to learn to speak
french when you're 50. like good luck
with that yeah you know so whereas
others of us who've started early in
this training in fact in this new book
i'm writing i say who was your first
narcissist for some people was mom like
you met her on day one for some folks
versus narcissistic because there's
going to be he's always the first wow
for people who don't know who you are
why should they listen to you when it
comes to narcissism you know
they should listen to me because
actually my way of coming into this area
was through multiple pathways the
research in my lab at california state
university of los angeles we focused on
personality disorders there and
narcissism was the one pattern where we
saw it but wasn't behaving in a
consistent manner but at the same time
in my private practice
i was astounded at the number of people
who were coming in and literally saying
the same thing and i'm like okay there's
something going on here and i really did
dug into it and said these these
partners of them they're all
narcissistic people these people are so

frustrated they keep trying everything
their partners don't change they get up
every day thinking and hoping it'll be
different it's not it's devastating and
so then i did research into i'm like wow
this is really not very treatable than
our the the person with narcissistic
personality disorder and even the
pattern really wasn't that changeable
and that just set me into a deep kind of
deep dive into the literature i
interviewed people all over the country
in fact all over the world about their
experiences with narcissistic husbands
wives boyfriends girlfriends and then
that culminated in my second book which
is called should i stay or should i go
surviving a relationship with a
narcissist and and then it was kind of
off to the races from then i think some
things changed in our world and
narcissism became more and more and more
of a topic and i'm surprised at how many
smart people just don't get it and and
it's such a pattern i said you should
almost be reassured a lot of people say
narcissists are unpredictable i said
unpredictable they're the most
predictable person in the room we know
exactly what they'll do and they say
jekyll hyde i said jekyll hyde is kind

of predictable you know they're going to be mean and then they're going to be nice so that's the you know once you get that pattern into place and you know and you know what you're dealing with i think our problem is we it's all about second chances that we give them we're a little bit too heavy-handed with the forgiveness and i'm hoping we can sort of help folks work navigate those waters in a way that's healthy for them and their families so we know what people who are in a relationship with a narcissist or know a narcissist will get from this series oh yeah it's the hope it's the education it's actionable steps if there is a narcissist out there who stumbles upon this video because everybody in their life has told them you're a narcissist and they have even a little bit of self-awareness maybe i am what do you think they will gain out of this this has become the question of the year because i get emails almost every day from a person some of them are angry some of them are downright threatening and some of them are really contrite where they're saying i'm this person and i don't want to be this person anymore and i've hurt people give me that person and we might have a little hope now

here's the rub a person let's say a
lifelong narcissist they're 30 40 50
years old this is how they've always
treated people
it's a tough fix it's almost like trying
to take someone who's really sweet and
making them mean not easy to do it's the
same thing we're just trying to flip it
out in the other direction take a
narcissist and turn them into someone
who's more self-aware and kind what you
might see is that you might get some
small fixes from them but i do think it
all is not lost i think if somebody is
narcissistic and is willing to do the
hard yards and put their head down
commit with a good therapist really
commit to mindfulness every day you
might get someone that way you might get
enough of a change where their family
notices a difference they may become a
somewhat better parent they might become
a somewhat better partner i mean i think
are you ever going to make them the
sweet agreeable teddy bear probably not
i think what i see is when narcissists
do enter treatment and become self-aware
the thing that they become self-aware of
and this is where it gets painful is the
emptiness and how insecure they really
are and that is one really tough look in

the mirror that's what they're avoiding
all along that's why they're so
grandiose i don't want to see the
emptiness so when we strip away that
veil and i've worked with many clients
where we finally got to the core of the
insecurity they actually became down
like downright depressed wow and that's
what they were trying to avoid all along
so it's a it's a very complex nuanced
long-term treatment plan but listen if
you're self-aware and you're like i want
to turn this around
i think that commitment is most of the
variance that's where it's at i think
something can be done just a slow burn
dr romini describes narcissism as the
second hand smoke of mental health but
why and why is narcissism more dangerous
than just being self-confident what
exactly narcissistic personality
disorder is what is it okay all people
with narcissistic personality disorder
are obviously narcissistic okay not all
people are narcissistic may have
narcissistic personality disorder so
it's a fine point but it's an important
point since everybody's throwing this
word around these days right you know
it's not unlike other diagnoses that
have

different meaning to them this one's
sort of this is like a character
assassination right so when we talk
about narcissistic personality disorder
there's a long list of patterns and they
have to have five of the nine on that
list it has to be something we call
pervasive meaning it cuts across
situations with a variety of people in
at work at home it's not just like
they're narcissistic to only you and
they're nice to everyone in the world
tends to be pervasive but here's the rub
it has to involve what we call
social and occupational impairment and
subjective distress that's a fancy way
of saying it is messing up that person's
life they're aware it's messing up their
life and they're uncomfortable with it
and that's where you don't see as many
people with narcissistic personality
disorder so if their style of not having
empathy of being entitled of being
grandiose of being arrogant and
superficial and all that is working out
for them they're not going to walk
around saying i'm having a problem
they're not going to walk around saying
this is causing me problems so if they
don't acknowledge that piece of it then
really they're a narcissist which is

sort of a clinical term for being a jerk
and we don't get to diagnose people for
being a jerk we may not like them but
that's not a condition we diagnose we
diagnose people because they're bringing
in something that they're uncomfortable
with or that's causing them problems the
best example i can give you is let's say
somebody's been using drugs for two
years and their drug use results in dui's
and other problems in their lives okay
when that happens they may themselves
say i don't have a problem with drugs
but i do have five dui's and they did
find me in the gutter and from my mom's
house so i guess mom maybe there's a
problem in narcissism
they may
they may recognize that yeah sure i got
in trouble at work and i was called out
on this and that problem and i did cheat
on my wife several times but it's
working out for me is that distressing
this is being a jerk so dr alan francis
dr francis is actually one of the
architects of this diagnosis originally
in the dsm and he he himself has come
out very clearly and said we don't get
to diagnose somebody because we don't
like them
that's not what this diagnosis is for

it's for somebody who's actually having
discomfort and distress because they're
behaving in this narcissistic manner
it's a fine point but it's an important
point and here at med circle i really
want to be careful as we use these two
terms because i think a lot of the
listeners don't know if their friend
family member or boss has the diagnosis
and may never find out unless that
person that other person gets into
treatment
and their friend family member boss
might just be a jerk there might be a
jerk and they may say why should i go
get a diagnosis there's nothing wrong
with me and if they're walking around
saying there's nothing wrong with me and
i'm fine then according to the dsm
they're not they're not
they're not an art they don't have mpd
no that's it and so and that's where
people get upset i get emails every day
will you talk to my husband and tell him
he has narcissistic personalities for
i'm like no
please do not please i would love to do
that no win there so that's a lot of the
struggle here is that and you know what
the pattern of narcissism it's awful
they may be fine with it but you as the

recipient of that pattern it's not it's
you you're going to struggle with it
it's uncomfortable it's one of those
patterns that's really unhealthy for the
people around it i call it the
second-hand smoke of psychiatry like
being near a person who's narcissistic
it's as unhealthy as doing it yourself
whoa
that is a great metaphor
npd is the second hand smoke of
psychiatry and i'd say narcissism is the
second hand smoke of our time of our
time you stand close enough to it you're
gonna get sick even that's a huge deal
for people because
somebody might not get the diagnosis
yeah but there's still have all these
toxic behaviors that are affecting oh
absolutely and you know what in some
ways the diagnosis is irrelevant because
all is all that's doing is saying the
person's having problems because of it
but if they're
lying manipulating exploiting
raging at you who cares if they have a
diagnosis that's not good for you to be
in the presence of and then it takes us
back to that more critical issues why
are people like this or like this
because they're insecure and that makes

people feel guilty well
if he's insecure and this is why he's
doing this and that's what we're gonna
have to get to the core of
when does normal
self-confidence cross the line into
grandiosity
self-confidence is a healthy
state and people who are self-confident
don't need to blast their achievements
from every rooftop and every social
media platform people who are truly
self-confident don't need to talk over
other people and their achievement
people who are self-confident don't
require their achievements to be front
and center and ahead of everybody else's
people who are self-confident are so
confident in their sense of self and
their achievements that they actually
can stay quiet about it
in another video in this series we'll
talk about the different types of nurse
npd yeah but i'll give everyone a
preview from the original video we did
the communal narcissist the communal
narcissist when you said it's that
person who goes and volunteers on a
saturday but takes selfies the whole
time and a full perfect face of makeup i
go oh

i so know that person you know and it's
also the person who you say like let's
throw a gala and you're like but the gal
is going to cost 10 000 and you're only
going to make 500 for the charity why
not just write the full 10 000 for the
the charity like but i need the gala
they need gallows they need catalyst
they need parties they need celebrations
and you know what i'm smiling when you
say that because uh i think smiling is
one of my coping mechanisms by the way
like laughter and smiling because these
are very deep and heavy topics and
they're
affecting a lot of the everybody who's
in a relationship with a narcissist
which is almost everybody which is
almost everywhere and in a lot of cases
there are narcissists or in people with
mpd who
who are suffering
they well i think if you want to get
down to the core of it they are
suffering because they're deeply
insecure yeah and that's where you know
i mean but do they experience it as
suffering i'll tell you this like i said
with the people with npd or narcissism
where we start peeling back the layers
by the time you get down to layer 10 and

you start looking in the gaping hole
it's not comfortable for them and you do
it your heart does ache for them because
there's such there's almost a childlike
emptiness to them i'm not saying i'd
want to be in a relationship with them
though i can tell you that right now i
mean i can handle it for an hour at a
time but my god for a person who
actually has to live with that day in
and day out it's a nightmare are there
common co-occurring disorders
with people with mpd people who have
narcissistic personality disorder or
even narcissistic traits there are
several co-occurring patterns we can see
that are more likely to happen all forms
of substance use disorders you know a
lot of times it's to fill the emptiness
or to enhance the grandiosity so alcohol
use
cocaine use you know a stimulant use
that kind of thing so you'll see some of
that um depression
interestingly narcissism and depression
can hang out together a lot of it is
that insecurity and that emptiness it's
not unusual to see those two kind of
hanging out together but are they
getting diagnosed with depression
sometimes they're getting diagnosed with

depression because they might be very
irritable we'll see that in men
what will happen is
you'll sometimes confuse the two as well
because the type of narcissism we're
going to be talking about today is
called covert narcissism people who are
covert narcissists they're a little bit
like eeyore from winnie the pooh it's
like woe is me
no one understands me how come the world
is so unfair to me and they seem so
downtrodden that they look depressed and
then all of us will treat them as though
they're depressed and we're making
absolutely no headway and then one day
you your dawn's on you're like oh this
isn't depression at all so actually
quite frankly we'll often treat the
depress we'll think they're depressed
before we'll think they're but wrongly
so but wrongly so yeah again just
highlighting how important is to get the
right diagnosis it really is because
these personality patterns also make
treating other mental health conditions
for example it's not unusual for
narcissism to also be found coexisting
with bipolar disorder which is also a
very messy kind of uh issue to treat
because the grandiosity of the mania and

the grandiosity of the narcissism often
collides so you'll see that too and i
when i've worked with families of um
when they have adult children who are
substance abusers and the the adult
child goes into rehab
i'll also know that adult child has
narcissism and i'll i'll be i'll ache
for them because they're thinking their
child is going to go to rehab not only
come out sober but sweet they come out
sober but they're still as irritable
invalidating sort of mean as they always
were that part's not going to go away
that's the narcissism maybe even more so
even more so and you see this a lot in
substance abuse treatment circles that
you see a lot of it yes exactly because
the the substance use was sort of
helping them kind of shore up their
defenses and so it can make treatment
much much more complicated you'll also
see more a greater likelihood for
example like patterns that are sometimes
labeled love and sex addiction kinds of
like compulsive sexuality compulsive
like relationship patterns you'll see
that it coexisting with narcissism as
well it just makes everything that much
harder to treat
yes that's what it is because you don't

tend to get as much emotion there's a lot more defensiveness i know more than the doctor there is a lack of empathy there's a lot of projection all this stuff really makes it hard to do really deep psychotherapy with somebody how many different types of npd are there well there's there's different kinds of narcissism whether those translate into subtypes of narcissistic personality disorder i once said there's nine possible symptoms of narcissistic personality disorder which means there's thousands and thousands of possible combinations right but if we were really to look at in five patterns that i've sort of broken down in my book and this is based on the theoretical work on narcissism drawing from other people's work when we talk about the types of narcissism they're not really subtypes of narcissistic personality disorder but there are different kinds of patterns we see of narcissism and i think it's important to see the differences because it shows us this doesn't look the same across everyone and then some people say well that's not narcissism the person i know acts like this and i'll say ah but it's a similar pattern let's get down to the brass tacks of what all narcissists

look like in all narcissism we tend to
see a lack of empathy
grandiosity
entitlement superficiality
chronic seeking of validation outside of
them
uh arrogance and a real tendency towards
rage as well as a tendency to manipulate
or exploit other people those you tend
to see across the board
to varying degrees
so let's start at the top with what i
considered the most severe and
problematic narcissistic pattern and
that's the malignant or the toxic
narcissist
these are the folks that almost look
like psychopaths they are they'll
exploit other people they take advantage
of other people they lie they cheat they
they work the system to their advantage
they can often be quite successful
you might wonder why am i not calling
them psychopaths they can sometimes feel
remorse for what they're doing they're
like this isn't cool but i just got i
just got to get this part done and i'll
make it right whereas the psychopath
wouldn't need to make it right so
there's just a really manipulative
mean-spirited edge to them that can be

very unsettling but but when you first
meet them they're extraordinarily
charming extraordinarily charismatic
confident successful so that's sort of
your malignant toxic type you'll often
see these folks running big companies
you know
at the heads of government all of that
like they have they really not a working
system wow the next in the in the group
is what i call sort of your classical
grandiose narcissist and that's what
most of us think of the person who's
braggy who really is entitled i'm
special i deserve special treatment it's
almost like your celebrity narcissist
that's what your grandiose narcissist
they brag a lot they show off a lot look
at my new car look at my new this look
at my new girlfriend it's a lot of show
and tell they suck all the oxygen out of
the room all the usual traits but they
don't tend to be as exploitative and as
mean as the malignant narcissists but
they are sort of your classical
kind of narcissist the next narcissist
on the list and this is probably the
most mysterious one and maybe the most
revealing to med circle listeners is the
covert or vulnerable narcissist these
are the woe is me narcissists you know

if the world could see how great i am
i'd be one of the great ones but nobody
gets me because i'm ahead of my time and
so they'll you'll often find them sort
of at home huddled over their computer
being like a troll or like coming up
with their next big plan but they almost
have a failure to launch a lot of the
time they can often look depressed
there's a real they seem vulnerable
because they almost feel like the world
doesn't get them they're hyper
hypersensitive to criticism
um there but they lack empathy and they
can be very entitled like i deserve
special treatment because you know the
world doesn't know this but i'm the best
what's interesting about that is i
listen to that and i
when you would first meet somebody like
that you think oh they just have low
self-esteem yeah bingo but all
narcissists have low self-esteem right
that's why they're doing that exactly so
the covert narcissists they lead with
that but it looks like it's almost like
they they feel like they're they have
this sort of strange i always say that
the covert narcissist has this sort of
weird pause they'll say
yeah

i went to that college but i guess
nobody cares
and they'll do that weird thing you're
like okay well it's a little bit of
strange pause but it's a they're like
yeah i i already read that book but why
would you care
you know it's like one of those
wow
there's there's an edge it's almost like
you're sticking your hand into a bucket
of barbed wire it doesn't feel good it's
like even with those examples even
though they were just you know like yeah
random examples i still feel the pain
for that person oh they're they're they
feel the world pass them by yeah but i
don't feel the same way with a grandiose
narcissist as much
the covert narcissist ultimately will
get to the point where they feel the
world owes them something
the world owes me and there'll be a real
edge to them you know because they but
it is they seem really sad and you'll
often try to help them and you'll wonder
why they're so ungrateful
that's why that can feel really
uncomfortable for other people who are
so sympathetic to them and wonder why
are they not ever saying thank you or

recognizing all we did yeah now number
four is the communal narcissist the
communal narcissist can be very
confusing because they're out there
volunteering and flying all over the
world and doing their own personal
rescue missions and you know after every
hurricane they're posting online
hurricane goals hashtag hurricane goals
and like let's all raise enough money
and let's send lots of stuff down to the
hashtag they're the hashtag narcissist
but like it's all about their their
goals for helping the world and and like
you'll see them i mean you're not you
know about animal rescue people like
they're always holding their rescue dogs
but then they go home and they're really
mean to their husband yeah and they love
going to galas and they want buildings
named after them and if they do give a
donation they have to hold 20 gold
shovels and have lots of pictures taken
like it's all about the they do all
these things to get validation that's
their tool for getting validation are
often really unkind to the people that
their fa their immediate family or the
people who work under them they can be
absolutely awful to them and people say
oh my gosh you're so lucky you work with

him he's so charitable and the people
are just like oh no this is that's one
of many characteristics he is so so the
communal narcissist is a very it's a it
takes a while to sort of on to peel off
that layer and then to sort of that's
why i always say pay attention to how a
person treats the person who don't have
as much power as them in that situation
because that's going to teach you a lot
so they'll be really sweet to the
recipient of the charitable dollars but
really mean to the person who's working
with them and that doesn't add up the
last narcissist is sort of kind of a
good nature i'm going to call them the
benign narcissist the benign narcissist
is like this sort of clueless
uninsightful person who just says really
vapid things
very superficial
only cares like all i want is like a
fast car and you know you're driving a
piece of junk like they'll be like
dismissive other people that sounds like
every 16 year old i've ever met in many
ways if there's an adolescence there's
an immaturity but they really aren't
that mean-spirited and you can actually
kind of say that's not a nice thing to
say they're like well yeah i guess so

but then they'll go back and say it the
next day i always say it's nice to have
a few benign narcissists on deck because
they're fun to have at a party you know
like just keep them on that list but
never turn to them at a time of need
just because i'm curious and i get to
ask questions which
you know somebody put me in charge to do
this
who would you most want to be in a
relationship with those
those are your five oh mama you know and
and just solitude and the cabin isn't
because i'm gonna take if solitude in
the cabin is my option i'm going with
that one okay so it's not an option i
prefer i don't think any of those are
good
you have to choose one you have to
choose you have to choose one i might
choose the communal narcissist and
just be glad they're doing nice things
for other people
they're nice to me yeah but i i have to
tell you that can be exhausting because
when the whole world is saying you're so
lucky
he's so charitable like oh my gosh she
hasn't said something nice to me in 15
years

they're all painful maybe the benign one
but even that you feel like you're
forever in a relationship with your high
school boyfriend right that's not nice
right so i if you're if you're if like
if the cabin by myself for the rest of
my life is it's a possibility i'm going
communal i get it with therapy i can
have a cabin from you like two acres
away yeah and then we can just meet when
we want to hang out i don't recommend
any of these types for a relationship
well what about my idea for i'll have a
cabin one acre away from yours yeah that
will do that okay because you were
shaking your head no no no no no no
you might be a narcissist so we have to
be that's true
after my before
if you don't know what we're talking
about go see the previous episode okay
uh out of those five types is there one
that's most common i would have to say
probably the grandiose the classical
narcissist okay yeah so that's why it's
classical because that's yeah
okay um
what am i not asking you about
narcissistic personality disorder as it
is defined from understanding it that i
need to be asking you know all the all

the patterns i gave you are what are
what you see of the nine characteristics
that a diagnostic manual like the dsm
would require what's really interesting
is that our diagnostic manuals are now
taking sort of a new direction in how we
think about these personality patterns
and in the most i mean not to make 2 2
kind of bookish a point on it but the
dsm now views narcissism and all of the
personality disorders through a new kind
of a lens and it looks at for example
how a person
views their own identity and the
narcissist identity is very much caught
up in how they're viewed by other people
so they don't have a core sense of self
their sense of self is governed entirely
by the world outside of them that's
actually a terrifying feeling like the
only way i'm good is if everyone tells
me i'm good today that's very unstable
we also look at goal setting how do they
how do they set their goals and
narcissists set their goal in a way
that will get them approval from the
world so either they set their goals
unrealistically high so they can talk
about the big goals they have which
they're never going to meet or they set
their goals a little too low so they

know they're always going to surpass
them
so but no matter what their goal setting
once again is based on how they can talk
to the world about these things
then when we look at other areas we look
at empathy and their lack thereof so now
dsm is looking at this across all
personality patterns and people with
narcissism don't have empathy they look
at people as existing to serve their
needs what can you do for me and then
i'll make a relationship with you so
that's why a lot of people say but that
narcissistic guy was really nice to me
i'm like yeah because he needed you as a
sales contact you're like oh or they
like the fact that you live in the right
neighborhood in town there's a need
being served and then finally
dsm is looking at narcissism through the
lens of intimacy and that's one thing
that narcissists are not good at they're
not good at intimacy they're not good at
close relationships by and large their
relationships are superficial and are
really engaged in for personal gain so
they might get a very attractive partner
because that makes them look good to the
world they might get a wealthy partner
because that will make sure they have

lots of money they might get a famous partner so that they look good to the world i mean the the the characteristics on which they choose the partner are deeply deeply superficial and so that's how a narcissist chooses and so when we look at those areas self uh goal setting empathy and intimacy that's another way to view narcissism no matter what it's just really that it comes down to that core insecurity that sense they cannot regulate themselves from the inside out that they don't have a good sense of identity and that they're really reliant on the world for telling them what they're about which makes them actually quite resentful a recent study suggests that one in 16 americans has been affected by someone with narcissistic personality disorder so what causes npd and can it be unlearned what causes narcissism it's it's there's actually a lot of pathways to this and the city of oz that we call narcissism there's a lot of ways you get there um a lot of people the big question everyone has is are you born this way or are you made it's mostly made but there's a little bit of born and what's the percentage on that i i

you know i i if i were to spit ball i'm
going to go with like an 80 20 or a 90
10 in terms of made versus born i mean
the inborn part is that because the fact
of the matter is we see people come from
invalidating early environments or
overindulged or spoiled in early
environments and they don't turn out
narcissistic so there's got to be
something else at play right and that's
probably where that temperamental piece
comes in kids are likely more
hyper-sensitive hyper-emotional
if you look at marsha linehan's work on
borderline personality disorder she
actually talks about that mix between
the biological vulnerability plus the
invalidation of the early environment
there's likely something like that
happening in narcissism too but it's
mostly made so let's let's view it as
almost concentric circles and let's
start at the middle circle which is
really what happens in the family when
the child is first growing up
children who are children who don't get
consistent emotional mirroring for the
from their parents that's a setup for
becoming a narcissist later on because
that's how children learn to regulate
their emotional worlds they learn how to

