



## Healing Self-Love Deficit

**Guest: Ross Rosenberg**

**Niki Gratrix:** Welcome to Ross Rosenberg. Ross. Great to have you.

**Ross Rosenberg:** Oh, I am so glad. Thank you for inviting me Niki.

**Niki Gratrix:** We're going to be talking about something absolutely fascinating. I was starting to write notes and then I just threw them out because I just thought we should let this conversation flow. Because we're going to be talking about childhood trauma, the fact that we have some overlap in our audience.

So I see a lot of people obviously with chronic fatigue and health conditions and I see a high percentage of those also having had an experience of some level of narcissistic abuse and they have these codependent traits.

So it's like, if you have that kind of background, you also have an increased risk of health problems. Is that something that you've also found and you experienced as well?

**Ross Rosenberg:** Just like you, we had this plan to talk about something and then we got into conversation and we decided this conversation sounded more interesting.

This conversation seems to be front and center in my life with regard to my work with clients, my YouTube videos, things that I'm writing about, absolutely. I'm really happy that we're going to be talking about it.

**Niki Gratrix:** Yes. So I was actually, I've got your book here; your important book that I recommend for everybody. It's underlined, there are pages that I've marked. And it was so interesting when I was just looking through some of the codependent traits. I want to share some, just so that people go, okay, traits of codependency it's on page 128.

Things like perpetually seeking to please people always looking to help lend a hand, overcommit in important relationships, create successive impossible work and personal schedules. This is the trait of codependents, feels unable to ask what they want or need, champions and avidly supports the need, goals and dreams of others, while ignoring and devaluing their own, willingly conforms to unrealistic and unreasonable relationship expectations, feels selfish or needy when asking for help.

Those kinds of traits that lead to burnout. So there's such a huge overlap, there's a subgroup there of people that will end up. If you have those traits, you'll end up either with a

narcissistic relationship or some kind of chronic complex illness. And the root cause being, it's childhood trauma. Right?

**Ross Rosenberg:** If I can Niki, if you don't mind, in my book, *The Human Magnet Syndrome*, especially the new one, *The Codependent Narcissist Trap*, I not only talk about codependency, but I change the definition.

So what you talked about is the old school definition that still applies. But what I've done is I've created an understanding that this is a self-love deficiency problem that comes from core shame, core deep pathological loneliness and this addictive need to take that pain away and you end up with a narcissist. And at the very top of this pyramid that I've built is all those traits that you just talked about.

What we know about is codependency is the chronic care taker, the person that's apathetic. But really, when it comes down to it, a codependent simply is a person who when in a relationship gives all of the love, the respect and the care to other people and not reciprocated, it never is because they fall in love with a narcissist, the human magnets syndrome, and they stay in the relationship.

So my long answer is yes, those are traits of codependency and they lead to burn out and that they don't cause chronic fatigue or fibromyalgia. Codependency is a trauma disorder and when we understand it as a bunch of symptoms coming from a deeper psychological source. We then treat the problem because I could spend years working with someone and saying quit being so pleasing, quit being so deferential and kind and apathetic. That's not the problem, the problem is a deeper sense of loneliness and shame.

And I think I answered your question or I might have even taken it somewhere else. So I apologize if I did that.

**Niki Gratrix:** That was brilliant. No, that's perfect. And it's really getting to the point because a lot of people stay at that very superficial level, people pleasing and trying to focus on changing their behavior, without understanding it's so important about getting to the root cause and it comes from childhood, right? It comes from my childhood experience.

**Ross Rosenberg:** Absolutely. So if we accept codependency as a symptom. Think of a pyramid, attachment trauma is not heavy, it's having a narcissistic parent who did not unconditionally love you.

So it's a childhood in which you were traumatized by not getting the love and nurturing that you deserve. And from that was a development of core shame, from that is development of pathological loneliness, from that is the need for the pain go away, which is a choice of a person that will love you, which is a narcissist and from that is codependency.

So if we understand that codependency is a symptom and we understand that the solution is to find a way to solve the trauma, that is where long term change occurs. That's where positive outcomes happen.