self-soothe their emotions they learn
how to take responsibility for their
emotions they learn how to understand
their emotions from how they're mirrored
by their parents and if their parents
have consistent appropriate reactions
and are available to them that's how the
child learns that so if a child for any
number of reasons doesn't have that kind
of consistent feedback from their
parents the parents are distracted the
parents are absent the parents don't
care the parents are addicted to drugs
and are not available in that way all of
those could be contributors to that
parents just are abusive in some way
obviously that can be a contributor too
to inconsistent kinds of mirroring and
then the child doesn't learn like i said
to sort of regulate their own emotion
they keep looking to the environment for
validation because frankly they're
confused we also think about narcissism
in the early environment as a function
of attachment children who have secure
healthy attachments tend to go on to
adulthood and make more secure healthy
attachments but kids who have more
anxious or avoidant attachments
that can set the tone for attachment
issues in adulthood and they're not able

to make those kinds of successful
attachments in adulthood so their
relationships are really fraught with
lots of in and out back and forth rather
than the consistency you'd see from a
secure attachment with a parent
the other thing i often say is that
parents who are nurses parents who
create narcissistic
kids who go on to become narcissistic
adults we see a pattern of simultaneous
over-indulgence
and under-indulgence and what i mean by
that is these are the kids where if they
do the sport their parent wants or get
the straight a's or the prima ballerina
dancer or whatever it is they do the
best violin player
whatever they want to take over dad's
business whatever the thing they say
they want to do if the parents can get a
good public face from it they will over
indulge the kid in that way they'll
drive them to every practice they'll go
out of their way but when that child has
an emotional need that needs to be met
the parents are nowhere to be found like
they're interested when their kids on
stage they're interested when their kids
on the field they're interested when the
child's getting an honor or doing what

they want them to do but when that kid really needs their emotional needs to be met it's it's completely an impoverished environment that's what i mean by being over and under-indulged

it's also what we call modeling it's what they see in their environment if they watch a parent constantly be entitled they're going to learn to be entitled if they watch a parent who has no empathy they're not going to learn empathy empathy is learned in childhood you cannot teach a 30 year old how to be empathic that's an early game so that that was my question because if if you were saying that 80 to 90 of becoming a narcissist was taught then certainly later we could unteach it but we'd like to think no because you know what ends up happening is that ultimately these these environments for children are inconsistent

they're invalidating at the worst of it they can be abusive and dehumanizing and that's the heartbreak is that i've worked with more than a few folks who are adult narcissists who did come from abusive invaliding down downright definitely who have narcissistic personality disorder narcissistic personality disorder so their early

lives were really really sort of
wretched and that's heartbreaking but
that's still not
a
get out of jail free card for treating
other people badly like i'm not getting
i'm not down with that and so but now
let's take that now we're in the family
but we got to push this out a little bit
society is to blame too
we tell kids it's okay at some level to
behave as long as you win
you got into harvard junior great
whatever it took to get there as long as
we start saying that you can shelve
important qualities like compassion
kindness respect
mutuality empathy as long as you're
telling people it's okay to put that
stuff away as long as you succeed our
achievement-oriented culture is a
contributor to these patterns for sure
because we're almost saying empathy is a
waste of time as long as you get
straight a's
you know who needs kindness when you can
write code that's not going to fly you
know so that's the other reason we're
seeing more and more of this and then
you add things like social media and the
kinds of things society values into the

mix
then that's it i mean it's a perfect
storm that's what i'm saying we've got
you got the family you've got the
community you've got the culture at
large and then you have a little bit of
individual temperament thrown in there
forget about it when you hear
how narcissists narcissism is
conditioned i'm surprised that it's only
one to three percent of the population
that has it remember that's narcissistic
personality disorder which requires that
person to have had problems in their
life because of it awareness of it and
feel like it's caused them trouble yeah
because narcissism works as a pattern in
our society too often they don't feel a
lot of distress so when you were talking
about parents mirroring or kids marrying
their parents
there are certain behaviors that i grew
up with right and my parents that i
did until my mid-20s and then i thought
i'm not going to do this anymore this is
not healthy for me it's not nice i'm not
going to do it and so i changed so why
is it that i can change an undesirable
behavior but someone who has
narcissistic personality disorder can't
change because you've got because the

core conflict is that insecurity that
discomfort with themselves that sense of
emptiness that's what has to be
addressed so you may have seen that but
it clearly didn't result in that kind of
core insecurity perhaps in you so when
you were doing the yelling it's like
well this is how it's done and they're
like whoa maybe this other person feels
sad when i'm yelling at them this isn't
okay so you were able to have that
correction because a you were able to
engage in empathy and b you may not have
had that core insecurity remember the
narcissist is absolutely reliant on the
world for validation at all times when
we need someone we resent them
you know a child doesn't but the child
grows you think about an adolescent
every adolescent out there
um
resents their parents why do they resent
their parents because they kind of still
need them they kind of still need them
to be a mom but like i want you to be my
mom i don't want you to be my mom and
they go back and forth and then they
hate you
you know so it's that resentment comes
from need and it's one thing to be five
of course you need your parents that's

built in but when you're 35 45 and you
need people to tell you you're great all
the time you may not be aware of that
need but you are aware that you're
reliant on the world and that if you're
having a bad day that the only way to
spring out of it is to get validation
from the world that stinks
so that's why it's very difficult to
change it's not just about modeling
empathy and there there is an
interesting concept out there and it's
something actually even in my social
media someone that we've engaged on
about this idea of cognitive empathy you
can teach people like that's how he
feels okay got it do you understand why
that would be feel bad got it
that's almost intellectualized and it's
a little bit different than being in the
emotional mock with someone
is it like acting it's not it no it's
not acting it's knowing but it's not
getting
you see what i'm saying i know i know i
know
why
this person would feel upset right now i
know that yeah i might even get it a
little bit
but

i'm not feeling it so much so that it'll
stop my behavior in the future so it's
like a half of a fix and when you're
really in a close intimate relationship
some with someone and the best they can
come up with is like
i suppose i understand why you feel that
way
but they're still not like and they're
not emotionally there with you that's
incredibly unsatisfying it's kind of
like when somebody says well i'm sorry
if you feel that yes narcissist mantra
yeah i'm sorry you feel that that's not
an applause that's not that's not an
apology exactly you have been in a
relationship with a narcissist my myself
yes yes of course okay in different
areas too intimate relationships
familial relationships um
work relationships but just so all of
the mystical knows it's not my
ex-husband he's actually a great father
so
because i'm curious because if 80 to 90
percent is taught
were you hyper aware raising your kids
to not raise a narcissist my
the my ex-husband and i when we were
raising our kids
the one thing we 100 agreed upon he's

like romney we have a lot of things we
have to get right but we looked at each
other and said the one thing we must
make sure we focus on above all else
because we only get one chance to get
this right is empathy
we didn't care how they did in school
we didn't care if they didn't eat their
vegetables we didn't care if they
watched television 10 hours a day we
just needed them to be empathic and
there was a fine day when they were
about eight or nine years old oh my god
we got it
wait was your hold on i have so many
questions was your ex-husband uh a
mental health professional okay so you
have yeah it's not like these kids have
two yeah like
world-renowned mental health experts
parenting them and the two of you both
agreed that empathy was number one
empathy is everything this is huge for
parents to get huge because i'll tell
you it's the core of why kids bully
all the problems we have with kids it
has to be about empathy am i telling you
my kids have had the most smooth ride no
one's kids are i mean and they're
horribly mean to me because they're
teenagers but i will say that i can see

in their face when they go one line too
far as a teenager and they say that one
mean thing and they see my face change
immediately the empathy overtakes them
quicker than their words do their face
changes i've watched my daughters
interact with people and i'll watch how
quickly their face will change when they
sense another human being in need and at
those points i do heave that sigh of
relief whatever path they take i do know
that they're hyper aware of not
hyperware like in a neurotic way but
they're very aware of the the needs and
the feelings of other people and they
will shape their behavior in that way
and that was the only thing that
mattered because i wanted to put two
decent kind human beings into the world
that's really beautiful
i bet if i lined up a hundred parents
and asked them
if you could only
give your kid one thing what would it be
i don't think one of them would say
empathy that's terrible because i'll
tell you i would the world has enough
smart people and it turns out they do
well in school but if i had to choose if
somebody said you could give up your kid
getting into like a top college or

something and trade that out for empathy
i'd be like hell no
she could go i don't care what she does
but i would not let her give because
parents are concerned they're sharing
you know kindness being honest
diligent hard-working i've never heard
empathy yeah it's ever it was everything
the way i raised them in fact even how i
breastfed my kids i'm like i'm gonna
stare at them face to face i'm never
going to be distracted as much as i can
in the middle of the night i would fall
asleep i would stare at him face to face
like i started that one early i'm like
i'm mirroring these kids that was that
important to me that was important to me
it was that important guys this is huge
for the parents out there getting that
because this is this is
the leading expert on narcissism and a
lot of other mental health topics and
her ex-husband both have that shared
goal that had to be narcissism i mean
yeah right it had to be empathy wow
because i think that that's that's to
pay it forward that's going to make them
better mothers it's going to make them
better partners it's going to make them
better workers it's going to make them
better leaders it's going to make them

better friends they win everywhere on
that one that's the only quality to me
that matters in a human being and so
there from ev from there all other
things would be built out whatever they
do now you
briefly mentioned that around the age of
eight or nine there was a moment that
you said ah
what was that they were i was actually
watching my daughter play with another
child and then something happened with
what the child was eating or interacting
with and so that child no longer had
that thing and my daughter still had it
might have been like ice cream or
something fell out of a dish
and her face
you could see that she's she almost got
she expected she experienced that person
child's feeling before that child
experienced her feeling and you could
see the hurt in her face and then she's
like we have to help them we have to
help them and i'm like oh sweetie don't
worry about i think she was worried
about the cost and she was even being
empathic she knew i was struggling a
little financially at that point and to
buy another ice cream was gonna cost
money and she's like is it gonna be okay

to get them another i said of course
sweetheart and then we ameliorated the
situation and got a new ice cream but
her caring for me having enough money
that child suffering it was like it
really you know she wasn't like should i
cut mine in half but i already put my
germs in it you know the way a kid
thinks it was so it was absolutely
automatic for her and you know and we
were very lucky they our children went
to an infant care center actually at
ucla where empathy was the main thing
talk to them all day long so you can
build this into caregiving models of you
know and i think that started in infant
care it was in their preschools it was
in their k through i mean i mean
high school it gets harder but it's you
know we'll see how it goes for them like
i said as teenagers it doesn't always
feel like empathy but i see it with
their friends everyone but me and i'm
fine with that
for now yeah they'll become your friends
later um
so eight or nine years old you saw this
empath these empathetic traits earlier
but then it was clear they knew it was
automatic for them when are you
when do people start to exhibit signs of

narcissism here's where we need to be
careful
almost by definition all teenagers look
narcissistic yeah they're deeply
entitled they're arrogant they think
they know they're the uh
uh
what's the type of narcissist i compared
them to david them
you would call them maybe one of the
benign nurses the benign narcissist and
i think that's what it is it is more of
the benign narcissism and i think like
that's why i'd be very loathe to use
that term within adolescence i always
say that adolescence is like wearing a
sweater that's way too big for them
they're just growing into their
personalities they're trying to figure
it out their bodies are changing the
world treats them as like an adult for
one hour as a child for another hour so
it's just hard to say we're a teenager
it really really is it's hard to
interact with a teenager so that
combination means like we're just trying
to put a label on it also i say don't
even use that word with adolescence even
though the pattern seems to fit
i wouldn't start really sort of saying
this pattern's making me super

uncomfortable probably until their early 20s like it's really in place and they haven't kind of grown out of it whether they've gone to college or military service or like trained in a job or something some of that should be correcting at that point and that's why i would really really look for it in earnest but i would still look for some of the key issues that they are empathic as adolescents when they need to be they may not be to the parents but they should be with their friends and other folks in their purview you know are they really entitled they really believe they deserve special treatment or you know kids making noise in a restaurant sure that's going to happen but like a kid walking up and saying hey why should i have to wait in line you know i'm too important that's the problem yeah all right well that that was such a wonderful explanation of of causes and there are seven signs to look out for when spotting a narcissist we're gonna go through those one by one what's the first one so the first one's lack of empathy okay and that's a defining characteristics that's a defining characteristic of

narcissism in fact if i see that
somebody has really well preserved
empathy i'm like nah not even happening
so that that to me almost is the
requirement it's the bedrock of this
pattern the second is entitlement
entitlement is that sense is that that
somehow someone is
should deserve special treatment even if
to the detriment of other people that
somehow they are different than everyone
else again sort of special by dint of
their existence
the third is grandiosity it's sort of an
unrealistic assessment of one's capacity
or abilities or they talk about a
grandiose world that they don't even
live in the things that they may someday
do you know someday i'm going to climb
mount everest so they talk about it as
though it's something they're actively
doing or have already done so it's it is
a it is again a very unrealistic almost
fantasy like version of the world
they'll often talk about having one day
the greatest love affair or the greatest
love story or the greatest wedding or
the greatest career everything is just
bigger and larger than life
number four is superficiality there's a
very vapid quality to narcissism they're

really only concerned about appearances
how a person looks um what a person owns
where they live what they drive what
they carry their shoes on their feet
it's very very superficial to the
detriment of other characteristics
somebody out there might say oh but i
love fashion but they're a very sweet
kind person that's not what we're
talking about we're talking about
superficiality with absolutely no depth
behind it or judging people solely on
superficial
characteristics and quality
number five is chronic seeking of
admiration or validation it's the
constant need to be be receiving praise
recognition and nowadays that's really
amped up because of social media that
they have to get likes and they have to
get lots of traction on their social
media page and they need lots of
followers and all of that so it's that
constant but it never stops if you're
even close to them like you're their
child or you're their partner you have
to constantly be telling them how
wonderful they are and how great they
are and way beyond the thing that
they've done it's almost a nuisance to
get a gift from a narcissist because you

have to thank them for it so many times
it had been easier to buy it yourself
um
number six is their tendency to rage
they don't they don't have good command
of their emotions they tend to be all
over the map and the one emotion they
tend to manifest the most often is
uncontrolled rage that's often because
they're so frustrated and they're so
insecure and they don't have good ways
of dealing with their feelings so it's
not unusual for them to just come out
when things don't go their way they
don't have any tolerance for frustration
so you'll see a lot of rage that comes
out
and number seven i'd really say is
arrogance it's um i'm better than you
and in some ways that sort of draws from
the grandiosity it draws from the
entitlement but it can come off as a
snobbery as a dismissiveness as a
devaluation as an invalidation of other
people just sort of like sweeping them
away and so those are some of the seven
key character characteristics in my book
i actually lay out what i call 31
characteristics it's like i think it's a
lot more than just the seven and it
takes in a lot more territory jealousy

envy getting pleasure out of other
people's misery um
lying cheating um
you know things all a lot of really
negative interpersonal patterns people
who are narcissistic often engage in
projection they make their faults and
flaws yours like i didn't say that i
didn't do that you they'll accuse you of
something they did and they'll blink
you'll often be quite confused they
engage in dynamics like gaslighting
where they question your reality and
make you feel like you're literally
losing your mind like that never had
they'll say things like that never
happened you know but
but it did but it did and then you'll
start questioning yourself
right and people who spend enough time
with narcissists find themselves plagued
with self-doubt because narcissists so
question they're oh so often question
their reality so with those seven do
they have to have all seven of those you
know the dsm has a list of nine which
takes in most of those you only need
five of the nine plus this idea that
life isn't going well that distress to
get it in the dsm i often i'm actually a
little more generous i say like you need

to have like if you have all if you have
five of those seven you're in trouble
but the emp the lack of empathy is the
requirement to me oh everything so it's
like that plus four or five others and
a huge
takeaway for me was in our last episode
when you talk about empathy and how it
related to raising your kids so if you
haven't seen that episode make sure you
go back one and take a look there
because that was just absolutely for me
phenomenal phenomenal um
how quickly if i'm just at a party and i
meet people can i
find out if someone's a narcissist i
mean i'm a pro and i'm in and out in 15
seconds like i got this thing
i got this like before i even wait wait
so it's a fighter depression our session
is gonna be 15 seconds you can you know
what he's at a party it's almost easier
right because i know it's kind of mean i
probably like cast out a few
it might take me longer some people if
there are narcissists you're going to be
able to tell quickly sometimes it takes
you a little longer if it's a bit more
subtle or covert or something like that
but it can happen pretty quickly you
know watch the back and forth of the

conversation
is there a genuine curiousness
about you like do you do you walk up to
them and say hi nice to meet you i'm
romini and you'll say hi i'm kyle and
then it's the kyle show
and by the time this conversation is
done there's no sense of anything about
me and not even an opportunity for me to
have offered that
you know it also might be how they
conduct themselves in that like do they
just keep talking about themselves and
only in these sort of unrealistically
glowing terms do they almost seem too
but that the other extreme they also may
be a little bit too slick and too smooth
like you know maybe not like they're
coming on to you but like it's just
almost too charming i find charming
people terrifying because i know that's
often like the soft sign that
psychopathy or narcissism is coming
around the corner so charming people i
actually like uncharming people like the
more socially awkward you are the more
i'm like this could be a real sure
this is great yeah wonderful sign me up
so if i meet somebody and i suspect
they're a narcissist because they're
only talking about themselves they're

not interested in me at all they're very
grandiose in their uh the content that
they're putting out there
are there any questions i could ask them
that could give me some
instant feedback you know what you can
do is ask them something that has more
that pulls them away from talking about
their work like let's say they're
talking bragging about work work work
they're sort of like only talking about
one thing try to change it to something
else like what are the things that bring
you joy like really ask them like a
feely question
and they feel like
like they just sort of like become like
huh
feeling
i'm going to go get another martini like
they run away that's probably a sign
like if you it's sort of a game for me
at a party if i think i've met a
narcissist i'll say can you tell me
about a little bit about your inner
world because i know what you do now and
the i'll often get people who look at me
like i just i'm speaking in tongues and
they'll often say i see someone over
there i gotta go
and they'll often really cut the

conversation people are gonna be so
nervous when they meet you at a party
now like hey by the way i'm not a
narcissist i know i tell you i'm not
sure like i'm out um that's also a show
i would definitely watch you on with a
hidden camera just meeting people yeah
yeah in la it's actually it's it's
bloodsport here because it's good
it's fishing with dynamite well it's
like growing it's like seashell
collecting yeah at the end of a party
you've got like enough you've got it i
mean
i know we joke about how narcissistic la
is but it really is true it really is
true yeah we live here we work here it's
a insanity it really is
yeah but here's one thing that you want
to be i mean again i don't want people
dismissing people in like the first 15
seconds they need them let's say someone
does talk about themselves a lot the
other thing you do want to be mindful of
is they may be socially anxious
so they may have trouble kind of taking
and rolling with it that's why i'm
saying if you could slow the
conversation down maybe even make it
about something that's happening around
you like something very sweet like

something that you know they're drinking
or something special they may be wearing
with but making them make it more
special not like well this is the
designer label but try to make it about
the moment what's personal and see where
they can go with it to share a little of
yourself also start talking about
yourself a little they've done their
whole dog and pony show
see what happens when you start talking
about yourself if they glaze over or
they start using their phone at that
point
not a good sign
if i do find myself in a situation
where i'm in a relationship whether it's
romantic or otherwise with a narcissist
what can i do
wait well that's you know here it is
it's gonna it's gonna be painful if you
really and by the time a lot of people
detect these patterns it's been years
sometimes
if we're lucky they don't have kids
together
because that can start getting messy if
the relationship goes south because a
custody battle with a narcissist
is is
it's war it's it's one of the most

painful things i've ever witnessed if
you sense that that's where things are
going
you need to get yourself into therapy
right away and you want to get the
couple into therapy the challenge with
couples therapy with a narcissist is
unless you've got one very skilled
therapist that narcissist can really
play the therapist
and i've seen that happen many many
times you want to be really really
careful how do they play the therapist
they win them over they charm them and
sometimes the narcissist is sort of the
more
materially successful or the more
successful seeming partner and they'll
kind of
again they'll charm them they'll charm
them you have to be somebody who just
dislikes charm to really not be charmed
right so they'll really play them and
work them and and flatter them and
narcissists actually are quite good at
sort of sniffing out
how to validate another person because
they are they need it so much they're
really good at dispensing it when they
need to wow so they can really work the
game but it's important you get therapy

you consider getting yourselves into therapy you pay attention to the patterns and you really have to do some hard looks into the mirror on if if this is as good as it's ever going to get which is probably the case can you live with this forever that's the question and if it's if you don't like that then you've got one of two paths either you've got to adjust your expectations this is how it's always going to be or you got to get out well and those two paths is what we will be discussing next you you mentioned to me off camera that there are people in a relationship with a narcissist and they don't even really realize that they're being abused yeah explain that there's a couple of reasons that could happen one is what i call sort of the historical reason they may have come from a family where one or both parents or someone's significant in a family system was narcissistic or abusive so for them abuse and relationships go together went back to the mirroring thing right so they just don't even like everyone's gonna that's all i deserve this is how i'm treated and so they're often an easy mark for getting in with a narcissist whereas

other people might have already broken
up with the narcissist they end up with
they stick it out because it's almost a
sense of they they were sort of raised
up in that and so they don't even think
they deserve more or they just don't
question it and so they're used to
saying well maybe if i try harder
they'll love me maybe if i try harder so
it can it becomes a sense of
it's a self-blame the self-approach i
this is my fault they're telling me that
they're yelling at me because i didn't
keep the house clean or i don't look
good or
the kids were noisy or i don't make
enough money or i'm out of the house too
much or whatever the reasons are and
they actually blame themselves keep
thinking if i fix this this and this
then maybe this will turn around
and what types of relationships do you
find
narcissism a problem the most i would
say where you know listen the two sets
of relationships where i think it is
most problematic is in an intimate
partnership like a husband wife
boyfriend girlfriend kind of thing or a
parental relationship when it is your
parent because the parental relationship

is if you have a narcissistic mother or
father or perhaps step parent
that sets a tone that you're going to
take into adulthood and it's going to
color how you choose a partner what you
endure in a job it just your your own
sense of self-worth so many things in
the long term can get harmed by having a
narcissistic parent it's not it's by no
means a sentence and i've seen many
people have had brutally narcissistic
parents who go on to joyful lives so
it's not like you're doomed but it
definitely is a vulnerability then in
the flip side is obviously when you meet
someone and you think you believe you've
fallen in love with them and you try to
make a life with them and they spend
their days dehumanizing you invalidating
you yelling at you putting you down
disrespecting you that's miserable and
you really you might stick it out
because you feel like you have to or i'm
not loving them well enough it's you
know sort of what i call the beauty and
the beast fantasy maybe if i love the
beast enough he'll turn into a prince
and there's a lot of people who sort of
fall into that bucket and so it those
are the two relationships where i see
it's the most harmful but you know

listen if you have a narcissistic boss
they can throw off your career if you
have a narcissistic sibling you might
feel like you don't have a confident but
i do think the parents the partners
that's really where the rubber meets the
road
what triggers narcissist narcissistic
abuse
well what triggers narcissistic abuse is
the insecurity and the ego of the
narcissist being threatened and they
explode with narcissistic rage the
problem is for a while you can't figure
out what it is that's setting this
narcissist off it can often be the
littlest slight it could be that they
had a bad day somewhere else and they're
taking it out on you it's like coming
home and yelling at a pet because you
can't yell at your boss kind of thing so
you don't know what the thing that set
it off but all you do know for sure is
somewhere along the day their ego got
injured they felt out of control their
insecurity boiled over and it's the
people closest to them that often feel
like they're easiest targets especially
if you keep forgiving them and giving
them second chances then they're like oh
this is great i can keep coming home and

doing this get all my rage out this
person's still sticking around great
would a narcissist date somebody for
let's say five years then get married
and then
start the abuse no a lot of people say
well they became narcissistic after we
were married i was like oh no they did
not that's good to know the first date
it was there narcissism is a pattern
that's that that you bring into it from
early adulthood on i mean it was
developing all along right but it's
there from the jump and when we do sort
of the autopsy on the relationship and
really go right back to the beginning
they'll say
yeah i guess he was late to all our
first few dates and there was a lot of
really poor boundaries and
one time he got screamed at me because i
mistakenly ate his order of fried rice
or whatever it may be that the patterns
were there they just were romanticizing
it because like and he wanted to spend
all this time with me wanted to be with
me 24 7. that's amazing alarm bell
that's really controlling this this
series is about narcissism as a general
uh topic however
i look at this a lot as

the
the the series to watch if you're going
to start dating amen
this
knowing this information having this
power having this education
allows you to avoid
5 10 15 20 maybe 40 years of disaster
you better believe that prevention in
this case is the best cure if we could
keep people from getting these
relationships in the first place because
what you got to remember is i've known
people who actually were well put
together kind empathic relatively
confident they'd get into a relationship
with a narcissist 15 years later they're
a shell of their prior selves they're
riddled with self-doubt they they've
complete an utter loss of self-esteem
they don't know which way is up they
completely think they're undeserving i
mean it really does a number on them
from the inside out so if we could stop
it from the first place because what
ends up happening is once a person's in
people will often fight for a
relationship
so that's where you want to stop them
from getting in in the first place and
especially if you have kids oh once

you're especially if you're financially dependent on that and many narcissists try to make their partner financially dependent on them they ensure that they quit their jobs or you know make it so that because that's one way they can make sure that person doesn't leave them and allows them to control them because control is a big part of the narcissistic dynamic yeah

it's i'm i'm so thankful that i'm learning all this um

if you find yourself getting getting abused by a narcissist in a romantic relationship what are your tips for that person if you're being abused in a narcissistic relationship first of all i'm always going to say especially to med circle listeners if you're being physically abused or any other abuse that's putting yourself or other or children or other dependent adults in that environment at danger you must get help and i'm hoping med circle might even be able to put like a connection to the national domestic hotline because you've got to get help immediately um that's that's that's a danger in a risk situation beyond that we're really getting also into psychological abuse which and emotional

abuse which to me are equally harmful
equally harmful as physical abuse that
you need to ensure that you're getting
appropriate mental health services uh
perhaps even through a support group
that other people being affected by this
narcissistic abuse like kids are getting
mental health services because they're
seeing this happen

make sure that you take care of you
because it's very easy for your health
to fail when you're in a relationship
with the narcissist i've seen people get
very very ill due to a variety of stress
related illnesses and i had to wonder
how much of this was really due to years
of being in a relationship with a
narcissist

cultivate other support networks people
who are narcissistic often try to
isolate their partners they don't want
them to get the support and validation
of other people so break out of that
isolation if it's friends at work
friends at your spiritual community your
church your temple whatever you know but
find a way to get those people you can
someone at the gym
somewhere create friendships in other
spaces so you don't get too far down the
rabbit hole family members just to get

that dose of reality that kind of thing
all of those things become important you
need a reality check a lot of times
people it's almost like you want people
to see you with that person but here's
the thing a lot of time narcissistic
people don't verbally abuse their
partners in front of other people
they're smart enough to know they gotta
look good to the public and they save
that for behind closed doors or in the
car or whatever
yeah that's what i was just thinking is
first having the courage and education
and wherewithal to know i'm in this
scenario yeah this is this is bad this
is hurting me and it's likely because of
this yeah i think people are afraid to
admit that they're very they're ashamed
there's a lot of shame it's so sad i've
worked with many people who are in a
relationship with a narcissist and they
were horribly ashamed and embarrassed
that they let it get this far and i said
you know what it's not like it went from
this to this in a day no this has been
happening over time and you've almost
sadly slowly been adjusting to this
change in the climate and now you're
here and yes it looks gruesome from here
but this didn't happen overnight and

we're not going to be able to undo it
overnight yeah it's the frog it's the
frog
yeah but the frog can still jump out
yeah so yeah but until the frog gets
boiled to death yes that's the problem
we're trying to catch people before that
yes we are
what about people who are who have a
work relationship uh and their their
co-worker is narcissistic and abusing
them how do they handle that
when you have a co-worker who's behaving
in that way you've really got to protect
your interests because most hr
departments can't do much without
documentation
i tell people when you're in that
situation you as soon as you start a new
job create little email folders for
everyone you work with and save
everything hopefully you never need it
and 40 years down the road you had the
most amazing wonderful career and you just
they clear out your account and it's
done now it's not going to be most
people so you save everything and it
starts to get a little wonky and you
have to be very careful because if it's
a company server you may need to print
hard copies of these emails you may not

have access to that you may not be able
to do stuff with that at work make sure
you create files when you work with
difficult co-workers save every email
save text messages
i mean we're talking everything um
when you try to avoid meeting with them
one-on-one alone if that's possible if
you can have someone else in the room
with you and you know it may sound weird
you don't have to make it hostile but
try to make it that there's other people
present because then that gives you you
know again another another set of ears
however if you can't have that one thing
i recommend people who have a
narcissistic co-worker they're concerned
about create a memo after the meeting
send the memo say i just want to make
sure that this is a very clear review of
what we just met use quotes wherever
possible put a read receipt on the email
so you know they received the memo and
then keep that as a keep these things as
records and so you really want to ensure
that you have that because you can't do
much in terms of hr or with an attorney
until you have all of that but we also
know
that workplace stress is actually the
type of stress most associated with

developing physical illness so it really is important that we manage your workplace stress once again consider getting therapy have a safe confidential space don't don't don't make this about workplace gossip it's so easy to have those whispered conversations then you're the one who might end up getting into trouble don't post your words it's not going to attract anything not going to fix anything don't put your workplace strife on social media if you have a narcissistic co-worker and they don't go and they decide to go there don't get in the mud with them you've got to play a clean game when it's this kind of situation make sure you engage in self-care and then you might want to slowly but surely if you feel like the writing's on the wall let's say this narcissistic co-worker has outlasted everyone yeah maybe that the culture of the company is that they're not going to get rid of this person maybe it's the boss exactly and if it's the boss you have even more problems same rules but you may need to start working on an exit strategy sadly we do know that there's some interesting research that has come out that when people work in a narcissist like with a toxic

narcissistic boss that you'll sometimes
find that they band together and do some
interesting work together can actually
cause like when you're united around a
common enemy that can create something
interesting the boss is narcissistic and
the co the workers might actually all
unite so that can sometimes be a nice
downstream effect make sure you have
allies at work you know
people you can turn to not for gossip
but just to ensure that you're
protecting yourself but also realize you
may need to cut your losses it may be
the dream job but it's not the dream job
if you're working with toxic colleagues
slowly craft an escape strategy and do
it quietly because in some places they
may be vindictive enough to stop you
from trying to get a new position it can
get really dark really really fast i
hope people have their pen and paper out
for that because that was a lot of
actionable amazing tips
what about the support okay
i have a friend who's in a relationship
with a narcissist how do i help that
friend
number one
do
not call their partner out because that

person is going to feel the need to
defend their partner don't okay don't
call don't call the partner out in any
circumstance no definitely point out the
patterns and the behaviors and listen
non-judgmentally it can be very
overwhelming it's so hard because you
want to say here's my text
right now and to say you really want to
say
it it hurts to hear this
it must be heard even more to be
experiencing it that's good you know so
when someone you love is telling you
that they're being hurt in a
relationship your temptation is just one
to go tear that person's throat out be
with your friends pain but don't give
them an unrealistic plan say right now
we're going to your house we're getting
your stuff we're getting out they may
not be willing to do that and that might
scare them to even talk with you more
listen listen non-judgmentally tell them
like this doesn't feel okay this feels
like abuse to me are you okay and then
ask them the dollar question
how can i help
we all want to give advice we all want
to get in there and fix it how can i
help your friend may say you know what

you're helping just listen you know and
i'm going to be calling you in the
middle of the night and say i'm here
instead of saying okay let's rent you an
apartment right now let's do this right
now you know
that's overwhelming and a person may be
really really freaked out so when our
when our our loved ones are struggling
we often want to get in there and do
what i call casseroling like somebody
died here's a tuna casserole i'm like i
don't know that they want that maybe
they just need you to listen and if they
want a tuna casserole trust me i'll tell
you
yeah so
ask them how can i help in
conducting all these interviews with you
and lots of other experts
the power of asking
a question
to somebody you love
is probably the best way to show support
if you ask it without judgment yes if
you ask it with sincerity and if you ask
it without trying to get anything from
them not like well do you think moving
would help that's not the right question
right but how can i help
i'm sorry you're going through that that

must be tough those questions
i mean are so simple they're so easy
they're huge and also don't second-guess
them a person in a narcissistic
relationship is being second-guessed and
doubted 100 times a day the last thing
you want to do is say
are you sure that's happening that's
gaslighting your friend and that's you
now you're participating in the abuse
yes you know i mean you listen to your
friend why is your friend gonna lie
about this and if this is their track
record of lying about this stuff you
need to find a new get a new friend you
know so i mean but you really if this is
because odds are by the time they're
coming and telling you this it's been
going on for a while yes
wow
uh
i loved everything that you put out here
because it gave me
one big sigh of relief that there is
hope
people are out there dealing with a
narcissist you know the thing that
happens to people who are narcissistic
relationships is a phenomenon we call
learned helplessness
you know theoretical model that came out

in the 1970s but when it plays out here
a person in a relationship with a
narcissist feels that nothing they do
helps no matter what they say what they
do
how they communicate how they look
anything ever changes anything
so they start feeling helpless and they
get paralyzed and then they get stuck
and many times they often become can
also become depressed because learned
helplessness is considered to be part of
the developmental model of depression so
it is a it's that sense of nothing i'm
doing is working when you're in a
relationship with someone and you feel
like nothing you're doing is working
that could be a real ringer that you're
in a relationship with a narcissist well
luckily we provided plenty of tips
plenty of actionable steps for people to
take but the question remains is there
hope for the narcissist themselves dr
romney okay so first of all you gotta
you gotta get him into the therapy room
right
so
most narcissists do not come into
therapy saying
hi
i'm a narcissist yes and i need some

therapy yeah i had i did have one person
in my career do that and literally
walked in the door that's what he said
i'm a narcissist and i want therapy i
said have a seat let's see what we can
do
and well hold on and was he a narcissist
what a narcissistic personality disorder
yeah and what kind of health did he get
it's long-term insight-oriented work but
it's slow it's really really slow and
he's very committed
to growing to
to doing better he wants this and it's
it's an incredibly slow process and this
is a guy who wants it
so
when people say is there a treatment
model that works well with them i would
say we typically learn a person is
narcissistic in therapy because they
came in with some other problem i'm
having problems with my girlfriend it
might be substance use i've been feeling
sad work isn't going well i'm not
getting along with my boss
i'm mad at my mother so they'll come in
with something else
and then they'll tell you their story
and maybe by the first or second session
they'll be like oh i'm getting this you

might even notice in the first session
because there'll be a real antagonism
from them to you
is the sorry but
we mentioned in a previous episode very
quickly you can spot if someone's a
narcissist you specifically if you're at
a party in a therapy session it takes
you one longer is it because they're
guarded they're guarded and we're having
a very curated kind of conversation
we're getting a history and all of that
you might pick some of the top notes up
pretty quickly like they'll talk about
all their achievements and i once had
somebody say you want to know how many
cars i own let me tell you how many cars
i own one person said i could buy and
sell you 20 times over and i was
thinking more like 40 but okay um you
know so some of it's like like right out
there like you'd really what is your
reaction when someone says that you know
i mean utter humility i'm like that you
know that's so interesting but i
actually don't care
so let's you know okay did you say you
don't care then what do they say they'll
say they'll look offended and i'll say
you know i'm actually trying to learn
your inner world the other stuff that's

that's all fluff to me
you know so please tell me about we're
going to work on this inside and that's
of course terrifying because those
shelves are a lot more empty yeah that's
why they have 20 cars exactly that's
right 20 cars but you know there's no
kind of there's nothing but room at the
end kind of thing so it's that that's
the struggle but
i have to say that you often end up
working on the thing they came into
therapy with the relationship problem
the substance use issue whatever it is
okay
but then you start working backwards on
the other you know we dig deeper what
was childhood like what was you know
how do they manage frustration how do
they manage anger and rage a lot of the
work of therapy in working with a
narcissistic client is building a
trusting therapeutic alliance
you gotta like them and i gotta tell you
i've worked some people brutally
brutally narcissistic i like them i mean
some of them i've really liked i could
i'm like wow i see the vulnerability and
i'll even say that i'll say i see the
beautiful little boy and i'm so sad the
world missed out on this and they'll cry

and they'll cry a lot you know like and
i'll see it like there's and they're not
playing
there's no point i'm gonna get paid the
same whether or not i'm saying nice
stuff you know what i'm saying like it's
not like i get a paid on per compliment
basis true right so
you're trying to you want to make you
want to get them to come in every week
because something's happening sometimes
i try to outplay or outwit you and tell
you i know more things than you and i
said you know what i'm always i'm always
a student so teach me so what i don't do
is get in the mud with them i don't
defend myself you know if they don't
feel you know if they don't feel like
i'm good enough and i've heard that like
you know you're not that good i'll say
that's absolutely important they feel i
am good and i have a list of referrals
and i pull it out of my desk and i say i
actually highly recommend these
therapists as well so they're used to
people going you know going you know
head to head with them i don't play that
game and i think good therapists who
work with narcissists don't so it's
really that you work on the current
issue you work backwards you try to

create a strong consistent empathic
therapeutic alliance when they tell you
a sad story you genuinely feel sadness
you'll say my gosh that's so sad and you
know what i'll often get is i never
thought of it that way and i'll say
really because i'm actually feeling that
inside and then we'll break that down
wow the difference in our two emotional
experiences so you sort of learn in the
moment i try to work on mindfulness
techniques with them like how do they
catch themselves before they say the
hurtful words how do they manage the
anger what's the sort we ask them what
the source of the anger is so it's
really about it's cognitive behavioral
work but it's a lot of it's humanistic
work
there is something good in there and my
job it's almost like being a prospector
we're going to find it yeah we're going
to show it to them and we're going to
cultivate it and so it's some of its
existential work can they learn to start
taking responsibility for the hurts they
perpetrate on other people and perhaps
try to find another path next time
if you're willing to do that kind of
depth work we might be able to get you
somewhere but it is they're baby steps

let's say a really high functioning
empathic solid person is sitting up here
the kind of person is going to take care
of you if you're sick and is there for
you and doesn't need validation all the
time okay and a narcissist is down here
okay
or even down here we're not getting them
here right we're not getting them here
we're going to get him here and maybe
that's enough that might be enough to
say all right i'll stay in the marriage
i realize it's not satisfying or
someone's like all right i'll try to
cultivate a relationship with my dad but
realize it may not be what i wanted or
yeah okay like you know i can try to
keep working with this person if you
getting them from here to here is
herculean this isn't possible and if
this is the standard it's not going to
fly
one of the traits of a narcissist is
that they lie
and one of the keys to successful
therapy is honesty yeah so how do
you make that happen depends on what
they're lying about it depends on what
they're lying about
they may lie about certain
ridiculous kinds of achievements

they might exaggerate the carat weight
of a diamond ring or the price of a
purse it's such nonsense i wouldn't know
you know what i'm saying you tell me the
bag or the car costs this much it's
irrelevant it's really things like are
they lying about whether or not they're
using substances
are they being honest about something we
made an agreement to be honest about and
be making that a high stakes game like
it's almost like a contract you make
with them say this is only going to work
if you're honest with me the
confidentiality brought about by therapy
helps a lot because you can't say like
hey i'm going to call all your friends
and say that blah blah blah you're
having an affair or something like that
that's not i'm not going to do that
right so it sort of stops kind of there
and um
so it is it's about creating that
becomes an honest space the lying really
there's no incentive
they're not trying to date me so i'm not
going to be impressed by their car you
know what i'm saying because nothing
like that is happening so it's in some
ways you might have to catch them in
their patterns like gosh you come in

here a lot and you talk a lot about all
the stuff you have and while i'm sure
you enjoy it and while i'm sure it's
beautiful it's really not relevant in
here and it's getting in the way of me
getting to know you
you know and so you're kind of taking
away their usual um their usual tools
are there medications that can work
depends on what else an art person with
narcissism is living with everyone
wishes there was a magic pill of course
everyone beg there's got to be something
he could take there's no jerk pill yeah
like if there was the anti-jerk pill big
pharma would be making more money than
they already are just me okay so
sometimes people will try things like
antidepressants with people with
narcissism because they are having sort
of an irritable edge sometimes it works
sometimes it doesn't sometimes people
use anti-anxiety medication with
narcissists because they're having
anxiety about a specific situation in
their life typically because they're not
getting enough validation sometimes
they'll be drugs used to manage issues
around addiction but that's much more
specific to the addiction and it's not
going to address the narcissism

but it would be the other things kind of
hanging out with the narcissism that
you'd use medication for there is no
known medication out there that is
labeled for use to manage or treat
narcissistic personality disorder
or narcissistic traits
if a couple is in therapy or couples
that you've personally had have you ever
suggested to the non-narcissist and in
the couple
leave
if i'm working with a couple i've never
done that but
god i've been tempted i mean like you
almost wanted to slip them a note like
on their way out right ethically it's
not how i roll
if there's a case of domestic violence
[Music]
watch this full series at the links in
the description below and subscribe to
our youtube channel to watch new mental
health videos every week in our med
circle series on cognitive behavioral
therapy dr judy and i sat down to
discuss the ins and outs of how that
therapy works and how it can be used to
change your thoughts your emotions and
ultimately your behaviors and then we
decided that we would do a mock therapy

session with myself portraying
somebody who has a
a cognitive belief or what is it yeah a
certain kind of core belief core belief
core belief yes
and you're going to walk me through that
belief and show the viewers
how cbt can actually bring them closer
to the truth and closer to a more
healthy way to think and react and
behave when it comes to our emotions and
thoughts
so my core belief in this
mock therapy session is going to be that
i feel like i'm unlovable right by
everybody right that's my core belief i
feel like i'm pretty lovable by most
people yeah i'm sure not everybody
kyle's actual core belief right exactly
you are playing a patient in which
um
has that core belief and i think it's a
common core belief for people whether
they want to admit it or not that's
right um and it makes sense because it's
one of our basic drives is to be loved
by people i mean that's just a basic
human drive and it's not just about
emotional wellness that you feel loved
it's actually about physical survival if
you're not loved and nurtured then you

might die right you know your physical
being will actually perish right if
you're not nurtured well if you're not
taken care of well and so i think this
is a good one for us to role play cool
well this will be great for the viewers
to see what a therapy session could be
like and also how cbt is used so i'll
let you take it away okay great so kyle
what brings you in today
i
uh recently
broke up with a long long-term partner
and
it's been one of
many breakups i've had in my life
and at this point i'm getting older i
have gray hair
i feel like the clock is ticking and
i don't feel like i will ever find
somebody who
loves me i don't feel like
i feel like i would have found him
already i feel like i've dated enough
people to make that happen and it's not
happening and i don't see
anything changing and my depression is
through the roof because of it
okay so i'm sorry about your breakup and
i'm sorry that kind of led to a cascade
of thoughts in your head about what this

really means about your future for
relationships and about you ultimately
so we're going to do a
practice technique right now and this
technique is called laddering and what
this is going to help us with is getting
some of those negative automatic
thoughts i mean you said many right now
actually just in your description we're
going to work with one of those and it
helps us to get them organized in a way
so that you can actually see what that
automatic thought leads to sort of like
if you think about automatic thoughts
being kind of like an iceberg and the
automatic thoughts is the tip of the
iceberg that you can see above the water
it's conscious but you have to kind of
attune your awareness to it
but
deeper thoughts are actually submerged
you can't see them they're below the
water level and that's what we need to
get to because that's the crux of the
issue these core beliefs drive how you
feel how you think and even the rules
that you have in life about how you
should behave in order to have
safety in many ways and so let's start
with an automatic thought i heard you
say that you were thinking based on this

breakup and other ones that
i might never find somebody who will
love me
yeah so let's work with that automatic
thought there were other ones but i
think this one is a good one to work
with so if your automatic thought is i'm
not going to find somebody who loves me
what might that mean
what does that thought mean to you
well
i look around at my friends and my
family who are in relationships who are
having kids
who are
posting pictures who are
sending out christmas cards with their
significant others and i don't
feel like i
will have that i feel like while
everyone else
will have love in their life
and meaning and purpose
i will have nothing i will be alone and
i am alone and i am also
lonely
right and that is devastating so what
might it mean if you were alone like
let's take that part of it so you know
you kind of broke it down like well i
don't think that i'm going to find

anybody to love me or who i love or who
will have this relationship with and and
to me that means that i'll be alone so
what would it mean if you were alone
like what if that did happen what would
that mean about you
well on one hand it means that nobody i
on one hand it means that people
wouldn't
i'm alone it means that people don't
want to be with me
which is
right awful it's an awful thought um
and it also means that i
won't be able to enjoy life how i could
i will miss out on dinners and holidays
and weekend trips and
children and legacy and memories
there are there's a laundry list of
consequences from being alone right and
you had just said that one of the things
that being alone means would be that
maybe that means nobody wants to be with
you
and so what would that thought mean if
it was true what if nobody wanted to be
with you what if that was an actual fact
like what would that mean
that there's something wrong with me
and if there is something wrong with you
if that thought was true

then what would that mean
that i haven't done a good job in my
life
could be becoming
i haven't done a good job becoming
somebody that people want to be around
right that people want to be in a
relationship with right and what would
that mean about you if people didn't
want to be in a relationship with you
that
you haven't done a good job and
people didn't want to be around you
that i'm
hope that i'm worthless and i'm a waste
of time yeah well that's the core belief
the core belief is
i'm worthless or
sometimes people will say i'm unlovable
sometimes they're interchangeable but
like
that's how we got to the core belief is
we keep doing this laddering technique
where
any negative thought you have i ask you
what does that mean if that thought was
true what would that mean about you okay
well if that thought was true that would
mean that i would be alone okay well
what would that mean if that was true if
you were alone well that would mean that

nobody would want to be around me you
know and you kind of kept breaking it
down to like the deeper and deeper level
until you got to this idea of
that would mean that i was worthless
that maybe i'm just not capable of being
loved that i'm undeserving of love and
that's what we mean
by a core belief which is like a
horrible thing to have to think about
and i want to be clear that core beliefs
are not necessarily what you actually
believe about yourself but core beliefs
are
your biggest fear
meaning that if it was true it would be
devastating if you truly were worthless
or if you truly were unlovable
that would be
devastating i don't feel
if you would have asked me three minutes
ago or four minutes ago do you do you
think you're
do you think you're a worthless person i
would have said no
not at all right yeah
and i think that when people first
encounter what could be their
uh core belief they
they have that kind of reaction of
but i don't really believe it's true at