**Niki Gratrix:** I would actually, just from my experience. I would actually say that that original, that attachment trauma from childhood. I actually do believe that does change biochemistry in the sense that from the date that it happens, if we aren't emotionally attached to a parent properly, we don't have straight away that in a sense of safety. So we're actually in the fight or flight response. I think that's where this neuroendocrine immune system reset happens and it leads to the behaviors, but it's also changing the biochemistry from that, at least some of the research I looked at as well.

So I think it can lead to fibromyalgia and chronic fatigue in that way as well, it's the same attachment do you think?

**Ross Rosenberg:** Well, actually, I first have to add a qualification here or a disqualification. I don't have any background or education in what you do. But what I will say is I have a different way of thinking of it and I actually think the two go together, and they don't contradict each other, I think they add to each other.

Let me use my vitamin L or vitamin love analogy. We all know that children, actually mothers, for that matter, require folic acid during pregnancy and all sorts of vitamins to have healthy children when a child needs essential vitamins during its critical stage of development. Without which the child will grow up to be an adult and have physical, mental health or even intellectual problems or disabilities.

So if we use this metaphorical with vitamin L, which is unconditional love, or even with love. If a child doesn't get that unconditional love, he or she is going to grow up with psychological problems. But in reality, during and this is attachment theory, when a child spends their first four or five years, we are genetically wired, we have evolved to need nurture.

There are studies with monkeys and apes and of course, humans.

So during critical stages of development, our brain develops, parts of the brain develop, connections develop. So if you are deprived of unconditional love, you are neglected, you are abused, you've a narcissistic parent, which kind of emotionally or physically beats you down. Your body is not going to develop in a way to be a robust healthy person, it's going to have vulnerabilities and set you up to be vulnerable for diseases or conditions. That's one explanation which I think fits with your field of science.

But another explanation, which is completely different, is that unconscious or disassociated, or some people say repressed trauma, childhood attachment trauma is expressed in your body. And I know this from my own personal experience and it will be expressed in the body's weakest link. And so before my therapy work connected my attachment trauma, I had horrible debilitating chronic back pain.

Doctors had no idea, the doctors were confused. And it was through a book by John Sarno, *Mind over Back Pain*. That I realized that my psychological condition of feeling trapped by people who don't love me was expressed in my body. And I'll start by saying all the trauma research now points to, that dissociated trauma is first manifested in your body, either in sensations or illness.

So I think when we combine your field of science and study, and my field of science we can equivocally say trauma is expressed in our body. And we might see that before we actually know it's a trauma.

**Niki Gratrix:** Absolutely. I couldn't agree more, I think you're spot on. So, do you think that a lot of people, I mean, obviously I want to get into talking about how we recover from self-love deficit disorder and we'll do that. But I just think there's probably a huge amount of people who don't know they have it, don't know that they have had attachment trauma. Don't realize they're in, I mean, it's epidemic. Do you think it's epidemic levels?

**Ross Rosenberg:** I think that the human condition. So again, I don't think so, you already know that I don't think there's any coincidences. I think you and I are aligned very well on how we think and the universe has brought us together, but we're not here to talk about that. But I think, recently I've been thinking that the human condition makes life challenging, and that a healthy person has imperfect parents who tried their best to unconditionally love them, who make mistakes.

That person grows up to be a healthy adult who has problems some of which can be traced back to their childhood, and their imperfect parents who still love them. So that is not attachment trauma.

So I just want your viewers, listeners to understand, it's not great loving, perfect, made for TV parents and attachment trauma. Where we're comparing normal parents and people with problems, and the others whose childhood was so dark and so hopeless and so sad and so unloving that during the critical stages of their psychological development their emotional spirit, their potential to grow metabolically, biologically or emotionally was stunted.

So, I may ask you to repeat the question, because I got lost in obscurity. Did I answer the question?

**Niki Gratrix:** You did. I think trauma is more common than we realize and there's more people who've had a narcissistic parent and they realize. I think there seems to be an awakening, it seems to be happening across the board. And your YouTube channel and the awakening going on online there's clearly a need that's going un-met.