least not intellectually
but it's really about the fear of
man but what if it was true like what
would that mean about my life and what i
could even amount to and
what kind of legacy would i leave behind
if that was true
and everybody has different fears for
different reasons some people's core
belief is you know i'm incapable you
know and that to them is paralyzing like
man if i wasn't capable like
that could ruin my life you know and
it's not that they actually believe
they're incapable but it's just like oh
my gosh if that was true
the consequences to my life would be
devastating and i wouldn't even be able
to tolerate it
and so this is sort of what we're
working with and i always say when we
get to our core belief it doesn't
necessarily have to be your core belief
but let's
let's work with it let's see if it is
you know part of this is sort of like
hypothesis testing like let's work with
that and see if that could be true for
you okay when people have core beliefs
they usually then have conditional rules
and assumptions about how the world will

work and how they should act within that
world so what i mean by this is when you
have such a core belief like i'm
worthless or i'm unlovable there will be
certain things that you believe are
scripts that you have to follow
in order to have any semblance of
emotional safety
or to prevent yourself from having that
core belief come true
and so we're going to talk about what
some of those things could be for you
when somebody has a um worthless core
belief
what might that do
in terms of
your expression of your needs
and wants to other people like what rule
might you have if you actually believe
that
you might be worthless or that you fear
that that might be true
what kind of rule would you
put on yourself in terms of how you
could communicate
your needs and wants to others
well i would uh
i would probably only
in terms of a romantic relationship i
would probably only date someone who i
felt

uh
was
like below my league i guess yeah that's
a rude thing to say but um it's honest
and i think you're not um alone in that
um
because if i if i truly was worthless
then i would need to be with somebody
else who couldn't see that
who would never know that i was
worthless right and so i would need to
date um accordingly
right um i i wouldn't go after the
people that i actually wanted to date
because they're too smart to figure it
out right that's at least that would be
like a possible thinking there yeah and
and i would also uh
try to show my worth
a lot
even though i believed i'm worthless i
would try to show well
look at the great house i have and look
at how happy i'm being and look how fun
my friends are and look at my cool job
and look at look at look at look at see
i'm not worthless i'm not worthless i'm
not worthless right yeah no those are um
excellent um examples of the types of
rules you might have when that is your
core belief and might you also have a

type of rule where you felt like in certain situations you had to contribute something so that there would be worth so like even in friendships for example like how are you like always about them as opposed to oh now we can talk about me for 20 minutes right do you find yourself sometimes doing that with your friends yes okay i'm always forever for as long as i can remember constantly making sure that the other person was happy with our interaction first professionally friendship romantic familial are you happy with our interaction constantly i i constantly remember thinking are you happy about this because i want to make sure you're happy about this because i don't want you to have an interaction with me where you're not happy right right okay so again another great example of a possible assumption or rule that you might put on yourself when this is the core belief and so as you might imagine there's a long list of these if we sat here for two hours we could probably come up with like 20 other rules that probably play some role in your life but i want to move on to

the problem-solving phase you know
because that's what cbt is all about
it's like let's solve the problem so
yeah i love that part wow so we've
identified the issue and there's been
very many different ways in which you
can work with your core beliefs but you
have to remember that these core beliefs
have been there for a long time and
they're kind of pervasive like this idea
of
i'm worthless as you just demonstrated
it's not just about your romantic
relationships it's about how you
interact with friends with professional
people with colleagues whatever
there's permeating of sorts in almost
all the domains of your life and so what
we're going to do now is one of my
favorite ways to work with core beliefs
and assumptions once we've identified
them and that is to create an
individualized behavioral experiment
okay to try to see if your core beliefs
and the assumptions that follow them
actually apply to every single situation
as i mentioned core beliefs feel
pervasive
and
we want to make them more conditional
you know we want to make it so that well

you know in certain situations and with
certain people they may make me feel
this way and maybe that even comes from
childhood but it doesn't apply to every
single thing right and the way that we
shake that is to actually get evidence
cbt is a scientific
program and this is kind of like our
mini science experiment that we're going
to do together
so
there's only a couple of rules for this
experiment we're going to design an
experiment around one of your rules or
assumptions and the one that i want to
use which i think is a good one to do
because you want to start with a lower
hanging fruit that's not too
activating but we shouldn't start with
the rule of you dating people who might
be
of a different level than you because
that one is a little bit deeper but we
start with something that feels like you
can approach it and there's a little bit
of risk it makes you a little
uncomfortable but not like the worst
thing that could happen
and i think that that would apply to the
rule of i always have to take care of
other people's needs first

because there's a lot of people that
applies to it it can apply to your
intimate relationships but it can also
apply to friends colleagues anybody else
that you meet
so
let's take that rule
and let's try to test it with a person
in your life and i would also say that
again this person should not be the most
activating person but this should be a
person who there's some stakes in it
there's some skin in the game but
this is not a person in which if this
experiment failed meaning that like you
tried to challenge this assumption and
they failed it in some way and actually
made your core belief feel more um
significant to you
that
you would feel bad about it but you
wouldn't be so bad that you would be in
pieces so is there a person like that
who you're like huh like i've always
taken care of this person's needs first
like as i usually do and
i could probably test something out with
them and if it didn't work out i'd be
kind of sad about it but like i wouldn't
be devastated
um hmm well i i have a friend in mind

okay great okay and so this is somebody
that how long have you known this friend
ten
ten more than ten years oh wow okay so
ten years yeah um but we're not like
every day friends right yeah but you
guys have been familiar and like
most of the times you're probably taking
care of this friend right how are you
like oh let me give you advice like what
can i bring you you're sick like that
kind of relationship all right so this
experiment is going to be very time
limited it's going to be very specific
so i need you to set like a specific
date and time that you're going to do
this in the next seven days oh okay yeah
it was going to be real specific because
we need to get that data and it's going
to be something that's kind of uh
contained meaning
it should be something where it's not
like a free-for-all like from now on i'm
just going to be you know we're vomit
and always tell them all about my
problems first but it's more about
okay in this particular conversation i'm
going to go with him with the problem
and
once i talk about the problem get his
advice i'm going to be like that was so

helpful thank you goodbye
and not make that about him at all
because that's the other thing where
with your type of poor belief and
assumptions sometimes you'll be like and
how are you and then you spend another
45 minutes dealing with that absolutely
so we're not going to do that this is
literally going to be you going to him
to express a need of yours to express a
problem have this person give you the
advice and then be like thank you that
was super helpful talk to you later
so that's the experiment and i have to
go do that and you have to go do that
and then what are you expecting me to
report back with so first we're going to
predict how you think that's going to go
so based on
your beliefs or maybe your assumptions
and rules like how do you think that
might go like in terms of maybe how you
might feel or what they might feel or do
well
i mean
i think it will go fine okay
do you think that he's gonna have some
kind of inner judgment of you like
kyle selfish
he didn't even ask about me today
um

i mean maybe
i don't know yeah well let's get
specific and do you think that that's a
possibility yes okay yes and you
obviously don't want that to be
anybody's thoughts about you no okay all
right so you're gonna hold you're gonna
hold that distress a little bit for
yourself
and then you said it's gonna probably go
fine meaning like you think you can
carry it through
but it might make you a little
uncomfortable yeah and i'm hoping i
don't slip up and start being like and
how are you and go oh well i'm sorry
that you went through something you know
like and then just complete turn around
yeah yeah exactly okay so we've laid out
a couple of expectations one is well i'm
sure he'll be fine with giving me the
advice but maybe in his mind he'll be
like whoa kyle's being selfish today
like didn't even ask about how i am and
then also you might just feel kind of
like
icky and then you're afraid that you
might like break and just start to like
take care of him so you feel better
about yourself again exactly so those
are the expectations all right so then

you're going to do this experiment so
when do you think you can do something
like this
give me a day okay tomorrow and then
what problem do you think you're going
to bring him um i'll bring him uh uh a
just
i'm so stressed out i'm so busy okay
which is true that's great so you'll
just talk about that and oh my gosh i
need help with this yeah like it's it's
it's on a level that i've never
experienced before okay great that's
perfect and then we'll kind of keep it
time limited so how long do you think
the conversation will be just give us 15
minutes perfect okay and remember we're
not gonna
make it another 20 minutes
okay awesome so then we're going to do
this and
we've already talked about the
expectations
and after you do it i wanna i want you
to do two things one is i want you to
actually ask him
at the end of that conversation
was this okay with you that
today we just talked about me i'm just
really stressed
you literally ask him that very specific

question
because you want to get some level of
feedback of course he can still lie to
you but it at least gives you some
semblance of what he might be thinking
and i don't think he's expecting that
kind of question from you no so he'd be
like hey i gotta run because i'm busy
but just so just so i know like was this
okay that i called you just to get your
advice today and we didn't get to talk
about how you're doing
i can do that okay cool i can totally do
that awesome so then he'll give you some
feedback about that you will write that
down and you will write down just your
feelings leading up to it like was it
that discomfoting and then once you get
that feedback from him how did you feel
then
and i will say that what i'm expecting
is this guy's been your friend for 10
years that he's probably gonna be like
dude it's cool like that's what friends
are for something like that and then
using that
experience we're going to now go back to
your
assumptions again and say did that
assumption really hold i mean do you
always have to take care of people or

are there at least certain people in
your life who you can have it back and
forth with
and this is the first step then we do
another experiment with a different
person and a different kind of
experiment so that we can loosen these
assumptions make them more conditional
and that will feed back to that core
belief like is it truly as universal as
you think it is
and that's really going to be the
process so it'll take a few weeks for us
to
execute it all the way through but this
is the first step and i think if you can
do this first step it's going to start
to shake that assumption enough for the
rest of our work
wow
cool right it's really good it's going
to be fun now now i'm like morphing into
kyle kittleson yeah
that do i do i need to be patient
anymore no okay
that is um really good because i was
really committed to the patient role you
know yeah
and i was like where is she going with
this like i'm just talking about how i
don't feel like i'll ever find love and

she wants me to go complain to a friend
yeah you know and so i was like this has
got to come together somehow but it
definitely did yeah yeah and it's really
i mean again it's a process so the core
belief was it was a process to develop
that core belief yeah but the more that
you can design these behavioral
experiments to challenge the specific
assumptions and to realize that those
assumptions don't hold yes
then the core beliefs get shaken because
it's like wait if this assumption
doesn't hold and there are people who
like seem to love me for me even if i'm
being a little negative today or a
little selfish today whatever it is that
i'm labeling this as in my head yeah
what does that mean about me truly being
unlovable am i really unlovable yeah or
is it that i just have to find the right
people to like
yeah yeah yeah and it's such a good
thing to note
or realize
that a core belief
does not mean
necessarily that it is true
it is just your belief hidden way deep
down on the iceberg and it's more like
your fear like dude if this was true

that was nice
i want our youtube viewers i want you to
leave a comment
if you watched the entire session
because it was a little longer than
normal so i want to know who watched
that act that whole session and then if
you feel comfortable enough
i want you to share one of your core
beliefs or or something that you believe
is a core belief um because we all have
them like dr judy said we all have them
but they're they're living down there
unnoticed
and they're affecting every part of our
life yeah and through cbt therapy we can
uncover something that's deep deep deep
within us
and bring light on it right and bring
awareness to it and just that awareness
changes everything absolutely everything
that's what starts everything that's
what starts you on the right path yes if
you got motivated watching this go to
medcircle.com and check out the entire
series on cognitive behavioral therapy
dr judy amazing thank you thank you
thank you thank you that's great i'm
kyle kiddleson remember whatever you're
going through you got this
thanks for watching if you liked what

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only release at [medcircle.com](https://www.medcircle.com) check out
the links below

[Music]

you
what do you want to do is you look at
six-year-old little you

[Music]

sorry
rescue her mandy from the year 2021 this
is not the time to stay silent this is
not the time to stay small you let those
tears come if they want to come you are
allowed to express yourself
you are allowed to be heard
and she is too
go ahead and say why do you believe
we're unlovable

[Music]

[Music]

nice to meet you mandy thank you so much
for being here today
i would love to start off by learning
more about you and what you would like
to accomplish from today's session
and once i have an understanding of what
you'd like to achieve i'll tell you a
little bit about what you can expect

from hypnotherapy how it works what it
isn't
and then we'll dive into the session
does that sound good that sounds great
um so nice to meet you grace uh thank
you for taking the time today to dig
through this with me
uh
so
i'm not sure how much you want to go
into detail but
i have been through quite a few things
in my life
starting from a very young age
that kind of created some really false
beliefs that i kind of built my life
around
and
have been spending much of my adulthood
trying to unravel that and dig in
i have definitely had you know cognitive
behavior therapy some somatic experience
experiencing some emdr
because there is past trauma
but i still feel stuck like i still feel
like there's blocks
and not really sure how to get through
them
definitely so just to make sure i'm on
the same page there's definitely been
some trauma you've been doing a lot of

work around it but you're still
experiencing blocks and not sure how to
move beyond them
yeah
so let's start with how you would love
to feel
as compared to
how you actually feel day to day
um i would
and it comes in waves so it's not like i
always feel this way but there are many
times where i just feel like i need to
stay small
um
do
things to
you know
make others happy
i definitely was a perfectionist growing
up so like tied my worth to outcome a
lot and performance
and now i know that not to be true i've
done a lot of work around that but it
still really is kind of deep down you
know i'll find myself getting
lost in a project or just extending too
much of myself kind of
maybe subconsciously hoping for
um unconditional love or acceptance or
security that's you know somebody or
something won't leave because there's

been a lot of loss in my life as well
so i definitely feel like those are some
themes that that keep me small or don't
allow me to be fully myself like i'm too
afraid to show that side
if that makes sense
absolutely and so i have a couple
follow-up questions but the first is
what is the opposite
of looking of being small playing small
to you so
in your life what would be a very
tangible
example of
the opposite of staying small
um
being big
being big just being like
unapologetically
you know just myself um not really
worrying about
trying to mold around expectations or
what i believe others are wanting
if if that makes sense so i guess that
would be the opposite of just kind of
being out there
um
yeah i mean i
kind of along this line i like to public
speak right i was a teacher for a long
time i'm used to teaching in front of

people
so that to me is kind of being big but i
would like to see that
feeling or that fearlessness in other
areas
beautiful so that's exactly where i want
us headed i want to know what does
playing big
look like for mandy so
public speaking seems like it's a piece
of that perhaps being on stages is it
having a following do you have a message
is there a business you want to launch
do you want to win an oscar whatever it
is like this is the time to just share
probably the thing that's the most
terrifying to consider but also the
thing that lights you up the most what
are some of those things
yeah okay well
um
i
love to write and i love to illustrate
and i really love connecting
with people through emotion
especially shared emotions so to me
writing is very expressive it is a huge
piece of my soul
um i have created my own website i have
kind of put it out there but afraid to
grow it like i just

kind of put it there and just
let it sit and i let myself get busy
you know too busy to get to this too
busy to get to that and i know
i'm a single mom i'm a very very busy
woman i'm not
like totally used to that if that makes
sense so that's just almost like an
excuse really
um for probably some some fear behind
that
yes
so procrastination can take many forms
right sometimes people think
procrastination is laziness but for
example when i have a book deadline my
house is the cleanest it's ever been
right not being lazy i am just scrubbing
the floors
and so procrastination in all of its
various forms is actually a fear of
failure and so it makes sense that this
thing that calls to you so deeply that
is a part of your soul this writing
that you would become too busy when in
fact you are extremely busy and that's a
very insidious form of the subconscious
going no i'm going to keep you small to
keep you safe i'm going to keep you busy
so busy and actually busy that you don't
have time to look at this thing which

would make you vulnerable yep yep
so the subconscious always wants to keep
us safe and it typically does so by
attempting to keep us small
if you had to guess and there could be
another subconscious reason for it you
mentioned there's been a lot of loss in
your life there's been trauma
if you had to guess the source of the
fear of playing big the source of the
thing that's blocking you from writing
is there one thing in particular that
comes to mind that you feel comfortable
sharing
um there there are a few that i think
just kind of wove together over the
years um
i had some um
childhood um
sexual abuse that had happened very
young and you know persisted for many
years and just going through that kind
of always feeling always
not not allowed to say anything right so
just stay small just stay small do what
you have to do
to to make that person happy
don't draw attention to yourself
don't share your feelings keep it all
stuffed down and then i think to um you
know i love my family tremendously but

being
the oldest you know of your siblings you
feel great at first and you know you're
kind of doing your thing you're very
independent and then the others come
along and you love that but and now
being a parent of three myself you
realize how busy you get with each of
them and it doesn't mean you don't care
about them or love them any less or or
anything like that but um
but but it was a shift and it was you
know attention was diverted elsewhere
and if i was like trying to do something
or if i excelled at something
there was
encouragement of it but also
don't show off don't make other people
feel bad don't do this don't do you know
just kind of sit quiet sit pretty you
know do your thing we want you to be
yourself we love you
but you know tone it down
yeah if that makes sense so i think the
combination of those events just
yeah kind of built that in me absolutely
is so it feels as though there's a
correlation between staying silent
staying small
and you had mentioned that shared
emotion is so important to you

yeah can come together and have a shared
experience around their emotions and in
each one of these cases you had to
tamper down
how you were feeling and your expression
whether it was the fact that you were
excelling at something or the fact that
somebody was
causing you harm yeah so what we want to
do is find that shared link in your
subconscious
and set you free
in in all of these various ways and so
that means finding your voice and
feeling not just the safety to share
your voice there's a element of that but
also just the courage to do it even when
it's scary
yeah because even when all conditions
are perfect it can be scary
yeah and so we want to make sure that
we're boosting courage as well go ahead
so i love that um i was just gonna say i
don't know if this will make sense at
all but i have
i have no problem
saying what i need to say
for others
if that makes sense um i i have spent a
ton of time in advocacy service work all
of that i will voice whatever i need to

say i will stand my ground set you know
harden the truth but when it comes to my
own it's like
so that might be another layer that's
also impacting it so absolutely
absolutely
so what you don't need this particular
element but i i do feel called to share
it and to see what it brings up for you
because public speaking is a part of
your skill set which is something that
many people fear worse than death right
there's been studies that show people
are more afraid of speaking in public
than they are of dying
and the fact that you can do that with
ease is tremendous so when i'm helping
people overcome a fear of public
speaking in particular women one of the
things that most consistently has made
an impact is when a woman can imagine at
the subconscious level all of the women
who have been silenced throughout
history and even the women who are
currently silent that there are parts of
the world in you know 2021 today where
if a woman were to get on stage and
share her truth she would be stoned to
death or thrown in jail
and that when you get up and share
whether it's at a quarterly board

meeting about the numbers or whether
it's about the thing that you care the
most about changing in the world
you're standing up for yourself you're
sharing your voice and your truth but
you're also representing all those
silenced women and the fact that they'll
never get to do that in this lifetime
it's an honor it's a privilege and it's
a responsibility and we focus on that
for half a second and all the women are
like get me on the stage
so it's we want to be able to channel
that for little mandy
yeah
you know that that she has the chance to
be set free that she has the chance to
heal from the trauma that was inflicted
upon her that she doesn't have to be a
victim any longer
and she can do that for herself
but
she can also do that for other children
or she can do it for puppies who are at
the pound we want it to be important to
little mandy believe it or not it's more
important that we get her
buy-in and that she's excited to
transform and we'll do that in the
session um but in the same way because
you're already a natural advocate we can

use that as leverage in the subconscious
that like okay i'm doing this for myself
but i'm also doing it
on behalf of something i really care
about who will never have the chance to
do this does that resonate i love it the
second you said doing it for all the
other women or anybody that stayed
silent i got goosebumps i'm like okay
that's perfect i can do that good
perfect okay great so as long as little
mandy agrees we'll go that route
otherwise she'll pick the thing that she
wants to stand up for and we'll run with
that that's perfect
okay great so
would
success look like
feeling more confident in your skin
writing a book
expressing your needs more what's a
tangible outcome that if a week from now
you saw yourself doing it you would go i
have to call grace and tell her this is
happening
um oh my goodness there's i have a whole
list but um
one thing definitely i think just
being
being published first would be like my
biggest thing um that would be a

signpost because it's the one thing i'm
like that i'm
constantly stalling on
and from there it's like i i know
exactly what i want to do you know with
like expanding nonprofit organization
just doing lots of other things to help
people
um and and i have that association too
like if i'm a writer i can't also teach
i can't also still stay in like the
nonprofit world and help out like i have
completely compartmentalized these
things and there's tons of people that
do all that kind of stuff yes but
that's another so that would be my first
step yes perfect for the subconscious to
say oh you care about all these other
things you're gonna have to say goodbye
to them forever if you do the thing that
your soul is most calling for you to do
which is to finish your book and be
published
so
you said that you love to illustrate as
well is this a a children's book or is
this a novel is it so i have three three
so one would be a self-help book because
i have like a whole program lined out
for that
um poetry

and children's books
they're all and all geared towards
healing
what's your main signpost
uh little chicky marie it's it's a
children's book perfect
and are you cool with published via
amazon on your own or does it have to be
with publisher okay perfect so
originally i wanted to do publisher but
then i was like no you know what it's
it's just about getting that first step
and making momentum and the publisher
can cut you know
the traditional way can come later if if
so and if not you know it's all good
perfect i love that that takes out a
huge
barrier that is 18 months at a minimum
in the making and i'll share a dear
friend of mine who's also a client john
strollecki he wrote cafe on the edge of
the world
and uh it sold six million copies and
he's self-published and he was turned
down by 200 publishers six million
copies
cafe on the edge of the earth or cafe in
the edge of the world either one but
it's phenomenal either way whether it's
world or earth and um yeah so he would

he would say this is the way to go and
once you sell your hundreds of thousands
of copies then a publisher is going to
buy it for a lot more so that's very
exciting so little chickie marie
published via amazon self-published
that's your signpost that you've broken
free
is that right yeah yep awesome okay
we're gonna take a beautiful winding
road to get there but that's the
signpost that's the goal so
any questions or anything else you want
to add before i tell you a little bit
about what you can expect from hypnosis
no
um
no i think this this will be really good
because it's definitely impacted other
areas of my life from motherhood to
dating to all of that so
yeah so i'm excited i'm excited for it
absolutely i mean
the subconscious is just a bunch of
roots that are intertwined and we can't
even really know the subconscious
associations we've made but one of the
cool things is even though we're going
to work on you becoming a published
author and healing some childhood trauma
in order to

feel safe enough and courageous enough
to be seen in that way
you might find you get the best
sleep of your life tonight or you might
find that you know whatever else is
going on if there's a i don't even want
to make suggestions but i'll give you an
example i had a client who called me a
couple days ago and he went grace i
didn't even tell you this but i've been
a smoker for 25 years
and we haven't worked on quitting
smoking but ever since we had our first
session three weeks ago i haven't had a
cigarette so what was that all a bonus
miracle right because he started
elevating his self-confidence his
self-worth his love of himself and and
his confidence the things that were
self-harm
but shrouded in a light of
stress relief yep we're unnecessary so
be on the lookout for bonus miracles
they could be anything
i love that that sounds like a little
bit of fun and magic and whimsy so let's
do it
perfect okay so you've done cbt emdr but
never hypnotherapy
no
no