**Ross Rosenberg:** Now, I remember the question. I think attachment trauma is a lot more common than people thought. I would estimate that attachment trauma that creates what we call a codependent or someone with self-love deficit disorder or detachment trauma, that creates their opposite a person with pathological narcissism is probably at most 10 to 20 percent of everyone. And to me, that is astronomically high, that's a lot of people.

But I have to be very cautious. I see trauma, I see everything on a continuum.

Attachment trauma is really bad stuff. I mean, I don't know if I can swear, so I'll say, it's stuff, it is a really, really hurtful and painful childhood. There are variations of it and the variations are not considered attachment trauma. We're talking about something really bad.

**Niki Gratrix:** OK. And I think, yeah. Because that's the first step is recognizing that, A) if you relate to some of the codependent traits, then starting to trace back and consider, maybe it came from childhood.

**Ross Rosenberg:** Absolutely and that's such a perfect way of saying it, trace it back. When you trace back the symptoms, I take care of everyone, I don't take care of me. Well, why is that?

And if you have a good therapist, a good coach, someone who really knows this. And you keep going, why would I do that? Well, you're going to get to, I'm lonely or I'm afraid of being alone. Why are you afraid of being alone? Well, you keep tracing it. Well, I kind of feel like I'm not lovable.

Now, when we go back to my pyramid, we're going to have some codependent traits. I needed something to take this pain away which is the addiction, but the pain is the loneliness. Why do you feel lonely? The shame. So why do you feel shame, shame by the way is defined as feeling fundamentally broken or defective.

So why do you feel fundamentally not good enough, not lovable? Well, that's the part that's hard to get to because attachment trauma is mutually unconscious, it's outside of your conscious memory. But if you can lead someone to that rule or you can connect them, they'll say, when I was a child, I never learned to love myself. I learned to hate myself because my narcissistic mother or father. So, yes, perfectly stated. You have to trace it back to its original, what I called the original condition.

**Niki Gratrix:** Yeah, that's tricky because you often don't know how you should have been treated as a child, and then you disassociate and you don't know how.

So it's really hard to identify. You just can't even put your finger on it. You just know that you keep attracting energy vampires or narcissists and to go all the way back to, wow, it was that time that my parents didn't love me and show emotional love towards me at these key periods in childhood.

It's a tricky process, isn't it?

**Ross Rosenberg:** Absolutely. That is why in my book, *The Human Magnet Syndrome* has sold sixty five thousand copies and is printed in, if you include English, because it sounds more, four languages. And I have a YouTube channel that has been viewed eight million times at eight thousand views a day. It's not because... I don't sing, I don't rap, I don't pull pranks. I am talking about something that puts it together for people and it makes sense.

And once they read my *Human Magnet Syndrome* book they have these, aha! Oh, my god moments, where they go. That's it. And it gives them a form, a shape to understand some codependency stuff. Really is because of this addiction to narcissists, loneliness and shame. And once they put it together then it fits.

That's why I've gotten so many thousands of letters where people thank me, because they needed words to explain their problem.

**Niki Gratrix:** So I just want to know as well, somebody doesn't have to be married to a narcissist, but can still have had a narcissistic parent, grown up and still is being influenced by that parent and it's still negatively affecting them, and they do have codependent traits.

But not every single person always ends up marrying a narcissist. You could still be codependent, some codependent and still have a lot of trouble with certain parents and not necessarily your marriage partners. Because people might think they should just read a book about that problem with their romantic partner. And that's not the case, is it?

**Ross Rosenberg:** I'm going like this. That is a yes and no.

**Niki Gratrix:** Okay.

**Ross Rosenberg:** So yes and no. So codependency or self-love deficit disorder. Think of it as a mental health disorder. It's not yet considered it, but I think it should be.

So it's a disorder and you would have to have, like any medical disorder, you have to have symptoms you just don't give it to anyone. So if you have codependency or I call SEVD. It means you are this type of person that's filled with, has attachment trauma, core shame, loneliness, addicted to a narcissist, have codependent traits. It means that in your romantic relationships that are, and this is important, that is started by chemistry, it's going to be with narcissists.