all right so now i'm going to share with
you a little bit about what hypnosis is
how it works why it works what it's not
and that will just help you to get even
more out of the session because we'll
know that your expectations are in
alignment with reality and not what
hollywood portrays so you mentioned
early on you've done cbt cognitive
behavioral therapy emdr uh but not
hypnotherapy correct
i have um
done a little bit i do have your app and
um i love it actually one of um
in the beginning i love i can go now
like right to
down the staircase right to where i want
to be i know exactly what it looks like
and it's become a favorite meditation
you know escape for me as well so i have
some experience but
not um you know the reciprocated
one-on-one experience so
fabulous well thank you i'm honored and
for everyone listening you can get the
app at getgraves.com forward slash med
circle
you will love
it so just as you said i call hypnosis
meditation with a goal
and when you're listening to a hypnosis

recording it feels very similar to any meditation recording the slight difference being that it's if it's hypnotherapy then that person has specifically studied how to reprogram the subconscious mind whereas if it's a meditation from a meditation app it could be just someone who likes to relax and thinks they know how to make a recording which is fine and you know there's great intention behind that but it's not going to be anywhere near as effective as someone who studied how to specifically weed out what's not serving you plant what you desire water it let it grow and then future pace you into the life of your dreams so that's the distinction between recordings of meditation and hypnosis they feel the same it's more about the credentials of the person making them and then when it comes to what we're going to do today one-on-one hypnotherapy it the the name hypnotherapy is a little bit of a conundrum because we're not licensed mental health practitioners we're not therapists we're not psychologists we're not psychiatrists we don't diagnose we don't treat disorders that's what all of

the other brilliant genius doctors on
med circle are for
uh what i really am is an expert in the
subconscious mind and so the way i kind
of view my role in the world is it's as
if i say okay mandy let's go i take your
hand and i've got a lantern i press the
button i take you down into your
subconscious and i know what happens if
we go left i know what happens if we go
right but i'm holding up the light and
saying what would you like to do where
would you like to go what empowers you
most and so you're the one making all
the change you're the one doing all of
the healing i'm just your guide and then
i bring you back up through your
elevator and your life is phenomenally
better than it was before we went down
and from a scientific perspective
here's why
so most of us attempt to change our
lives when we're completely stressed out
if we were to put sensors on our head
and read an eeg machine we would see
what's known as the beta brainwave state
when we're in normal waking
consciousness so you and i having this
conversation we're in beta the waves
we're producing would look like this so
spiky fast put together

that's fight flight freeze survival mode
that's where stress comes in it's where
we are our least able to take in new
information it is our least adaptive
state and it's usually when we attempt
to change our lives which is why it's so
difficult to stop eating the chocolate
or go to bed earlier quit smoking or do
any of the things when we're in the
shower for example and we're a little
bit more relaxed the negative ions from
the running water the fact that we're
doing something rote like washing our
hair
we're able to drop down into what's
called the alpha brainwave state which
looks like this on the eeg which is
daydreaming and when we're daydreaming
sometimes we get those light bulb
flashes of inspiration so our intuition
can speak to us because we're a little
bit more relaxed
and then way down here where things
barely move is the delta brainwave state
that's sleep so when we're asleep we are
unconscious
we're not aware of the fact that we're
in our bed right if there were a moth
flying around we wouldn't know
but our subconscious is alive and well
during the rem cycle of sleep when we're

dreaming so movies make it look like
hypnosis takes place in delta it makes
it look like it's happening when we're
asleep that is just hollywood wanting us
to have a reason to believe why a
character who would not behave a certain
way is behaving that way it's that's all
it is the truth of what hypnosis is is
we drop down into what's known as the
theta brainwave state so it's deeper
than alpha it's deeper than daydreaming
but it's more alert and conscious than
sleep so the theta brainwave state is
where you can connect 100 to your
intuition
to your inspiration
and where that critical factor of the
mind that goes i could never do that
that's stupid i'm scared a million
people have done that before everyone
will make fun of me all that critical
factor of the brain
is
off in the corner not paying attention
and we can finally dream big
so a study found that 600 sessions of
psychotherapy on average resulted in 38
improvement over the course of 600
sessions
so
that's beta that's when we're talking

about our problems from the conscious mind and that's wonderful 38 improvement is a huge amount of improvement that's about 10 years of talk therapy which is awesome and again there are very specific reasons to do that that a hypnotherapist can't help you with right we can't treat disorders we can't diagnose so awesome perfect love it we work together great same study found that six sessions of hypnotherapy results in an average of 93 percent improvement and that's because we're doing it from theta where there's no critical factor of the mind telling us it's impossible and where we have the surplus energy required to create new connections in the brain very quickly so dendrites extend out from the neurons and connect and make new neural pathways that much faster it's it's like lightning speed so that's what we're going to do there's a whole lot more about why hypnosis isn't mind control and all of these things that i've talked about in other med circle videos so i'm sure anybody who wants to know more can find those but i feel like that's enough for you to understand

why you're going to be aware that you're
sitting in your home why you're not
asleep why
you are conscious and alert but still
deeply relaxed so any questions
no
okay
ready to dive in
[Music]
all right mandy very good so without
further ado go ahead and close your eyes
take a nice
deep
letting go breath
already beginning to relax both mind and
body
relax the top of your head
relax your forehead
smoothing out any creases
relax the tiny muscles next to your eyes
relax your jaw letting it hang loose and
slap
relax your shoulders
relax your arms all the way through to
the fingertips
relax your torso breathing easily really
releasing your stomach
relax your legs all the way out through
the bottoms of your feet
now not now but in just a moment i'll
ask you to open your eyes and look up at

the ceiling
and then when i ask you to close your
eyes you'll easily and effortlessly
send a wave of relaxation through your
body so very quickly
to relax 10
times
deeper
opening your eyes looking up at the
ceiling
all the way down now 10
times
deeper good job
excellent we're gonna do that twice more
opening your eyes looking up at the
ceiling
all the way down now 10
times deeper
excellent work
you realize now your eyelids are so
wonderfully deeply relaxed they just
want to stay closed
no matter how hard you try to open them
they just want to stay close
when you're absolutely certain your eyes
just don't want to open and it's all
right you can give it a good try
you're certain they just don't want to
open go ahead and say a color you love
out loud
green

green imagining green
green flowing in through the top of your
head
all the way through your body
out the bottoms of your feet
down into the center of the earth
green relaxing you
green releasing you
green taking you all the way down
one last time now opening your eyes
looking up at the ceiling
all the way down now ten
times
deeper
and
green
imagining green
plowing in through the top of your head
all the way through your body
out the bottoms of your feet
down into the center of the
earth repeating out loud after me
i am safe
i am safe
i am calm
i am calm
i choose to be here
i choose to be here
got another nice deep letting go breath
you're doing so well we'll do that twice
more i am safe

i am safe
i am calm
i am calm
i choose to be here
i choose to be here
one more nice deep letting go abroad
i am safe
i am safe
i am calm i am calm
i choose to be here
i choose to be here
okay now go ahead and begin to imagine
you're
perfect staircase forming before you
it might be one you've seen before or it
might be brand new
so long as it's your perfect
staircase
you're doing it right
it could be sleek and simple or
elaborate and ornate
whatever you notice is perfect and
correct really good
and this perfect staircase is going to
lead to your safe
place
a place where you feel so wonderfully
deeply relaxed and perfectly safe that
lasting transformation to your
subconscious mind takes place
it could be a beach

garden a mountain top
a penthouse a yacht another planet which
is to say it can be anywhere
so long as when you get there
you feel perfectly wonderfully deeply
relaxed and safe
when you're ready the sound of your own
voice taking you even deeper describe
for me in just a few words
what your perfect
staircase is like
it is old cobblestone
it is old cobblestone that's right what
else
it's cool on the bare feet
it's cool on your bigger feet that's
right what else
and it opens to a beautiful enchanted
forest
yes it opens to a beautiful enchanted
forest
so when you're ready to go and head down
those steps into your safe enchanted
forest
you'll let me know by saying out loud
i'm here
it's perfect and i'm ready
i'm here
it's perfect and i'm ready
that's exactly right
you're here

it's perfect
and you're ready
taking your first step down on your
perfect staircase now
ten taking your first step down doubling
your relaxation
nine another step down the deeper you go
the better you feel
eight relaxing releasing and letting go
all the way down now
seven feeling into the velvety darkness
behind your eyelids
six keep going almost there now
five
four
really let go you're doing so well three
two
and
one be there now inside your safe
enchanted forest
start with a number of nice deep
inhalations
breathing in the pleasant fragrances the
pleasant smells they're inside your safe
place
reach out and touch something there
inside your safe
enchanted forest
feeling its texture or its weight its
roughness or smoothness
and now reach out and touch something

else there that it's a very different
texture
good hear the sounds inside you're safe
enchanted for us
notice the colors inside your safe
enchanted forest
perhaps there's even something
nutritious and delicious for you to
taste there inside your safe
enchanted forest even if it's just a sip
of cool clean clear water you can go
ahead and taste that now
and then when you're ready the sound of
your own voice is taking you even deeper
go ahead and describe for me
what stands out to you most about your
safe
enchanted forest
there are lots of animals there
that's right there's lots of animals
there what kind of animals
um
baby deer
lots of birds
uh raccoons squirrels
they're all just hanging out
beautiful
baby deer
lots of birds raccoons squirrels
they're all just hanging out
that's right

how does it feel emotionally to be there
inside your enchanted forest with all of
these animal
space and peaceful and
joyful
safe and peaceful and joyful
amplify and magnify how safe you feel
amplify and magnify how peaceful you
feel
amplify and magnify how joyful you feel
and allow
that joy
to flood your system
the visual i get is like this happy
joyful
acidic rain believe it or not because it
breaks down and dissolves and melts away
all of the calcified pain does that
resonate
yes
so really amplify magnify that joy
and allow it to just pour all over your
body your mind your emotions your energy
amplify magnify that joy and it just
completely dissolves all of the
calcified pain that it touches
and you feel lighter and lighter and
lighter more and more free
take your time now while i'm silent to
allow this joy to work its magic
and share with me once you know you're

complete
i feel complete
that's right you feel complete
and what was that experience like as the
joy
is amplified and magnified
it felt so loving
it felt so loving
and is this a sensation that you feel
with regularity or is it rare or
something else
no
i don't feel it regularly
yeah that's right
in the past you didn't feel it regularly
but now you know that you can come here
to your safe place it's just down the
cobblestone stairs
surrounded by these animals
and you can fill up on joy and feel that
love
whenever you'd like
how does it feel to know that you can
access it this easily
wonderful
wonderful
when you are worthy and deserving
of having that wonderful experience as
often as you'd like
so now go ahead and see feel and
experience that somewhere there inside

your enchanted forest
is a circle of animals
waiting to be read to
and they want to hear their favorite
book little chicky
marie so find that circle of animals
ready to be read to
find published beautiful little chicky
marie
and when you hold that book in your
hands you can see that the spine
has been opened
thousands of times
it's their favorite book
take your time and read it to your
animal friends your published children's
book
take all the time you need and describe
for me which you notice when you're
ready
they are happy to hear it
because it
makes them hurt less and smile
yes they're happy to hear it
because it makes them hurt less and they
smile
and in this situation what's the
opposite of hurting less what does it
make them feel more of
peace and joy
yes

so your book
helps your readers
feel more peace and joy
is that right yes
beautiful
so i'd like for you to notice that
there's another group of animals maybe
they're teenagers if it was the little
kid animals who were just listening
now you're gonna find the next circle
the circle of teenagers and as much as
they love little chicky marie and they
do
they want to hear from you
the journey
that it took
for you
to write it
to publish it
and most importantly to overcome
the blockages that stood
in the way
but before you can share with that
circle that story
you'll have to remove the blockage
so we're going to go on a journey
together
on a voyage on an adventure
to discover what the blockage or
blockages are
so that you can summon the courage

to destroy them
to overcome them to remove them
and to be victorious
you already know it's done in one realm
now it's just a matter of connecting the
dots
take all the time you need and when
you're ready to begin this journey
let me know by saying i'm ready
i'm ready
that's right
you are
ready
so when i count down from three to one
and snap my
fingers someone or something is going to
appear as the personification of the
fear that's stopped you from writing
little chicky marie the first of your
many books
the personification of the fear that's
been stopping you
it might stem from an experience in
childhood
it might be from something someone told
you
when you were a kid
it could be absolutely anything from any
direction of time or space
the personification of the fear that's
been stopping you from writing your

truth
the fear that's been keeping you silent
and small
but remember
this is your enchanted forest you're the
boss you call the shots
so whenever this thing appears if you
want you can immediately put it in a
bubble so that it can't touch you or
talk to you or get close to you
you're the boss
three going even deeper getting ready to
experience the personification of this
fear before you
two it could appear as a boulder or a
witch or a frog or a blue dot which is
to say however it appears is perfect and
correct
and one
see feel and experience the
personification of the fear before you
notice what you notice and describe for
me what that is when you're ready
it's the grim reaper
that's right
it's the grim reaper
and he's just standing there and he's
very stoic and quiet and not budging
that's right it's the grim reaper he's
just standing there and he's very stoic
and quiet

and he's not
budging
that's right
how do you feel observing this grim
reaper standing before you
when he first appeared he
just said
you are unlovable
and
then he got quiet
and it hurt really bad
to hear that
but as i'm staring at him
he just looks like a statue
yes
when he first appeared he said you are
unlovable
and then he got quiet and it really hurt
but now as you look at him he just looks
like a statue
when i count down from three to one and
snap my fingers the voice that you heard
that message from you are unlovable will
ring loud and clear and you'll tell me
who it is three going even deeper even
if it was yourself too or it could be
anyone or anything
one
it's myself
it's yourself
that's right

go ahead and repeat out loud after me
and you can change any of my words to
make them perfect for you
and say grim reaper
are you
me
grim reaper are you me
yeah
say
why did you dress up like that
why did you dress up like that
i didn't want you to recognize who i was
i didn't want you to recognize who i was
go ahead and say why do you believe
we're unlovable
why do you believe we're unlovable
because that's all we've experienced so
far
because it's all we've experienced thus
far
what do you feel called to do as you
look at this
statuesque grim reaper who dressed up in
this halloween costume just to try to
trick you and you got to the root of it
in one second
what do you feel called to do if
anything
hug him
yes hug him
pour love into him pour love into this

personification of your deepest fear
about yourself
and let me know what happens next
he turned to an angel and and then to
little mandy
turned into an angel
and then to little mandy
to little you that's exactly right how
does little mandy appear
relieved
she's relieved
and how old is little mandy appearing to
you there
six
yeah she's six
that's exactly right
what do you want to do is you look at
six-year-old little you
sorry
[Music]
rescue her yes you want to rescue her
mandy from the year 2021 this is not the
time to stay silent this is not the time
to stay small you let those tears come
if they want to come you express your
emotions that shared emotion that you
have with little mandy that only she can
understand the depth
of those emotions the way that you can
you are allowed to express yourself
you are allowed to be

heard and she is too
you're doing so well
and now you want to rescue her
so when i count down from three to one
and snap my fingers you're going to do
just that a scenario will play out and
you will rescue little you
you will be the hero you will save the
day you as an author have the
opportunity to rewrite your own history
right now in this moment
gather your courage
three going even deeper
gather your strength to trusting what
comes
and one
rescue little mandy now
take all the time you need rescuing
little you
and when you're complete you'll let me
know by placing both hands over your
heart
beautiful really really good
and you can choose to share
what you just did out loud if you'd like
if it feels like the most empowering
choice or if the most empowering choice
feels like to keep that sacred
you can keep it to yourself
what feels most powerful to you in this
moment

to share it
beautiful how did you rescue little
mandy
i just picked her up and held her close
and she was scared
but also felt very safe
and then i brought her to the animals
[Music]
that's right you picked her up and you
held her close even though she was
scared
she also felt safe
and then you brought her to the animals
and i was able to see that
i've chosen to stay small to protect
myself
because i didn't want to experience any
more potential pain
that's right
you were able to see that you kept
yourself small to try to protect
yourself from any more potential pain
and what do you know to be true now
it's safe to be mean
it's safe to be you
go ahead and repeat
five times out loud as you imagine
well you can say five times out loud or
10 or 15 however many you need to get to
the end
while you imagine writing your

manuscript
with little mandy's help of course
as your consultant
publishing printing having the first
edition of your book arrive at your home
holding that book hearing the sound as
you open it for the first time running
your hands over the pages
smelling the fresh book smell
repeat over and over and over again it's
safe to be me
as you write and publish your book
beginning now
it's safe to be me
it's safe to be me
it's safe to be me
it's safe to be me
it's safe to be me
it's safe
to be me
it's safe
to be me
that's right
it's safe to be you
now go ahead and take little mandy's
hand
and find that group of teenage animals
all waiting to hear your triumphant
publishing story and the journey you
went through to break down
that old personification of that old

fear because underneath the grim reaper
was a beautiful angel and a child who
just wanted to be held and loved
share the story of your journey and your
triumph
as you pass out fresh copies
of your book to everyone in that circle
well taking all the time you need and
sharing what that was like when you're
ready
it was fun
i i used to teach high school so i
enjoyed teenagers
and
they all wanted to know how they could
do that process themselves like busting
through their own fear
to pursue their dream
and that was
wonderful to be able to share that
yes
authentically
yes
they all wanted to know how to bust
through their fears
and share their dreams and it felt so
good and was so fun for you to be able
to share
how you did that authentically
beautiful job really good
excellent

so now we're going to have you imagine
one more thing
you're going to imagine into the future
when you're writing your books
and when
little mandy gets a little scared and
you can feel that she's starting to dig
out her old grim reaper costume she's
looking for it but she doesn't need it
all she needs is a hug
all she needs to remember and to hear is
that she's lovable
and all she needs to hear and be
reminded of is that it's safe to be her
so right before publication day right
before going on stages to talk about
your book in those moments where she
needs an extra boost
you're going to close your eyes
you're going to imagine that color you
love
you're going to give little mandy a hug
you're going to say
i know you're lovable because i love you
and it's safe to be you
and then you're gonna get back to work
envision doing that over and over and
over again until you know you've got it
close your eyes
you say green or whatever color is
coming to you that day you give little

mandy a hug
tell her i know you're lovable because i
love you
it's safe to be you
and then you get back to work
do that now until
you've seared it into your body mind and
spirit
beautiful
how do you feel now
really relaxed
and
um
light free
yes you feel really relaxed
light
and
free
every day in every way
your courage increases more and more
every day in every way you remember your
books
help your readers to feel peace
and joy
every day in every way you feel more and
more lovable because every day you
remind little mandy how much you love
her
and that reverberates throughout time
and space and then you get to receive
that self-love proclamation in the

present moment
so you pour love into little mandy as
often as you can
receiving that love
and channeling it into your work
it is safe for you to share your truth
you amplify and magnify your courage to
do so
staying small
in order to stay safe
is an old outdated unhelpful mechanism
from the past
you blow it a kiss goodbye
and keep marching forward
perfect
into the life of your dreams
excellent top
if there's anything else you'd like to
say to your animal friends to little
mandy go ahead and do that now
when you're feeling complete and ready
to come back you'll say out loud i did
it
i'm so proud of myself
i'm ready to come back now
i'm ready to come back now
perfect
go ahead and say the whole phrase
i did it
i'm so proud of myself
i'm ready to come back now

i did it
i'm so proud of myself
and i'm ready to come back now
that's exactly right
you did it
you're so proud of yourself
and you're ready to come back now
one moving your feet in your toes
two moving your hands and your fingers
three lots of energy returning to your
body
four coming back to this place this time
five remembering everything six feeling
proud of yourself seven filled with love
for yourself eight feeling great
nine getting ready to open your eyes and
ten
[Music]
opening your eyes returning back
wipe the eyes
thank you
oh my goodness beautiful job my absolute
pleasure
thank you
that was an ugly block grace literally
an ugly block
wow the grim reaper did that surprise
you yes
like but it to me it was like symbolize
the the my own
block being the death of my dreams

sorry
yes it's perfect isn't that amazing the
wisdom of the subconscious yes you
didn't consciously choose that
this image pops up that literally
represents the death
of your dreams and there's little mandy
hiding underneath these cloaks
um yeah yes like
knock knock let me out
amazing so i have a couple questions for
you and then i'm just gonna let you bask
in the glory of your transformation
because
as powerful as the hypnotherapy session
is
it's it's really kind of well there's a
couple ways you can think about it you
could think about it as tonight we
planted seeds
and over the next couple of days they're
going to grow roots and sprout through
the ground and you're going to really
start to enjoy the benefits of the
session when the right when the fruit
blooms when the flowers bloom
in in a couple of days
but another way to think about it is we
went on a journey today now like if we
were in a car we went from point a to
point c

now begins the time where you get to get
out of the car and enjoy the destination
so first let's talk about the fact that
this was your first one-on-one session
how is this different from
the recordings if at all
um
i well i first i love the recordings
because you know you're being guided but
um
i felt like
you definitely could feel my energy and
kind of knew where to drive it
um if that makes sense or like just
maybe even the responses i was having um
it could be more directional in that
which
um
i felt like really got to the root of
things much quicker
um
yeah not that i haven't had that
experience uh on the app before but this
was on a whole new level so i loved it
yeah an app can't go that's right it's
yeah one staircase that's cool to the
touch yes
you can't go deeper into your personal
experience so powerful but generic
whereas this is completely your world
it's all your subconscious amazing so

speaking of your stone staircase is that
the staircase you typically see or was
that yes
no it's it's my tried and true i just
love it
kind of like a whimsy nerd so like i
just like that stuff um
yeah and it just it just feels natural
and very homey and
grounding so
yeah
so for the viewers at home they might
notice that at that point your eyelids
started fluttering a little bit
which is what happens in emdr right
rapid eye movement or in the rem stage
of sleep and that's an indication that
we're entering into the theta brainwave
state it's a sign of synabolism so i do
that so much every time i do hypnosis
myself when i'm the client or i'm
listening to a recording but it's it's
interesting when other people don't yes
that's a great sign
that's good that you said then i'm so
funny that the video picked it up but um
even when i'm meditating just normally
like i will get to that eye flutter i
made my own kid one time with my
daughter she was like
mom what are your eyes doing i'm like

it's it's normal honey it's normal
normal it's rem sleep cycle kind of it's
perfect
and not everybody experiences that but
those who do is perfectly normal and
natural
so today when you went to your enchanted
forest was it similar to what it was
like in the past or did anything new
stand out to you
oh i can't hear you i think i'm sorry
yeah there was a lot a lot more animals
this time
uh i think animals for me
as a kid that's kind of um
where i would escape to was anywhere in
nature or with animals because i felt at
peace and unconditionally loved and i
feel like that's what i was clearly
needing
at the bottom of my staircase today so
wow
again amazing how the subconscious gives
you exactly what you need without a
directive you didn't go i need to feel
unconditionally loved i equate
unconditional love with animals so let's
go let's face it
you just show up and it's bambi and it's
like yeah it was
and like the first thing i did was give

the little baby dear kiss like
i feel like i was in a disney movie
exactly i was right there with you i
loved everything but that's my happy
place too
so
the next thing we did is i had you
imagine the circle of animals reading
your first children's book now normally
if we had more time we did have a little
bit of a time crunch in creating this
video
i would have asked what do you want to
do what do you notice what happens next
and we would have gone down that path
and that's wonderful when it's
completely client directed but i've done
so many thousands and thousands and
thousands and thousands of sessions at
this point
for any of my students who are in my
school listening who are beginners we
don't do this but once you've got i mean
you know over 10 000 hours of practice
you can start to sense what might be a
really powerful
place to shine the lantern right but i
always ask does that resonate is it this
or is it something else so that you have
the opportunity to rewrite it as we go
along if it doesn't fit or make sense so

even if i offer a suggestion i always
leave an opportunity for you to redirect
if it doesn't fit but your face lit up
when i said there was a circle of little
animals ready to hear your story so what
was that like for you what did you feel
and what did you experience reading it
to them um
i know this sounds so weird but because
they like unconditionally love me like i
i wanted to give back that my version of
love
which is
really trying to help ease the pain and
suffering of others so bringing joy
bringing hope bringing um
information kindness whatever it is just
sharing that
with
those who are very reciprocative to me
because i will i want to share that with
anybody but it was especially rewarding
getting to share with these animals that
clearly unconditionally love me
so because they're animals they they're
great at that
amazing and the subconscious can't tell
the difference between what's real and
what's imagined so if we want to create
this powerful feedback loop where you're
receiving unconditional love and

therefore your cup is full and you're
ready to pour back out the peace and the
love and the joy and all the things that
come from your writing
we don't have to wait to actually get
that externally from the outside world
from other people who are in pain
we can just go internally and imagine
our animals filling up our cup and it's
it's actually happening as far as the
subconscious is concerned
that's so cool
that's so cool it's so cool it's so
powerful you can do it every day and
you'll have this recording obviously of
this video so you can come back and just
listen along
uh a couple more questions so
what was it like when you started crying
there was a moment where
you became overwhelmed with emotion
what was that like for you what was that
experience like through um
it just
it was like an epiphany that hit me of
of why
why i stay small why i feel my time i
mean life is just busy as it is we're
all busy but like
it's excessive and
you know definitely talking about

procrastination earlier on it just hit
me like that like duh like this is
exactly
why i'm doing that and it was because i
interrupted one second yeah awesome i'm
going to lovingly ask you to put that in
the past tense so why i used to play
small what i used to procrastinate
you're doing perfect keep going yes why
i love that and i love that you caught
that and are correcting me because
that's
how on autopilot it is right
um
so it was it was just very clear
epiphany moment and i didn't
a lot of the stuff that i went through
you know when i was young and then you
know
having cancer and an autoimmune issue
and you know divorce and bankruptcy and
i mean infidelity like all of it that
was that was
decades of
pain and i worked through it i got
through what i needed to but it was like
i don't who wants to experience any more
of that even though you know you can get
through it
but you don't necessarily want to and
and

by me putting myself out there it was
almost like
i was afraid i was i would bring on the
own pain myself if that makes sense
um and that's why i kind of like no just
stay small do you know that's the way to
keep you the safest
and an idol but it's
so dissatisfying staying in that stuck
mode when you know you're capable of so
much more
and and you are you do make
achievements and accomplishments in ways
and you are fulfilled in other ways but
there's still
just
dissatisfaction like discontentment
because something else feels like it's
controlling your life on the inside so
it just all came full circle in that
moment
and with this didn't come up in the
session if we were to do a second
session i'd probably start here
but uh this is something you can do on
your own by just going into
self-hypnosis and sort of clarifying
with your subconscious like hey all
those years you had me playing small all
that crap happened anyway
totally save me from anything buddy

that's the funny thing like we life is
life right we can't control any of it
and so it's so funny how we try and
convince ourselves that oh if we just
keep doing this or we do that we'll be
fine but that's not
that's not the case
you know when people start doing
hypnosis and they feel so much better
it doesn't stop hurricanes from
happening right the external world
continues throwing stuff at us
constantly but by doing hypnosis and
weeding out the things that don't serve
us and cultivating courage and all those
things internally we just deal with the
external things phenomenally better and
we start to live a life by design rather
than a life by default
which is so powerful and interestingly
enough little mandy didn't even need to
go to the place where she was doing this
to save other people or other kids right
the thing we talked about on the front
end and that's why like conscious
conversations are great but the
subconscious knows what it needs she
needed a hug
that's how she
needed you to is her and take her to be
with the animals she needed to know she

was lovable and she's obviously loved
you love her
yeah yeah i did and so your conscious
mind can think about all the children
and all the women and all the things
that's a great thing to kick us into
gear little mandy just needed a hug
yeah yeah
so so simple oh pure
yep
yep
so how do you feel now when you think
about writing little chicky marie
oh it's it's it's it's exciting it's i i
love it i'm like ready to work on it
tonight
how did you feel before we started if i
was like oh you need to work on little
chicky marie tonight just avoiding it
it's written it's edited it's just
i
haven't illustrated it yet
and that you know that's my excuse i
don't have time to sit in and paint you
know i don't have time to sit and
do this you know
and then it's like oh then maybe i'll
just hire an illustrator just to get it
out there and just excuse after excuse
so
this is like no like just make the time

for it like
you're pretty good at
figuring it all out anyways like you've
got this
as kyle would say yes okay you've got
this you got this we love you guys
so when you sit down to illustrate
tonight which will be the greatest gift
you can gift yourself we're doing this
pretty late at night and still carving
out the time to do some illustrating
tonight imagine little mandy's next to
you she's got her colored pencils too or
her crayons or her markers or whatever
and you're allowing her to express
herself as well
and then send me a text of what you've
done i'm so excited to celebrate with
you oh i love that thank you
well beautiful job you know i hope
everybody watching really and i think
that they will get the sense that when
you go into theta where that critical
mind is gone
and you're connected to your intuition
and your inspiration you're able to
overcome a lifelong
challenge rapidly and of course the
proof is in the pudding and it's an
average of six sessions to see 93
improvement but it's only an average of

six i feel like you made way more than
15 to 20 improvement tonight if you had
to give it a percentage of leap forward
what would what number would you give it
i'd probably say like at least at least
30. like i feel like there was a good
like just that epiphany moment where i
was like oh
oh like that that did a lot for me and
so if that if it was a leap of 30
forward that's another two three
sessions max to get a hundred percent of
the way there and your life has forever
changed it's it's so powerful so thank
you for being so vulnerable
for
sharing yourself and your story and your
journey with me and with everybody
watching tonight it's it's been an honor
to be your guide
in the enchanted forest see it was
fitting
yes oh thank you so much for walking me
through all that and for showing
everybody um how interactive and easy it
really is uh to see some some pretty
cool things uh even if it's not the grim
reaper they'll probably have a really
cool experience
as cool and as perfect as that one
well for everybody watching if you are

interested in checking out hypnotherapy
yourself again you can go to
getgrace.com forward slash med circle
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our grace method hypnotherapists
so thank you again and have a beautiful
night and we can't wait to all read your
books they're going to be fabulous
thank you you said joy for everyone
thank you

bye
bye

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[Music]

you

[Music]

encina is living with dissociative
identity disorder we talked about her
background her initial diagnosis and
recapped what it's like to live with
d.i.d tell everybody a little bit about
your life where let's start with where
you grew up

so i was actually born in riverside
california oh
right here baby yeah
and
i
grew up in goodyear arizona
okay so uh at the time
goodyear was like nothing but cotton
fields but yeah that's where i grew up i
lived in this one specific house
uh for like it was like 13
14 years or something
and then i moved all over arizona
and you mentioned in our premiere
episode that you're not working yes um
but you have been working in the past
what has your
work history looked like in relation to
did like what have you been able to do
and not do so when it comes to working i
can technically do
any job like it's it's not like i'm
being held back from anything
because of d.i.d um it's
right now i'm not working
because i was hired on
as like a seasonal person but i actually
had to go on medical leave right for the
depression so that's the only thing
that's really kept me from like really
getting back in there right

but the types of jobs that i've done
honestly like because i'm so into art
and creativity i've kind of bounced
around a lot and i've done a lot of
different jobs that just kind of
made me curious yeah yeah um for example
like i
i don't eat seafood i don't i'm not a
fan of fish or like anything like that
but i loved the art of sushi yeah so i
became a sushi chef yeah for a little
while you know just just like on the
side i wanted to learn how to how to
make the sushi and i loved how they
looked and
that's what got me into it you kind of
have this
this soul that goes with the flow you
have a flow soul like just whatever
suits your fancy or whatever catches
your interest you go into that
where do you think or where do you hope
that type of mentality will take you in
your life because that's a very exciting
way to live i think um so i mean i'd
love to be i i'm again i'm really into
art i'd really love to be able to do
some kind of like
at-home work where i'm just creating all
the time um
you know anything that i've done has

usually been about just creating
something
so
if it has to do with me doing like do it
yourself projects i'm like yes like
that's right up my alley so
um
as long as i can do something like that
i think i'll be like so happy yeah you
know like hopefully yes good i like that
now
your did diagnosis came in your early
20s remind our viewers on what led up to
that
so
honestly i'm not really sure like
how it like led up to it it was more
i had all these other things that i was
kind of struggling with my mom thought i
was just this troubled teen didn't know
what was going on and
because i was having so many other
things
it was starting to like stress me out
and then i think that's where a lot of
the symptoms for did started coming out
because a lot of people mistake
thinking that once you have did which
you get it from a child as being a child
um
but well it occurs during your child yes

you get it when you're a child and as
you're growing up
you don't always have symptoms
so some people are like i got did when i
was 13 and it's like well that's not how
it works it's like you still have d.i.d
when you're younger it's just your
symptoms started coming on at that time
so my symptoms started coming on in my
early 20s
and i had no idea what was going on i
was confused i
you know when i was actually diagnosed i
was very much like
uh no
that can't be a thing like i i can't be
trying to share my life with other
people like what's going on like i don't
think so and i was very in denial about
it um but the more i tried to deny it
and push it down
and like hide it the more the altars
were like well i'm gonna test you like
i'm gonna come out like i'm gonna do
this i'm gonna do that and it was it got
very hectic like i would there's times
when i like
lost days
where
i was like
i would think it was monday and it was

really like wednesday
because you've been an altar for the
last two days
so what brought you into that
doctor's office
and
what did that diagnostic process look
like so i was there actually for
depression
and it's somebody that i was seeing out
of her home and she was you know such a
sweetheart and she ended up moving
unfortunately so i wasn't able to
continue care with her
but
i was seeing her out of her home
and again just kind of going through
regular talk therapy and stuff and we
were doing um some cbt stuff
as well as um i forget what it's called
they're basically like she had these i
put in these earphones uh these
headphones and i was listening to like
these binaural beats like they're like
these specific tones that you listen to
that help to like make you feel better
and things
um
and
i was really anxious at that time and
she explained that basically

i turned into somebody else
and i started talking to her
as someone else and she was like oh okay
and was
uh no she said it was an older woman um
i don't know too much more about that
honestly like
it might have been devin since she's one
of the people that comes out a lot um
but
otherwise like yeah that was just kind
of how it came about and then
as i started to you know accept that
this is what it is
i started to you know
try to educate myself as much as i could
i tried to um
follow other people on youtube who had
like the id and like wanted to learn
about like their life and like how they
were kind of going through stuff and
um
i found a girl who
was going through all of the did things
and she was explaining oh well i
communicate to my alters
with like a journal and i was like
that's such a good idea i'm going to try
that so i tried it and we did it for so
long and
it was

yeah it was kind of
mind-boggling like seeing these
responses just appear
and you're just like
yeah and i'm like whoa
like it's almost like as if
you were like there's a ghost in the
house and like i'm gonna write the ghost
like a letter and the ghost response the
ghost responds and there's actually 11
ghosts and there's 11 ghosts yeah so
that that i just really understood yeah
i really felt that i get that
do you still communicate with the other
alters uh not as much through like i
still use the journal um with again the
alters that i'm not co-conscious with
but they're they're very
settled now
if that's the right terminology they're
they're not as active as they used to be
so whether or not like some of them are
a majority of them have
uh integrated into one one another or
they're just not being active like i'm
not really sure
um
[Music]
for like my main alters that i am
co-conscious with i still like
see that they're there so i'm like oh

i'm not like cured like type of thing
but
um
i see that they're there and i see that
you know minnie is still wanting to come
out like every day and stuff and she
still wants to play and um
but they're just they're just not as
active
how do you feel about that
um so so i have mixed feelings with it
i
love it and i don't necessarily hate it
but i kind of miss it because once you
live a certain way
and you have these like
they're almost like friends that you're
just like
you don't want to start to feel like
crazy or anything but you can talk to
these other people within yourself
and
you know when they're not as active
especially minnie like i'm so close to
minnie and i just hold her so dear um
that when she doesn't come out as much
i'm like oh like
like i i miss that sometimes like i'm
really not a kid person
you know like i love kids and i love
them like this but i don't know how to

be around kids so it's it's kind of
different with minnie being inside me
to where
i don't have to try and like pick her up
or like you know because i feel like i
would drop a kid like i'm so does that
make sense it does okay
as much as any of this yeah
i mean this is why we're having the
conversation to educate ourselves
when you say you talk to them
is there
is there internal dialogue going on so
like it can be internal or external okay
so you could you could just be in your
car
and in your head saying
all right well minnie simmer down or
devin what are you doing or whatever
yeah like if if there's something that's
happening a big trigger that minnie used
to have was anytime i was around like an
ice cream shop she would jump out and
get really excited about ice cream and i
had to
try to like settle that down
because when you're around people that
don't know that you have d.i.d and this
little girl comes out i scream you know
she's super excited you have to be able
to like communicate that with with her

and stuff so i started recognizing that
that was one of her triggers
and
you know i would start to feel like a
transition was going to happen and i
could tell it was many
and i can internally say not right now
but you can also
say not right now and get over oh yeah
ruled uh-huh
yeah oh yeah it can definitely happen
wow but again like i feel like i've
gotten like a better understanding and a
better hold on
how all of it works and stuff and
basically all of us kind of working as
like a team instead of being like well i
need more air time i need more air time
like type of thing you know
in addition to having the id which is
obviously a challenge itself
there are co-occurring disorders that
you have
one of them being major depressive
disorder with mixed features
when were you diagnosed with that
um so honestly it kind of
came about with uh so i was i was
diagnosed with that one specifically
actually pretty recently uh so i want to
say uh they just added on the mixed

features
um
it was i want to say maybe
six or seven months ago
okay um
but it all
kind of started coming about when i was
about like 13 or 14 when i was diagnosed
with pmdd
which is
pre-menstrual dysphoric disorder got it
okay
and you also have ptc ptsd yes complex
post-traumatic stress disorder
what is that so
how i would describe it is basically
like ptsd is when you go through one
severe traumatic event
whether it was like a catastrophic like
hurricane or
like somebody like abusing you in some
way but it's like one thing and you have
ptsd from that one
like thing
cptsd is when you've gone through it
multiple times you have reoccurring
traumas
you have
a lot of different like things that have
happened to you over time
so it becomes complex because

your
your trauma that you've gone through has
been so much more severe i guess what
was your trauma
i mean i've had a lot of traumas um
ever since like i was a kid like my so
my dad and his friends
this is where my dad came from
ended up like raping and like molesting
me
[Music]
i've had
a lot of like abusive relationships and
stuff my dad actually at that time was
very abusive to my mom so
i had to
my mom told i don't remember this but my
mom told me that i like
watched him like drag her down the
hallway by her hair and i was like
chasing after them trying to protect her
and
so
i've gone through a lot
have you
[Music]
gone through everything you think you
need to go through to heal as much as
possible from that
no i'm still going through the healing
process i'm still

trying to find things that will work for
me um
i've gone through i've been in therapy
since i was like six years old i think
and
it's still a continuation of
what is gonna work and what isn't what
medications are gonna work what isn't
gonna work and so it's a lot of back and
forth it's a lot of testing and trying
and
work it's a lot of work and i think a
lot of people
they give up or they don't they don't go
to the doctor because they're like well
i know i've got issues i just don't want
to know about it
and
right now like i i want to know because
i'm desperate to heal
why are you have you always been
desperate to heal or is that a new yeah
yeah
do you believe that you will
you know lately i don't know anymore
why do you say that um
i'm 30 years old
and i've been in
trauma therapy treatment
treatments
i've tried medication after medication

because of the
mixed features that i have they found
out that i'm not
supposed to be on antidepressants
because
that can make things a lot worse
[Music]
it was kind of like described to me as
if like
you take these antidepressants and you
feel better about your plan
to commit suicide if there was a plan
which i don't have a plan
so
and that's usually what would happen
with people and they're like yeah so you
can't be on antidepressants so
i have to be on
and again just to kill the stigma
because it's called an antipsychotic
um which does not mean you are psychotic
i understand that
um
so either that or like a mood stabilizer
or one of the both
and you're
working with psychiatrists or a
psychiatrist i'm working with multiple
of them um
because
i was working with one and

she was out of town like this was like
over the holidays and stuff she was out
of town
and they had to cancel and reschedule my
appointment so much that it was going on
like it was going to be like two months
when i was gonna see her and i was like
uh-uh i was like i need something now
so um
that's actually when i went into like
the inpatient place and like had all of
that going through
but now i'm seeing
a new psychiatrist because she ended up
going to like another facility
um
and i
i'm seeing how this is gonna go it's
it's really frustrating when you know
you don't have consistency
so that's really what i'm looking for
right now is consistency when i get like
a therapist like
i want a therapist that i can stick with
you know see my progression with and not
have to
reopen all these old wounds and okay i'm
learning i'm meeting someone new so i
have to explain every situation again
right it's so good that you
know that though

most people do not understand
how to do therapy yeah they go in it
very blind they go in it very uneducated
it's not their fault it's just the way
the system is right now and they go to a
therapist one they don't interview them
if they don't like them that doesn't
matter they stay with them and then they
have a bad experience and just think
well therapy doesn't work yeah because
and it goes no that therapist didn't
work for you and what you needed and it
is a testing of trial and error yeah
perseverance a relentless pursuit it
really and your mental health is key
in going through therapy if you want to
heal you have to fight for it oh yeah
say that again you have to absolutely
fight for it yeah and that's what i've
been doing yes good for you to do that
how do you know why do you
know that and so many other people don't
because i want to
basically i explain it like i want to
want to live
i want to want to live
i've struggled so much
for so long
i just
really want some relief
yeah

in the life
where you're not struggling
as much
where your struggle is
what we consider normal
normal struggle
what does that life look like disneyland
wait the reason that's so funny is
because there was no thought it was just
like
disneyland that's my happy place like
okay so i
i describe it like
i have the
suicide ideation as in
i'm not planning on killing myself it's
just the thought of not wanting to be
alive
every day
and it's not a thought that ever leaves
my mind
and if i had like even if i'm having
like such a good time with somebody
because you can have great times but
still be depressed
if i'm having such a great time with
somebody but i had an on off switch like
a little light switch that i could just
pull to like
just shut my life down
i would usually want to pull it

but disneyland
i don't want to pull it why what about
that
it's just a happy place for me
it uh
the history behind it everything that
goes behind that place and like
that's just how i live my life i i
believe in magic
and i want to believe in
happily ever afters and
like
true romance and things
and that place just makes it possible
is it unrealistic to want that i don't
believe so
i think it's hard to find but i don't
think it's unrealistic
what would you have to do to
have a life that
made you feel that way
i don't know i'm still that's what we're
doing that's what i'm trying to figure
out
i get that that's what i'm searching for
well i like that you
know that you have to fight for it you
have to fight for it you're already
ahead of so many people by knowing that
that having that
you also have panic disorder and anxiety

when were those first
diagnosed so
i mean technically i've had it for a
really long time
but
being diagnosed with it i think i was
i want to say
maybe a couple of years ago that i was
actually diagnosed with it um
i didn't know
what
it felt like i've heard other people
saying oh my god i'm having a panic
attack and i was just like i don't
understand that like can you just
breathe and like calm down you know and
like
i would try to be there for them like
okay what can we do like what can help
calm you and stuff and you know most
people just are they're in a panic they
don't know um
and i started going through that
uh
you know a couple of years ago and i was
like oh man like
my heart felt like it was gonna like
beat out of its chest like i i felt like
i was like literally gonna die or
something and it would just get really
bad

there were so many little things that
just started becoming triggers where
like
i would just start having a panic attack
out of nowhere
um
i would take like an uber to work or
like into town or something and like
just being in the car i would like
okay hold on you're okay breathe like
you're you're safe you're in a car like
you're just going to work right now like
you're like i would have to talk to
myself like this and like do these
breathing exercises and like through all
of the therapy that i've been through
they basically teach you coping skill
after coping skill after coping skill
and
for me when my anxiety is is that high
like
nothing really works not even like
medication that i've been given like it
kind of numbs it a little bit but i'll
be awake for days with anxiety
so it's it's still a it's a struggle
you have slight ocd and adhd is this
true so yeah i do have adhd
and then uh slight ocd yeah
and you have the pmdd
i'm least familiar with that one can you

explain that so pmdd is basically it's
kind of like uh
you want to think of pms times 100. okay
so it's it's pms basically it's it's
like something that's like
grown out of pms so with pms obviously
both of them you're gonna have like
cramping and
uh
they should be normal cramps not like
debilitating cramps if you're having
debilitating cramps that could be
something else get it checked out
basically like you can have like a
little bit of depression and things like
that but with pmdd you're gonna have
like really bad depression you can have
really bad mood swings you can like you
can have suicidal thoughts and stuff and
it gets really bad so i started having
pmdd
when i
was i think i was
13 or 14
and i was i would be awake all night
crying bawling my eyes out like for two
to three days out of every month so we
we recognized that it was a hormonal
thing it was something with my period um
and
you know i'd just be up like crying to

my mom i don't want to live like i hate
life like you know and i was a teen a
teenager like really wanting these
things and
ever since it's just been this cycle to
really try and
hone it down and
try to figure out how can we get
the hormones and the
uh
all the other chemical makeup of the
mind like to just work together and like
be on a better scale
because everything's just been so hectic
major depressive disorder with mixed
features
c ptsd panic disorder anxiety pmdd
slight ocd adhd id yeah that's almost
all the letters in the alphabet
out of those eight
which one is the hardest for you the
depression yeah i i figured that would
be it
i want to ask you a question about the
d.i.d
it is often
confused
with borderline personality disorder epd
have you ever had that discussion with
your psych psychiatrist or ever been
diagnosed or misdiagnosed with bpd no no

so it's never come up on your right it's
never
they uh
i mean i i feel like professionals would
know the difference like a lot of people
don't know the difference yeah um but i
feel like the psychiatrists that i've
talked to have been very like well
educated and
the ones that
you know know about did because that's
usually what i'll um
that's what i'm searching for if i'm
gonna find a new like psychiatrist or a
therapist i'm looking for someone who
knows about did who's been educated in
it
um just so they're not going in blind
yes i know this is the first episode and
in the following episodes we're going to
go into more depth about
your co-occurring disorders
with did so the depression ptsd etc
what will viewers get
after watching the coming episodes
i can only hope to
give more education and kill more
stigmas and just really help other
people who are
just as desperate and searching for an
answer as well that's all i can do yeah

you're doing it you're doing it
thank you for doing that absolutely
[Music]
you
hi nice to meet you hey so I
understand that you referred here by
your GP because you've been feeling
quite down recently yeah I thought I
should I've been feeling quite bad for
quite a while so I thought maybe it's
time to see someone about it because I
don't want to feel like this anymore
okay so um from your notes I saw that
you saw the GP about three months ago
yeah and how long have you been feeling
down altogether and quite a few months
before that as well actually but it's
gotten pretty bad these past few months
so that's kind of why I came
okay so as it got worse since you saw
your gear yeah okay so tell me haven't
health how are things at the moment and
well it kind of started just feeling a
bit low and wound up about things but I
don't know just recently I I just can't
really be bothered to do anything at all
it kind of find it hard to get motivated
for things and I want to be I really
want to be better but it's just kind of
reaching the hem now or I just I want to
do something about it okay so you said

that you're feeling really down really
sad yeah and you feel like you haven't
got any motivation um but are you okay
yeah okay and you haven't got any
motivation but it sounds like you've put
quite a lot of pressure on yourself to
try and feel a bit better yeah I just
it's kind of hard as well because
there's not really anyone to talk about
some it just kind of stay on my own try
to I don't like to think about it but
actually so you say you've been feeling
quite isolated there's not many people
around yeah no one I can talk to about
it
don't listen I understand anyway okay so
I'm just going to try and find out a
little bit more about you so I
understand that you're an English
student at uni yeah and you live away
from home with some friends is that
right yeah
yeah okay so you don't you don't it far
from the Uni and but you say you feel
like you live with your friends but you
don't feel like you can talk to them
yeah I mean they're lovely I get on
really well with them but I don't know I
just recently whenever they want to go
out or stuff I just I don't want to
bring them down I can't they don't

understand what I'm going to they kind
of I didn't they didn't make fun of how
I feel but you don't really understand
what it's like I don't want to go out
with them and bring them down stuff okay
so it sounds do you try and hide the way
you're feeling from them I guess I mean
it's easier to hide it then to try to
explain it all the time when Lo and
Brady wants to know okay so it sounds
like you've been feeling down you've
been feeling unmotivated and you feel
like you want to be better but actually
it sounds like you feel like you can't
reach out for help you can't speak to
anybody no I don't really talk to my
parents about ether how's their hair
kind of hard okay I'm just going to go
back in time another suppose I'm just
wondering when when did all of this
start you said it's been going on for
quite a few months yeah um I guess it
kind of started when I was actually when
I was revising for my exams um I guess
the stress I put a lot of stress on
myself I think I've always wanted to do
well for me and I guess my parents so
the stress of exams and it was also kind
of hard because my parents were going
through a little bit a troubled time
limit so okay so this would be like last