The only way to not be with a narcissist if you are codependent is to turn it off and I call those people codependent inter-exits. But if you open yourself up to meet your human romantic needs you're going to find a narcissist and anyone who identifies as being codependent will tell you, any time you dated someone that was too healthy that made them nervous, made them feel bad about themselves. If they were codependent, they were bored with them or they have no chemistry, but a man or a woman with edge or sex appeal or charisma, the beautiful, gorgeous person where the sex was incredible.

Codependents don't look for bad people, they want to love so that's always going to happen. So the other part of questions is, if you're a codependent, it's highly likely, almost 100 percent, that you're going to have narcissistic codependent relationships in your life, whether it's your family, your work, your social life.

There are so many exceptions but the person whose codependent that is deep into the way they feel, think and behave.

**Niki Gratrix:** Interesting. Okay, that's fascinating.

So let's talk a bit more about how people recover, because this relates to really any sort of attachment trauma, the steps that people need to go through. And any tips you got as well, any tips that people can start applying?

**Ross Rosenberg:** So you remember when you and I talked about fibromyalgia and chronic fatigue syndrome, and the physical manifestation of psychological disorders for which they do not know they have.

If it's okay with you, may I talk about how to recover from that? Or do you want me to start more generally first?

**Niki Gratrix:** No. Just go ahead.

**Ross Rosenberg:** Okay, it's your show. So many people, including myself, suffer from mental health disorders that are what I call secondary or sometimes tertiary, where the disorder itself is not the real problem. So, for example, depression in my family, major depression runs and that's biological. I take medicine and without it I would be depressed and thank God for medicine.

There is no psychological reason, it has nothing to do with my parents or someone with A.D.D. or bipolar disorder. Those are mental health disorders that are biological. But a secondary during disorder is caused by the environment.

So if you are depressed because you are in a relationship with a narcissist, and you've been in a relationship with a narcissist your whole life, by means you get depressed your whole life the depression is secondary.

So the codependency really is a secondary, tertiary, I think that other term quaternary. Those are words I just had to look up, on second, third or fourth level symptoms.

So if you have fibromyalgia. I have a person that I work with who lives in Australia and she has had chronic fibromyalgia and chronic fatigue syndrome. And it's so clear that when we did, using your words, we went backwards and traced it back. It started in the beginning part of her marriage to a horrible narcissist when she was trapped and taking care of everyone herself, her kids, the narcissist and was being beaten down, tired and exhausted. I mean, she didn't know this, but she developed this chronic fatigue syndrome.

It never went away because that relationship with herself of not loving herself, hating herself, always taking care of herself, she knows that, but the body is reacting to that.

The body reacts to the trauma that is invisible to the mind. So there are so many people who have these psychogenic disorders or what's the other term for psychogenic? It's caused by the mindset of your body.

**Niki Gratrix:** Psychosomatic.

**Ross Rosenberg:** Psychosomatic, just different terminology. Psychosomatic disorders, they are really medical disorders, they're not crazy, they're not making this up.

When I went to the doctor, I had back pain. These are what the doctors, very few are trained in, mind body disorders, psychogenic, genetic disorders, psychosomatic disorders. So the first step in treating these psychogenic conditions. When I say psychogenic is just a fancy word for, it means it's caused by psychological reasons and every time I say it, it means psychosomatic, which is the mind body connection.

The first level of treatment is to understand the source. You might not be able to get to it because you need a therapist to understand there's something much bigger that's crushing you emotionally, that your mind can't handle. Because the mind, this is trauma like PTSD.

Your mind will encapsulate trauma, put it off in an iron case, and put it away so you can't remember it, but the body remembers it. And so all you know is you feel sick, you're tired, you ache, you don't remember the trauma.

So the first thing is to reach out for someone who understands the mind body connection like you in your area of expertise, me or other people. And then there's many other steps.

Well, before I go to those steps, are there any thoughts or comments that you have on those?