March last April yeah take so around
that time so about six months ish and it
sounds like a lot was happening so you
had a lot of uni pressure on and he said
that your parents were having marital
problems
okay and it sounds like that was a real
shock to you yeah I guess it was hard as
well because I wasn't doing well at uni
any I guess I just felt a bit guilty I I
know it sounds silly but I felt like
maybe if I could do better than they
would get better but I didn't it just
wasn't really happening okay so it
sounds like you were trying to work hard
and be more successful because you
thought that that would make them
happier and try and fix things yeah I
wanted to make them feel better but it
just kind of kept fied a little I guess
how did it backfire well it just ended
up with them getting worse and I've just
been feeling worse since then okay so
after the summer after the exam period
and how did that exam period go for you
in the end
not very well hey there's an awful lot
of pressure to put on yourself you
supposed to she's just annoying because
I know I should have done better and I
just didn't and I guess I beat myself up

a lot of hmm so you say I know I know I
should have done better I mean I suppose
up hearing it from my perspective I'm
thinking it sounds like you had an awful
lot going on at the time it'd be
understandable absolutely that you
wouldn't do as well as normal I suppose
I'm just wondering if you have very high
standards for yourself properly it may
be more than other people my parents
have always kind of taught me not in a
loving way I guess but that you should
do your best but also get the best and I
agree with that I think that's the right
thing to think but when I don't do that
I don't know it annoys me a lot and I
worried that it annoys them so it sounds
like you feel you should always do your
best
already is yeah and that there isn't any
kind of exceptions for that but you know
okay
and so I can I can see then that was a
really difficult time for you and that
was when your moods started to get lower
and things are still
quite bad now I mean what's the
situation with your parents at the
moment um I think it doesn't sound good
I don't really talk to them a lot but I
don't think they're going through very

good I don't like to talk to them about
it because it just makes me feel worse
but I don't think it's getting any
better you home over the summer for a
little bit yeah and how is that not very
fun no hmm it was quite tense all the
time
stressed me out more than relaxed me
over the summer idea mm-hmm okay
okay so it sounds like quite a lot has
been happening you've been feeling very
low you've had a uni pressure on and
we've had problems with your parents
marriage and sounds like you feel that
you can't really reach out to anyone
that you can't understand but you can't
really reach out to your parents right
now
you can't really confide in your friends
and so I suppose I'm just wondering if
you can tell me a bit more about how
you've been feeling I mean say this past
week and really not good to be honest I
actually if I don't have to though I
don't really leave the house or get out
of but I just I can't find the
motivation for the things I used to join
them I used to love doing sports or
going out and now I just prefer to lie
in bed and not really do anything okay I
missed a few lectures this week that I

should have gone to but right so I
suppose I'm just wondering then it's as
if we can think about one thing say a
lecture what kind of thoughts do you
have about going to our lecture before
it happens I don't really see the point
anymore
if if I can't do as well as I should be
doing then what's the point in putting
myself in those positions I just I can't
be bothered anymore to try it just
stresses me out more than I need to do
okay so it sounds like the kind of
thoughts you've got in your head are
it's pointless and it's not worth it
yeah do you have any other thoughts in
your head when you're just at that point
before you go to the lek
so like I dunno I I don't really even
deserve to be here if I can't do well
enough I see all these other students so
doing well and doing better and want to
be there I don't know why I'm here even
that you need to be so it sounds like
you feel like you're not as good as
other people here yeah okay um I'm just
as sorry okay if I take this as we go
through it's just I'm trying to em I
guess understand what you're telling me
and it helps me just to write it down
and I'll share this with you later

okay so it sounds like those are those
are some quite negative thoughts to have
you're kind of saying you know it feels
like it's pointless it's more effort
than it's worth
and I don't deserve to be here I mean
when you have those thoughts how do you
feel very unworthy probably would be the
best way to put it kind of I don't know
lower than normal because then it makes
me think about all the things I should
have been doing better okay so what you
described there then he said I'm
unworthy I should be doing lots of
things better and those are kind of what
I would call thoughts actually I suppose
I'm trying to understand what it feels
like in your gut what kind of emotions
do you feel happier do you feel sad do
you what kind of emotions you feeling
when you have those thoughts sad you
don't happiness very sad a bit of kind
of anger and frustration as well
I noticed when you're kind of telling me
this and I know this is quite a heavy
topic but you're kind of laughing and I
suppose I wonder a little bit you a bit
you know how do you feel about having
these emotions talking about these
emotions yes
embarrassed mm-hmm but is it I've never

yet to talk about it's it's quite
uncomfortable to be in this situation
okay were you doing a great job I know I
know that this can be difficult okay so
it sounds like some of the thoughts
you're describing our it's pointless
it's more than it's worth I don't
deserve to be here I'm unworthy and
those kind of thoughts it sounds like
they just flip through your mind and and
then he's kind of describing different
emotions that those lead to kind of
scramming sad anger frustration
embarrassed what about in your body what
happens how do you feel kind of
physically I used to be I think from
those emotions very wound up very kind
of stressed all the time but recently
it's just a lot more draining than
anything just quite lethargic and I
can't be bothered anymore in it my body
reflects that but then when I try and
sleep I just can't seem to have a
satisfied night's sleep
it's really really frustrating so it
sounds like this is affecting as it's
draining you if your energy like like
your body can't be bothered I think
that's a really good way of describing
it and you're noticing sleep problems as
well and then what do you do so this is

so we're back to the point before the
lecture so you start having these
thoughts these emotions and you know
your body I guess it sounds like those
thoughts quite draining so we draining
your energy what then happens what you
do next
and

I kind of focus on the negative thoughts
when I probably should not think about
them but it I focus on them and then I
don't really want to do anything can I
stay in bed or so you think even more
about this kind of warring so you have
to do a bit of dwelling and you stay in
bed and it sounds like you don't you
know you haven't tried speaking to your
friends about it no family okay and then
after you've done that so after you've
not gone to the lecture you've stayed in
bed you kind of spent time as you said
focusing on those those thoughts those
negative thoughts how do you feel after
that to feel better or do you feel worse
I guess I fill up slightly worse but
then a bit numb in a way kind of once
you've felt that because I do feel tired
all the time I just try and push it out
and then you don't really think about
anything and it's almost nicer that way
than to keep focusing on how much you're

getting wrong and how much you can't do
stuff sometimes it's better just to not
think about it at all so it sounds like
in some ways it's a bit of a relief to
do that yeah but in other ways maybe
think it might make things worse
probably in the long run yeah
you

hi Hannah nice to meet you hi so I
understand that you were referred to me
by your GP because you've been
experiencing some anxiety difficulties
hmm yeah um yeah I guess it kind of
started like five six years ago okay
um it kind of escalated a bit and I've
just recently moved out um from living
with my parents so it made it a bit
worse I think okay is this the first
time that you've left home yeah I am yes
first time much the yeah um I was going
to a few years ago just thought it would
be easier to stay home okay so it's been
quite a big step in a big change and and
it sounds like that that was what led
you to go to your GP yeah so how has
that change things for you um Gennaro
its kind of I haven't really told anyone
so I mean it's made up like better and
since I feel hopefully this is this is
it like oh cool it'll help but I don't
know I don't like thinking that I've

like had to do this I never thought I'd
like be the kind of person you'd have to
actually go and like get help that makes
sense okay so how do you feel about
being here today
fits like scared I don't know hopefully
it will help
okay so we'd be a little bit anxious
about today yeah okay so I guess just
going back to and why you went to the GP
and how you've ended up kind of coming
here today so it sounds like you've been
experiencing anxiety for quite a few
years but just recently moved out of
home for the first time annum and that
was what kind of led you to go to the GP
so how did that change things how were
things after you moved out and I thought
that they'd be better but because I
thought I'd have to kind of be
independent and space actually a lot
were so I'm just kind of staying in the
house a lot I don't really have any
friends or anything I mean my family
come and visit a bit but it's not I
don't know it's kind of scary because
I've just been kind of let you just in
the flat by myself which I always
thought I'd like but I don't actually
like it okay so what other kind of
difficulties that you have been

experiencing

I mean I'm I'm a photographer and so I kind of it's been stopping me a bit my anxiety from being able to get work and because every time you know there's an opportunity that is kind of involving me having to interact with people I just tend to just turn it on so I was kind of making things hard in that respect and just kind of friends wise and everything I'd feel like I'm just kind of increasingly more alone so it's kind of stopping me from making friends and you know like relationships and stuff

O'Casey said that your difficulties are getting in the way of you doing certain things so they're they're stopping you from taking up kind of certain types of work and as a freelance photographer I guess that that can be kind of a problem and they're also stopping you or you feel like it is stunting you socially you're not kind of able to make new friends and get to meet new people yeah yeah and it was kind of easier when I was at home because I was obviously I mean my parents as have lost fine but you know they would I'd go to places with them or I'd kind of have people there but more and more I'm just finding myself just staying again a lot I mean I

went like two weeks give coffee with my friends and the whole time I was just kind of wanting to go home again so I don't I just don't want to I don't want that to happen I don't want to lose everyone so huh see kind of worried about how where this is going to lead to yeah um yeah so you said that you first noticed the anxiety kicking in when about five or six years ago so you would have been about 19 yeah and what was happening around that time I guess I'd finished school about a year before that and I mean I've always been a bit shy at school but it was never ever like it didn't really affect that things as much as not at all as much as it has been doing the last few years I guess it just started when it like my friends went to university and I don't know I felt like I was expected to kind of move out or do something and then it just kind of escalated from there I just stopped going to parties all right say no two invitations or and I thought my job would help because I mean I love it I really like doing photography but I'm just kind of getting less and less work as it goes on so which is my fire keep saying no but what kind of work is the most difficult

for you am your job I guess when it I
have to kind of be working with other
people and I don't like that it's like
when I'm trying to kind of would do an
event or something where there's a lot
of people they're not just photographers
but actual you know if I like taking
phrases of people that I don't know I
just kind of find myself saying now I
mean I want to do them but just scary
so I just don't do it so I has tell me a
bit more about what happens then so
let's focus on maybe an invitation to do
a job with you know it's going to
involve photography with with a group of
people and you're going to have to have
social interaction what kind of thoughts
go through your head just I mean I get
really hot and sweaty and I don't I feel
like everyone's kind of looking at me
and thinking that I'm just like really
stupid and feel like they're all going
to be staring and thinking I just can't
do my job and I'm just an idiot and I
mean they'll think that I just look like
a weirdo and I just try and I mean I
just kind of just try and get out of the
situation or just focus on something
else so that's why I like doing shots
where it's just me and the camera
because then I can just put all my

attention on that instead of having to
you know be with other people okay so it
sounds like you have quite a lot of
thoughts rushing through your head then
at another point where you get that
invitation you think people look people
stare people will think I'm a weirdo
there's quite a lot about what what you
think other people will think yeah and
how does that make you feel and just
makes me feel like an idiot makes me
feel like I just shouldn't even bother
trying to do it anyway I should just go
home and I just I think I just don't
want to be in that situation I just feel
like everyone else is fine
and they're normal and I'm just the
freak you can't like do normal things
and okay can you give me an example of a
recent situation maybe we can focus on
that like a work situation yeah time
when you may be doing a job with some
people and you've got the social anxiety
you know that you're describing about
that kick in
yeah and I was doing a job where it was
kind of like a nature shoe and I was
having to work with a lot of different
people and and when they told me
about the job I thought it would be fine
I thought it was just going to be a few

other photographers but there are actually people and you know I've taken photos of people kind of in the trees and stuff like that and I get they asked me to him that sounds quite interesting was that a fashion shoot yeah yeah it was a fashion thing I think it was for some kind of I'm not sure if it was a campaign or something but yeah it was really cool both find it found it really hard to try and focus on max I was so I was kind of feeling really anxious and so it wasn't what you expected no no so how long ago was that that was two weeks ago okay so it's quite recent yeah so on that particular day what were the thoughts that you had in your head when you were in that situation just felt really just really kind of heart I couldn't really breathe and just felt like I wanted to just get out and I was kind of trying really really hard to just focus and just you know like kind of hold the camera and just not think about anything but I just felt like everyone was looking at me and like when they'd say action and they'd try and get me to start and I was just felt like everyone was just thinking I was really stupid and I shouldn't have been there and I can tell you getting

kind of anxious even just thinking about
that day yeah okay so you describe him
quite a lot there to me so you're saying
that you kind of got hot and sweaty he
said that you held the camera yeah what
was do you mean you kind of trying to
hide behind it or I was just like I
focused on it I was just thinking if I
could just hold it really tightly it
would just I don't know I'd kind of just
be able to just get through it and just
further you're holding the camera very
tight yeah and why was that why was that
helpful because I felt like I was
getting really like hot and flushed and
I just
though at least if I can just I don't
know it sounds weird but I was just
trying to keep my hands still on it
because my hands are kind of sweaty and
like shaking like loads like and I could
just tell everyone was looking and they
could see and I just thought if I just
managed to hold on to it it wouldn't be
as noticeable but okay so okay so it
sounds like you had a lot of thoughts
going through your head and he said that
you worried that everyone's looking at
you what other thoughts were there that
were in your mind just I was just just
stupid and was just really just felt

really like a kind of like everyone was
just going to be staring and just
thinking that I just felt like everyone
was looking at me and just they could
tell and just thinking or what what's
she doing and they could tell what that
I was just really like sweaty and just
so fat so oh like that they could see
that yeah yeah and I was trying to wear
black so this kind of tries to cover it
up and just like a lot of layers so they
can't tell but I mean my hands like they
was so shaking I was really red and just
was just wishing that I just wasn't
there so I mean you've already described
it to me a little bit but if you think
about how you look that day how do you
say how do you think he looked I think
just really stupid and like I think my
face was really red I could feel it
flushing and I knew vow'd was probably
sweating and shaking like my hands were
definitely really really shaking and and
ever it was like definitely really
noticeable everyone could definitely
stay ok and what did you do about how
did you try and conceal that or hide
that and well again I was trying to grip
the camera just look down just trying
not to do anything weird or because I
mean that they could probably tell I was

being weird anyway but hopefully if I
just tried really hard to just focus and
look down not try it like not look at
anyone else and just yeah just kind of
try and get on with it as best as I
could but so you avoid looking at people
and sounds like you wore black as well
in kind of preparation anyway yeah no I
always do that even if it's really hot
or I wear just loads of layers and just
because
was I'll just be really sweaty and like
people would definitely be able to see
so okay and how did it end well it kind
of went on for like an hour or so and
then people were going and just after
every shoot people go out for drinks
after just to kind of celebrate like
that we've done it I just I went home
straight away just got in my car and
went home I just didn't want to be
around them especially after they would
have seen me being weird and I just
wanted to go get home straight away okay
you
jazzmin hi my name is IDM your counselor
today we're going to meet in a room to
our left something a bit more private
than this area out here should we go
there now yeah let's go
so we're just going to go up the hall

and to the right and then there's a room
on the left should I go first okay come
in Jasmine this is the room that we'll
be meeting in today and if you come back
again we'll be in this room again what I
want you to do first is perhaps have a
look around and choose where you would
like to sit where you'd like to be just
the big chair over there yeah so when
you're ready just make your way over to
the chair and I'll close the door and
from where you're sitting now where do
you think you'd like me to be in the
room which chair would you like me to
sit in not on in this chair here yeah I
can I've got your drink of order just
move my chair round
to face you that's all right how's the
distance between us would you like more
room would you like me further back or
more forward that's like--that's okay
okay so I want to invite you here to
look around look around the room take in
this new space you've never been here
before
see if there's something your eyes want
to rest on or if there's anything
Pleasant - your eyes have a really good
stickybeak around the room most people
most times we come into new environments
we want to have a good stickybeak in my

diet and you can in here I imagine it's
pretty tough for you to be here yeah
yeah
what would help you to spend a moment
here if you love you took hold of that
pillow yeah what's it like to have that
pillow against your tummy it's nice yeah
what's it like to have your hands
holding tight there like that does that
help you to be here yeah how did you how
did you get here my mom dropped me home
here here I'm doctor she's still here no
she's not here is there an arrangement
to pick you up yeah yep
man you're looking at the time so what
time did you arrange for mom to pick you
up um like half now in half an hour yeah
yeah yeah so notice you're looking
around a little bit more now helps a bit
more with that pillow doesn't it that
was a good idea for you to put the
pillow there yeah so how long do you
think you'd like to be here if you had a
choice of how long you were going to be
here with me in this conversation how
long would it be
maybe love another 15 minutes maybe
another 15 minutes yeah okay maybe maybe
if we just took then that 15 minutes
just to get used to the room just to get
used to being in this space being in

that chair with what it's like to have
your feet on the ground what's it like
to feel your seat when you're back on
the chair with the support of that
pillow that was such a good idea to get
that pillow it's a good resource yeah
because it's helping you to be here yeah
so notice how it's a struggle to be here
but there's still something that helps
you to be here so on one hand there's a
struggle and on the other hand there's
some kind of a little bit of support
even if it's a tiny bit takes the edge
off because if both is there in the room
yeah what's it like for you to consider
that it's not going to be half now that
it's going to be 15 minutes now I feel
better
feel better mmm yep we can just call mom
and tell her that the first session is
shorter yeah because it's enough how
it's really confronting to be here a lot
of people find it confronting to come
here because of the name of the agency
the issues that we may talk about in the
future it's pretty confronting so just
getting used to being here is a pretty
big deal and you're doing a great job
you're doing really well
yeah and I'm here with you
hi jody nice to see you again

how have you been since i saw you last
yeah i've been fine um
been sticking to the plan so
it's been going well hold the plan that
the hospital set you yeah okay fantastic
and how have you been finding that
yeah it's been it's been good um
i've been
trying to follow it but
last week wasn't very good i had a bit
of a bad day but since then i've been
fine so it's okay okay so tell me a bit
more about that bad day i mean what did
you eat on that day
um
i
don't think i had anything
okay so you just ain't nothing at all
yeah
okay i mean tell me a bit more about why
was that day difficult
was there anything
that had been happening around that time
um
it's been quite busy at school because
we've got our exams and we had like a
test
the next day so i think i was just a bit
like worried about that so i was trying
to
focus on that instead so you were

feeling a bit anxious about the exam
that was coming up was there anything
else that was worrying you
um
i think
we had um
well we had six form applications jimin
and
that was coming up in the next couple of
days and i didn't really want to
fill in my application
for that
so it sounds like there was a couple of
things that were worrying you that were
on your mind yeah which thing was
worrying you more do you think
probably the same form
yeah the city film one okay what kind of
how did you feel about that when when we
talk about that now when that's brought
up what kind of emotions do you
experience
um
i don't really want to start sixth form
yet
it's quite soon but i don't really want
to i mean i've got exams first so i've
got to think about those
but i don't really want to go to sit
form
at the minute

okay so
what is it about sick form that makes
you not want to go
i have to start over again and make new
friends and
and like a new routine and stuff and i
don't
i don't really feel ready for that yet
what do you think might happen when you
have to make new friends and start a new
routine
i don't
i don't know if anyone's going to like
me like
if
they might not want to talk to me and
then i won't be able to like focus on my
work and
and get through it so you're worried
that you might not be able to make
friends yeah you might not be able to
focus on the work yeah and how do you
feel when you have those thoughts
um
a bit worried
i don't know
what people are going to think so i
don't want to upset them
and say anything wrong or do anything
wrong
and i suppose i'm just trying to

understand kind of
because that what you were just
describing that's more what i would kind
of think of as being a thought you know
worrying about what what people might
think and that people might think the
wrong thing
and i suppose i'm wondering how you're
feeling you said you feel worried are
there any other emotions that you feel
about it
um
i feel it makes me feel a bit sick
inside
having to
talk to new people so you feel a bit
worried and a bit sick
how easy is it for you to
think about those kind of emotions and
those feelings that you're describing
i don't really think about them and just
try and ignore them
and get on with what i need to do
were you aware that you were feeling
worried
on the day
that you stopped eating you were
conscious that you were feeling anxious
and worried
no i didn't feel worried
that day

i was just trying to get on with my work
and
i actually felt a bit better that day
okay
so why do you think that you turned to
stopping eating because i mean now i
suppose now that you're aware that you
are feeling worried
about sick form and about
the exam
why do you think that you opted to stop
eating on that day
what was it about that do you think that
you thought might be helpful
i i didn't feel like i needed to because
i i didn't feel hungry
so i just wanted to
do my work and
and then it made me feel better and i
felt more
i felt more focused on my work so i
thought i should carry on
with that
because i needed to revise
so you thought it helped you to focus
and you felt like it helped you
do you feel like it did help you with
the revision
yeah i was more focused on on the work i
needed to do
okay so you felt like it improved your

focus as well yeah
okay is there any other reasons why you
think you might have turned to
constricting your diet at that time
i think
my
my father wanted me to
like my dad he wanted me to um
focus on my work because of my exams so
i didn't want to like upset him and i
thought i needed to do well
in the test
so i was trying to do that
so you thought that by not eating you
would help yourself to do better in the
exam and kind of please your dad
yeah
and do you think that it was helpful
constricting your diet
it seemed to be i got more work done
during the day
because i didn't get distracted by
anything so i could i was revising all
day and then
the test went really well so it should
be good
you should get a good mark for it
you seem like you may be getting a
little bit anxious right now i know it's
that you're shaking your leg
is there anything that you're worried

about right now
um
i just don't want to like upset my
parents and make them
feel like i'm a disappointment to them
if i don't do well
okay is that something that you're often
worried about
usually because i don't want them to
think like they shouldn't have had me
because
i'm so worthless to them
okay that's quite a heavy
worry to be carrying really have you
talked to them
about this worry
no you haven't said it to them before
how do you think they
might react if they did know that you
felt this way
they'd probably say like
as long as i do well i'll be fine like
and they'll love me if i
do well in my exams and go to a good
sixth form and get good grades
so you think that maybe they wouldn't
love you if
you didn't do well go to a good sick
form
i don't see how they would want to if i
was so worthless and useless at whatever

i do
okay so it sounds like you're really
worried about
losing your parents love and approval
and you think that by
passing these exams
you will
you will kind of secure that love and
approval from them
so we're here today to talk about CBT
and your experiences of it how did you
feel initially about the thought of
going for CBT my clinical psychologist
has told me that I needed to see someone
I thought I didn't need to see someone
because there was nothing wrong with me
I just had a heart disease and I my
heart disease had got so severe and I
was just tired and there was no one that
could make it better by listening to me
you're talking to me the only thing I
thought that could heal me was heart
surgery and when he suggested that I see
someone it didn't seem to make sense but
because I was so depressed so far gone I
my husband through my husband I thought
are trying just take a chance and just
listen to someone or let someone listen
to me because I wasn't sure what it
entailed I've never been to a clinical
psychologist before so to me as a

clinical psychologist was a shrink you must have had something seriously wrong with your brain that she needed to see a clinical psychologist and I didn't need to see one but when I did meet her and I realized that not being able to make up my mind about going for surgery for heart surgery and putting my name down on the list I needed someone to help me accept it in order to get surgery done because I didn't want to get surgery done and she listens to me and to the way I felt and what was making me hell hold back on surgery and what made me feel the way I did and finally enough as a woman you tend to feel that you can't cry on someone else's shoulder but for the first time just letting my emotions out to her she helped me cry and by me speaking to her it helped me see myself from the inside if that makes sense I then I began to understand why I had to get heart surgery done it wasn't because I was tired but I had my family and everyone that went through the road with me of suffering with Matt said you need to get it done and then eventually I did my name down on the list not knowing it would be done so quick because I supposed it was supposed to take me six to eight months to get heart surgery

done but when I started seeing my
clinical psychology I understood it I
put my name down and I got my surgery
done in 30 days time so it sound then
like part of their clinical
psychologists role with you is to help
you to make your decision around whether
to get surgery or not yes but you also
said that you were quite depressed at
the time was the CBT helpful for your
depression as well it helped because
then instead of crying and holding
things back emotionally it helped me let
things out and by letting things out it
helped me understand what I was feeling
because most of the time we bottle
things up we never let them out - or we
never talk to each other or other people
so when we bottle stuff up it makes it
harder for us to figure out ways to
solve problems sometimes it can be a
little problem and we turn it into a big
problem because we just don't
communicate with other people or talk
things over to make it easier to
understand and she helped me understand
and I saw her before surgery right
through my heart surgery and after heart
surgery and she helped me by then by the
time I started doing heart surgery I had
lost my self-confidence I was so

depressed I was so withdrawn but after I
had heart surgery and I carried on
seeing her she helped me gain my
confidence back again
she helped me gain my trust again she
helped me see that there was something
worth loving for again and in lots of
times when I think of the things that
dr. penny did for me it brings tears to
my eyes and makes my heart well up
because um I didn't know another person
could do that for you
by just listening to you you know like
when we go to mom when you got a problem
and you think no one can understand but
my mom can because she knows where I'm
coming from but it's not to say that
clinical psychologists are like that but
it's just the way they listen to you
just having that someone that can listen
to you and just be the MP stop be quiet
and let you express yourself that's how
and help you find out what the problems
are that you've got and help you solve
those problems if they can was there
anything about the CBT in particular
that you found was helpful for you dr.
penny was neat with me every step of the
way with all the problems that I had
she helped me show me that there's an
easier way to solve everything and not

make a big problem out of everything
there's always someone every step of the
way that stayed too healthy if you need
a helping hand and that's how I in by
the time I had finished therapy with her
I found out that clinical psychologists
are not just drinks they are people like
us and they do feel like us and it's so
much easier to speak to someone when
you're having problems because we also
do in our lifetime break down sooner or
later it you don't have to be mentally
ill you can be in a car accident any any
problems in the home it's something you
can't even have a death in the family
that you can break down with and you
need somebody just to hear you how you
feeling because we all assume that
somebody else naturally knows what I'm
feeling or thinking but it's not that
way we all different were there any
drawbacks to going for CBT in the
beginning I didn't I didn't have any
drawbacks going for CBT because I was so
severely depressed I needed it and I
found that there were people all around
that would help me so there was nothing
the only see the raw stopping me was me
so it sounds like it was a good
experience yes have you got any advice
that you would want to offer anyone who

is thinking now about going for CBT yes
don't look at the word CBT but look at
the person behind it because sometimes
we see big words and we don't understand
the meaning of those words and we assume
but sometimes when we look behind
would like clinical psychologist I would
have said a shrink and I would never
have thought myself going to one because
they deal with mental people but it's
not that is you can help suffer from
depression you can suffer from any kind
of illness and it's so good to go to a
clinical psychologist when you need them
because one sooner or later in our lives
we will need one and most people when
you know like when you find younger
people that are nowadays lots of young
people are going under so much stress in
life if you haven't got a parent or a
friend and you're suffering from
depression those are the right people to
speak to because it's good to be able to
have someone in your life that you can
talk to
cuz I know there's no one in my family
that I can talk to I always think my
husband would never understand me my
kids would never understand me but when
I go to the doctor he never has that
enough time for me but with the clinical

psychologist they make that time for you
and they listen to you you've got you've
got that time with them to express
yourselves and you still got follow-ups
and they can check on you and make sure
everything's all right if you not
everything's not all right they can
always check and find ways and means to
help you get you in touch with other
people that can help you or get in touch
with other people that are the same
having the suffering from the same
conditions as you and you can swap ideas
with each other to find and live a
happier life
so high let hi thanks so much for
joining me this afternoon
so we're here to talk about some of your
experiences in accessing the NHS and
social care and maybe could we start by
you telling me about some of the health
challenges that you've experienced well
like I said before I've got lots but the
main ones are that I had polio as a
child which is now affecting me in
what's locally known as post-polio
syndrome and this means that some of the
problems of mobility and breathing
really really difficult at the moment
and that obviously has a big impact on
everything I asked to go to walk far I

struggle to remember things just just
generally lots of little things that
kind of mount up I have had other health
issues in the past I had unfortunately a
ruptured appendix which led to serious
bowel surgery that has got obvious
implications which I'd rather not talk
about

I had a pituitary trouble as a child or
mom trouble later I had the loss of my
husband who had a brain tumor and then
my parents who were very elderly who did
very well but had health that I helped
look after they have now gone so yeah
I'm not had too easy yeah but I'm still
here and that's the me so it sounds like
you've very young age

the polio problem certainly did it was
bad at the time but unfortunately I
thought it was better I had problems
throughout my childhood like things
where I couldn't run very far or no you
know I couldn't understand where
everybody else could swim up and down
the swimming baths and I was punching
him found him but I didn't associate it
nobody told me it was the result of the
polio until as I got into my forties
fifties when this syndrome was like
garlic post-polio syndrome became
identified I wasn't alone other people

although few of them was suffering the
same way well I'm not unfortunately and
title to very much this is the other
issue I think sometimes some of some
established health issues better treated
than others so as far as the post polio
always eventually was able to ink its
ascertain a blue badge for parking
because it's difficult to walk far from
wherever I've left my car but every
three years I needed that reassessing as
if it was going to get better I do
appreciate that a lot of people take
advantage of these things but there are
an awful lot of people similar to me
whose health issues are not ever going
to get better
and it kind of feel a bit tree mail tree
did badly treated in having to go
through all these procedures again I
have bought myself a mobility scooter I
have bought myself a little pusher thing
but I've had to provide all these things
out of my pocket I know I'm lucky enough
to be able to afford it but you know
it's a bit of a two-tiered system
sometimes so what processes are involved
in reapplying well you get a form to
fill in you've to go to get photographs
again you have to
get a letter or something rather from

your GP to say that you are entitled to
this then you have to go to a board and
be assessed with people asking you all
these of the questions again watching
you walk up and down watching whatever
it is you owe problems you have and then
them deciding but yes you are okay and
unfortunately in my opinion this is only
my opinion I guess not always the person
who's doing this it's the right person
to be doing it some you know and I
appreciate that you can't always have a
fully trained doctor to out to do this
but some of the most of these people are
just administrators and don't really
know so how have you found using the NHS
well one of the things that's I think
has got more difficult over the years in
fact it's almost you but it's the fact
that you have now if you see more than
one doctor and you need to tell them
you've moved your address or this that
and the other
you've got to tell each individual
department separately when I first went
there you there was a you rang up when
you to their moving house and somebody
took all the details and that was the
end of it these days when I ran to tell
the limits at James is that I was moving
if they ask me which consultants I said

well which one do you want to know they
said well you have to tell them all I
said what individually said this is a an
electronic age and I have got to inform
a key Department yes I thought that was
crazy I thought that was absolutely
crazy
you had to ring each one of course you
know you know what it's like you hang up
you are in the third in the queue you
will be answered as soon as possible we
apologize and he listened to all its
music and eventually somebody answers
and then you tell them that many said
can you put me through to the new pump
I know you'll have to bring again now
that's just not some absolute nonsense
and you mentioned before when we were
talking about a oh yes partly as a
result of the polio my right knee was
okay but the left side was affected and
I spent a lot of a lot of treatment on
the left knee and the consultant said to
me about a time you 60 euros and he'll
be an absolute mess and you'll need a
new replacement and I went away and
thought well that's four years ago you
know I won't but for me but then of
course these things catch up with you
and somebody at work said to me you do
realize you're actually waddling and

your right leg is beginning to bend so I
said well yes it does a bit to be honest
so I went to the GP s-- who said well he
will send you for an x-ray and I went to
send to Chapel a little bit and this
x-ray and these days you're very good
this is a possibly energy that you
actually get a copy of the report sent
to the patient which said this knee
needs replacing
more or less ASAP and so I went to the
GP and said well I've had the coffee you
must have had one so he brought it up on
the screen and he said oh yes we'll send
you for some physio to which I said well
it says I need a new knee and he said oh
no we don't do that we have to have your
physio first you might get better and I
said well it's ER I says well anyway
I've got four I've helped private Elvin
Jones oh well you can go along now wait
don't straight away and referred me and
I could have lived on the next week but
the NHS procedure is you go for physio
and he had probably probably out to work
from weeks before I could have even had
that and they when I did actually have
the knee replaced which I didn't have
straightaway because of having to sort
out care for my parents the consultant
who did it so they should have been done

so far sooner it was a complete mess
they've been like if either way didn't
even longer probably melt because I know
that I know that I know you all want to
hear this but I know as an employee that
they in general do their best I think
the one thing I would advise is that you
really try and prevent rather than wait
until something happens we should try
and support the health service that we
have better

Speaker 1: Hi Gabriela. Um, I understand that you are here today cuz you've been experiencing some low mood.

Speaker 2: Yeah, I just, um, recently I've just, I'm just feeling down a lot and I can't really like snap out of it. Like sometimes if it's happened before I can just like get myself back on track, but recently I'm just finding it really difficult to do.

Speaker 1: Hey, so it sounds like you've been experiencing some low mood and you're kind of struggling to get going a bit. Yeah, definitely. You've had low mood in the past, but it's kind of, you've been able to pull yourself out of it before, but yeah. More recently you found that harder. Okay. So I understand that you, um, you first went to your gp, you referred you here about two months ago. Um, can I ask what, what led you to go to the GP in the first place?

Speaker 2: Um, my long-term boyfriend broke up with me and it was, it was such a shock, like I really wasn't expecting it and um, it just got me really down and I just felt really lonely and, and I didn't really wanna see people and she wanted to be in my own space and my mom told me I should probably go to the doctors and Oh, and, and he's referred me to you.

Speaker 1: Okay. So it sounds then like you, you had that breakup and you weren't expecting it, so it kind of came out of the blue a bit and um, and that you've been on your own quite a lot so you've not been seeing people as much and, and it sounds like your mom noticed that there's been a bit of a change in you. Um, okay. And, and how have things been then since then, since that happened and since you went to the gp?

Speaker 2: I just, nothing's really changed. Nothing's really improved. I just, I just feel down like everything's an effort and just feel distant from things and like I said, I can't snap out of it.

Speaker 1: Okay. And how did you feel about coming here today?

Speaker 2: Um, how's kind, I was kind of disappointed in myself because I feel like nobody else my age is doing this. Like I should have been able to snap out of it. Like it's just another thing that I've not really, it's another thing that's making me stand out for the wrong reasons.

Speaker 1: Okay, so you feel like it's kind of odd or unusual to be Yeah. Coming to see a clinical psychologist? Um, I suppose I just want to reassure you that it's absolutely normal to, to have feelings of depression, um, and anxiety. It's, it's really very common and it certainly isn't odd or strange at all. Um, so it sounds like it was actually quite hard for you to come here today. Yeah. So what I guess led you to do that? Cause it sounds like maybe there was a lot pushing you against coming here today, but you've managed to come anyway.

Speaker 2: Um, I'm just hoping that it's gonna help. I think I didn't, I didn't really wanna admit it because like it's just, just another failure. But my mum was talking to me and, and if she's, she's not really happy with the way I'm behaving and I don't really wanna disappoint her again and so I thought there's no harm in it, so she thought come. Okay.

Speaker 1: So it sounds like partly you're doing it then for your mum cuz you're a bit worried that she Yeah. She isn't pleased with you at the moment.

Speaker 2: Yeah.

Speaker 1: Okay. Um, well I think it's great that you've come here and definitely there's a lot of evidence to suggest that psychological therapy, um, can help depression and particularly the type of therapy that we are gonna be doing, which is called cognitive behavior therapy. And I'll tell you a bit more about that as we go on, but I'm just trying to find out a bit more about you today. Okay. Um, so I saw from your notes that you are a medic student.

Speaker 2: Yeah. Um, I'm not currently in uni at the moment, but yeah, last year as a medic student.

Speaker 1: Okay. So I guess, uh, why, what's, what's the reason that you're not in uni this year?

Speaker 2: Um, I was like, it was, it was pretty tall first year, so they've then suggested that I took a year out. This is the break.

Speaker 1: Okay. So just thinking, so that would be about six months ago, was it that your year out started? Yeah. Um, and it sounds then maybe like your first year was also quite tough.

Speaker 2: Yeah, it was. I I thought it was tough for everyone, but obviously we'll take it in different ways, don't we? Mm-hmm. <affirmative>

Speaker 1: And you are planning on, are you planning on returning?

Speaker 2: Um, yeah, I'm gonna have to really so that, yeah.

Speaker 1: Okay. Don't sound too sure about that though.

Speaker 2: I think returnings probably that's what's gonna make everyone happy and I think, you know, at least I'll be able to, um, finally achieve something and get something right. So Yeah, like next year I'm gonna, I'll get through it. Yeah.

Speaker 1: Okay. So it doesn't, it doesn't sound like you want to go back.

Speaker 2: I do. Um, I, I do enjoy it. I just, I just don't feel like me at the moment and I just, it's a lot of work and it's a lot of pressure and, but that's what comes with it and you know, it'll work out for the best if I go.

Speaker 1: Okay. Um, so I guess then there's quite a lot of thoughts and feelings about going back at the moment. Yeah. Um, I'm just wondering in the meantime, what are you, what are you up to? What have you been doing?

Speaker 2: Um, well I've not really had much on the horizon. My mum um, her friend owns a restaurant and like she suggested that did a bit of waitress in there just, you know, for a bit of like money and stuff. Cause obviously I'm not in uni so, you know, I've done that.

Speaker 1: Okay. How many shifts have you done there?

Speaker 2: Um, I've only done one so far. Um, yeah, I don't know whether it's something that I'd probably go back to, but Okay.

Speaker 1: How when was that shift?

Speaker 2: It was, it was last week actually.

Speaker 1: Okay. And, and how was it, I suppose I'm intrigued. Can you tell me a bit more about that?

Speaker 2: Um, it was, it was different, you know, because it was like I could, I did enjoy it because there was like, it's just different aspects and I had to like, speak to people and like try to get their orders and try to remember it and stuff. Like I wasn't very good but I suppose like it was handy to have some money and like get out the house.

Speaker 1: Okay. So it sounds like you, you quite enjoyed that then. Yeah. Um, what makes you think you weren't very good?

Speaker 2: I just like, I was just a bit slur and people, sometimes they didn't understand what I was saying so I'd have to talk louder or quieter or slur and I got a bit confused sometimes with the orders and I just don't really think that I'm not really like a friendly, like people don't really think that I'm a friendly person, so they didn't really want to talk to me and stuff. I felt like I was like inconvenience in them by like asking them things and getting things wrong. But yeah, they said, they said that apparently, um, most people get like a few mistakes on a fair shift mm-hmm. <affirmative>, but then again she's my mom's friend so

Speaker 3: That's

Speaker 2: Probably why she's saying it.

Speaker 1: So the person who owns a restaurant is your mom's friend? Yeah. Um, okay, so it says you, you're saying that you, you think you weren't very good and that's cuz you were a bit slow and you got confused with some orders. Yeah. Is it, but you said it's common for people to do that on that first shift?

Speaker 2: Well, that's what she said to us, but um, but it's probably just, she's just trying to make me feel better. She probably felt sorry for me because I'm obviously not very good at it. Like, I'm not very good at any things. Recently I think she just felt sorry for me.

Speaker 1: Okay. So I've just been loading down some of those thoughts that you've been having. You kind of say that you feel like you're not very good, you're slow, you are, uh, confused with the orders. Um, you feel like you're inconveniencing her and she feels sorry for you. Um, I suppose I'm wondering, I mean, what makes you think that she feels sorry for you?

Speaker 2: Well, like, like I said, she's my mom's friend and she's obviously feeling sorry for my mom as well because she's got a daughter that's not like anyone else of her age and she's just like all alone and she's not getting involved. So I think she just feels sorry for me and she doesn't wanna like, say anything to upset me.

Speaker 3: Mm-hmm.

Speaker 2: <affirmative>. Okay.

Speaker 1: When you're having these kind of thoughts, cuz that's quite a lot of negative thoughts you are describing, how do you feel?

Speaker 2: You feel empty? I don't, I'm just calling as it is. I'm just calling it as reality and I, I feel like I'm being honest with myself by just voicing it and not trying to get around hiding it because I know like I can see it in myself.

Speaker 1: So it sounds like you feel like those thoughts are very true then. I mean, if you were gonna rate them, uh, Sam, I'm gonna pick out some of those thoughts you described. He said I'm not very good, um, and I'm inconveniencing them. How much would you say you believe those on a scale? Um, out of a hundred,

Speaker 3: Um,

Speaker 1: Where a hundred is like, I absolutely believe it and zero is like, I don't believe it at all.

Speaker 2: About 80.

Speaker 1: So you, yeah. So you feel quite sure that you definitely believe those. Okay. And you said that when you are thinking those thoughts, you start to feel quite empty?

Speaker 2: I just feel distant and like I said, I'm not really myself, I just like, it's like I'm not really there, but when I am I can't even do a good job and,

Speaker 1: Okay. Are there any other emotions that you experience?

Speaker 2: I feel drained. I don't feel like I'm in touch with anything, just, it's like everything's going on around me, but I'm just not there. I'm just, it's like, I'm just watching.

Speaker 3: Okay.

Speaker 1: So you feel empty, distant, you feel drained. Um, and how, when you're feeling these emotions, how do you feel in your body? Kind of what sensations do you notice?

Speaker 2: I dunno how to describe it. I get like, I have a bit of like, like, you know when you kind of get like butterflies when you're nervous and stuff

Speaker 3: Mm-hmm.

Speaker 2: <affirmative> kind of get a bit of that.

Speaker 1: Did you feel some butterflies? Yeah. Did you have butterflies that night when you were at the restaurant?

Speaker 2: Yeah, but I was pretty nervous then, but when I got into it, they went away and like, it distracted me for a bit until obviously I realized that I wasn't doing a very good job.

Speaker 3: Mm-hmm. <affirmative>.

Speaker 1: Okay. And when you, when you have those emotions, how does it affect your energy levels? Do you feel more energetic, less energetic, or about the same?

Speaker 2: When I'm feeling down.

Speaker 1: Yeah. When, when you're having those emotions that you were describing?

Speaker 2: I just feel drained. Like I didn't even have like, the energy to wake up in the morning sometimes like I just feels pointless and like my body's heavy and I don't wanna, yeah.

Speaker 1: So it sounds like you feel very tired, you are struggling to wake up. Yeah. You said it's pointless. And, um, what do you do then when you feel like that? So I guess you just talked about when you wake up in the morning and you feel heavy and I, I suppose you've been maybe having some of these thoughts and those emotions potentially the night before. What do you then do? How do you respond to that?

Speaker 2: I just have to get off I suppose. I don't really have a choice because my mom, I live with my mom and I know it's hard for her, so I don't want her to be too worried. So I just, I just try to carry on as normal. Mm-hmm.

<affirmative>, I get up, it takes longer and I don't want to, but I do and I'll get on with my routine.

Speaker 1: So you're a bit slower in get getting up? Yeah. But you are still getting up anyway. And what about your kind of, what do you think about when you're doing that?

Speaker 2: I'm just thinking that nobody else is like me. It's my age. Like nobody should be feeling like this and it, I'm the only one that does.

Speaker 1: So it sounds like you think a bit more about the problem and you kind of spend time thinking about how you see it.

Speaker 2: I hate having it. I don't, I don't want to feel like this, but I do Okay. And nobody else I know does. So it makes me feel even more alone and like getting even more down and I just don't wanna disappoint anyone and I, I just don't really want it.

Speaker 1: Okay. So it sounds like you try and toughen up on yourself a little bit, tell yourself to work harder to be different. Yeah. Okay. And, and when you start telling yourself that kind of thing and how does that make you feel? Does that make you feel better afterwards or worse?

Speaker 2: It feels worse because I still can't snap out of it. Like, I'm aware it's happening and I just, and I'm trying, but I just can't. And then, and then it's just another thing that I'm feeling at, it's just another thing that I can't really get.