**Niki Gratrix:** I was actually just thinking how I totally agree on everything you said. Like depression, chronic fatigue and fibromyalgia, someone has to explore and find out how much of it is a pure biochemistry source or is there some trauma that they have been disconnected from, so it's an exploration process.

I was just thinking, I think a lot of psychotherapists can't do the work. They've trained in cognitive behavioral therapy, that's their front line treatment and that's what saddens me, because I'm thinking it's not gonna get to the trauma. Right?

**Ross Rosenberg:** I have another response, a yes and no thing. So the first thing is the whole world does not understand. Very few people understand in all professions the mind body connection, whether it's medical doctors, psychiatrist, therapists, coaches, everyone. And that is a problem that pioneers like you are helping out in and making a difference.

So the group that is supposed to know are psychotherapies and I disagree completely with your comment by the way, the comment is incorrect.

When most psychotherapists only understand cognitive behavioral therapy, more psychotherapists do not understand trauma and have any experience in understanding and of treating it. But I'd like to say it is an emerging area in the mental health field. There are so many books, so much research and it is becoming slowly but surely a major topic about trauma. The problem is it's not been taught in graduate school and so we get these young people going to graduate school who are just learning how to do therapy.

They come out, not only do not know about it, but also many therapists have their own issues. So what was correct about what you said is a lot of therapists understand CBT, and they rely on it because it's kind of simple and it's very effective.

But most therapists are much more experienced and have other theoretical orientations that they use a lot. But the predominance of most therapists is they don't know trauma and the field of psychotherapy, trauma coaching it's not helping them. And that's why we need to get the word out, and by the way, I hope I didn't insult you on your show.

**Niki Gratrix:** No. I don't think you did. I think you actually agreed to me.

**Ross Rosenberg:** I did mostly.



**Niki Gratrix:** All I was really saying is that it seems like a lot of psychologists, let's call them just psychology practitioners don't deal with trauma.

If you're the front line therapy for things like chronic fatigue is a CBT and I don't think that addresses trauma is not the only thing needed.

**Ross Rosenberg:** First of all, I think it's completely wrong. So whoever and you probably know more about this than I do, so I defer to you. So if it is true that the front line therapy is CBT, then it's wrong. And all the therapists that are doing it are wrong and they don't know it. But to their defense, they're doing what they've been taught and this is the problem in the mental health field - there's very few voices such as yours or mine that are saying, well, it's something different. But just because I say it's different and let's say a therapist is watching this video, it doesn't mean that they know what to do about it.

Even by just recognizing that trauma, unconscious trauma, trauma that our clients don't know or remember causes this pain. They still won't know how to get through it because dealing with unconscious material that has been disassociated or back in the Freudian days we called it repressed, most practitioners don't know what to do with it. But let's say they did, let's say they could get to it, then they don't have a therapy model to heal it.

And I've created in my codependency cure work, which is going to be my next book, it's available and I have a six hour training video and more, I've created a treatment program, a paradigm that starts with the human magnet syndrome, codependency and narcissism, and all that stuff, and I explain how we resolve them.

We need more of that and by that, I'm not the only one that has therapy for that, there are so many other brilliant people much smarter than me that also know how to deal with trauma. They're just not on YouTube, they're not in the news, no one knows about them.

**Niki Gratrix:** Yes. It's great, I think your work is amazing and outstanding, by the way. Even just coming up with self-love deficit disorder is so brilliant, even that is brilliant. Will you share more on your process for dealing with trauma, perhaps some of the steps or however much you feel comfortable that is appropriate to share.

**Ross Rosenberg:** Oh, sure. First of all, my process of understanding self-love deficit disorder was, I was just a guy who just wanted to stop the insanity of following all the narcissistic women and marrying them.

And I hit my bottom and I dug, dug, dug deep and I believe in my higher power and I figured this stuff out, and I've been blessed that I've been able to put it together.

So codependency, if you look at codependency as this problem. Then we think, there's something wrong with us. But if you look at it as well, we don't have self-love. We kind of have a basic understanding of what type of therapy we need, whatever we need to do. So we have to figure out what caused our deficiency of self-love and how do we solve it or heal the trauma that caused it.

To do that, I created a 10 start treatment program and because we don't have time, I'm going to give the quickest explanation of it ever.

First step is understanding everything about the human magnet syndrome, narcissists, every bit of information. Actually, I'm sorry. First step is hitting bottom and having hope.

The second step is understand, an upload of information, learning about as much as you can.

The third step is understanding that this is an addiction and it behaves like an addiction and it will sabotage you no matter how hard we try to stop it.

The fourth step is to prepare to set boundaries and break free from narcissists, and understanding that it is going to be the flight of your life. Everyone is going to dislike you and the world's gonna come crashing on you so you'd better prepare.

The fifth step is setting those boundaries and it's the earthquake, you're losing 75 percent of the people you thought they loved you.

The sixth step is maintaining those boundaries. Dealing with the aftermath of what I call the earthquake.

The seventh step is a focused journey of resolving the deep trauma.

The eighth step is the beginning of self-love abundance. This is where self-love deficit disorder transforms into a self-love abundance. My clients no longer carry that diagnosis. I don't call them self-love deficient; they're now self-love abundant.

Step nine is taking self-love abundance into relationships with other self-love abundant people and the human magnet syndrome changes. Your attraction is no longer to narcissists. It's to people that are still untrusting and opposite from you, but they are healthy.

And step ten, stage ten is the codependency cure, it is achieving self-love abundance and a lifelong pursuit of that.

So in that whole ten steps is the 6 hour seminar video I gave on how I do that. But everything that we do is to ameliorate or resolve self-love deficiency and to get you to self-love abundance and to maintain that, because what you're self-love is abundant it's infectious, it spreads, it doesn't want to die, it takes over, you can never go back.

**Niki Gratrix:** Brilliant. What I'm interested in, just one part of that, one of the steps.

**Ross Rosenberg:** Sure please.

**Niki Gratrix:** OK. One of the steps I'm really interested in is, probably the part that somebody can't do on their own. So you can't recover from this on your own, you need to work with the therapist, Right?

And how do you actually resolve in a therapeutic session? What are you actually doing to help somebody release the shame?

**Ross Rosenberg:** Oh, boy.

**Niki Gratrix:** I suppose compared to somebody who's doing, I don't know EMDR.

**Ross Rosenberg:** I can answer the question, I just got to answer it in a very short period of time.

It requires special training, education awareness. This theoretical understanding, you can't solve something that you don't know about. To a man with a hammer, everything looks like a nail.

So if all your training is CBT, everything's going to be about thoughts, behaviors and emotions. You have to break free from what you know and open yourself up to another way of thinking.

And then follow, and I talk about this in my codependency video. You have to follow prescriptive steps and that's why I laid them out, these ten stages. But with regards specifically to the trauma, it's very, very tricky work.

It cannot be done unless you know what you're doing, you have clinical supervision, because when you start messing with unconscious, subconscious, repressed, whatever word you want to use, dissociated memories, you don't want to mess around with that because you can cause someone to hurt themselves or cause someone to attempt suicide. Because there's a reason the brain made that person not remember the trauma, it wasn't by accident.

The brain, as an organism, as a part of the body, the mind decided that the trauma is too much for the person to handle and to think about it, they will disrupt psychologically. To bring that forth, in a way that the client's not ready and what you're doing could be destructive.

So what I will say is there is a prescriptive method that I developed and there are other psychotherapy approaches that do it similarly but differently, of course I like mine better. But there are so many brave people out there, we just have to do the research, who are talking about trauma resolution by accessing trauma memories stored in the limbic system, bringing them forth, integrating them so that a person can remember them, painfully so, it's really painful so they can process them so that they're not haunting them and coming through their body problems.

In addition, and don't let me forget to say that, as much as coaches are a valuable resource in self-love deficit disorder, recovery and they are there.

And if you watch my latest video on it, I think good coaches are more valuable than bad therapists or actually good coaches.

Why should I compare them to therapists? But the point is, you can't do the trauma work unless you are a psychotherapist and you are specifically trained. You wouldn't want a plumbing guy doing your carpentry work, and that is probably a good metaphor because the walls may fall down when you need them, but the plumbing will be good.

**Niki Gratrix:** And. Okay. So it's fascinating. Is there anything else that you want to say or add about on anything?

**Ross Rosenberg:** I do. I just want to say for the folks out there that are suffering from fibromyalgia, who are suffering from chronic fatigue, migraines, neck problems, all sorts.

There are so many medical disorders that the doctors have no clue about and they come up with medicine. For example, what is one medicine that people get prescribed for fibromyalgia that actually is quite effective, but has a lot of side effects, the medicines work. It takes a lot of courage and a great deal of vulnerability to ask yourself the question, could this be something that I don't want to know? That my body is trying to say it's hurting me, and the courage is to ask the question. But the bigger courage is to explore it because I promise you, the listener, the viewer, is that your biggest fear is working against you.

Your mind wants you to not think about your trauma. Your mind is a bunch of neurons, it's a part of your brain and it wants to protect itself. For you to get rid of your pain, to have peace, is to find a way to solve your trauma, to love yourself and find a good therapist. And then when you get to a certain degree, hurt, numb, you can find a great coach or find a coach to get to a therapist, or find someone that really knows what they're doing.

**Niki Gratrix:** Yes, that's brilliant. Just to say that your book is a great book, a great place to start. I just think it's fantastic, it's so comprehensive.

I love your latest book where you actually cover the intergenerational aspect of the trauma as well, it's fascinating. I talk about intergenerational inherited trauma all the time and that was fascinating. There we go. Brilliant. Thank you.

**Ross Rosenberg:** A little promo piece.

**Niki Gratrix:** I was showing the book here for the people you can't see. But in the first chapter I thought that, I just thought that was brilliant and it just adds that extra dimension where we really if we're clearing the trauma for ourselves, for our own life, in fact, we're clearing it for the entire ancestral lineage, which is no mean feat, is it?

**Ross Rosenberg:** So the chapter is called *Let's Stop Passing the Dysfunctional Baton*, I mean, I can tell you what it is.

I decided that I was going to write not only my story of how I became this codependent, who married these narcissists and I talk about my narcissistic father and codependent mom. And to some degree, my siblings had to be careful because they're still my life.

And then I realized, well, maybe I need to talk about their parents because my mom was created by a narcissistic mother and a codependent father. My dad was created by a

codependent mother and a narcissistic grandmother as his father bolted on him, and then I talked about my grandparents, actually, I just said that. And then my great great grandparents.

So I went back four generations and the reason I did that, was to say this is a problem that goes well beyond ourselves, if we were codependent or self-love deficient, I promise you, if you have a child, your child is going to grow up and he's going to have, you're going to pass on that baton. He's either going to be a narcissist or a codependent; it just happens that way and his children and his children.

So if you want to save the world and create more love, more self-love, and take care of yourself first. What is that analogy that is overused? About oxygen masks, which everyone uses? So, I mean, put it on yourself first then you put it on your baby, and you solve the problem. And then the people around you, whether your child was 40 or 5. You can change the next generation as much as we need to take responsibility for ourselves. That chapter reminds everyone this is much bigger than that.

**Niki Gratrix:** Wonderful. So I've got one more question that I'll ask you and then we'll share how people can follow your work and so on.

I'm so glad that you said about people just having the courage to start to look into it. Because it is a big thing to finally step into, perhaps self-questioning and starting to pursue something with a psychotherapist. But can you just talk about, this is another reason why we might not know that we've been traumatized or treated badly, just a little bit gaslighting. What is gaslighting?

**Ross Rosenberg:** We're running out of time.

**Niki Gratrix:** Yeah. you got the last piece.

**Ross Rosenberg:** I'm a therapist I can read behind the lines. Gaslighting is a technique that sociopaths or pathological narcissists use to control others and what they do is they get them to believe that they have a problem or they are a problem that never was.

Once a person is proven that they have this problem that they never had, they start to accept it and they start to exemplify it. And the more the gaslighter can make a person believe they have this problem, manipulate the environment to have this problem, the more this person becomes overwhelmed and overcome by the problem, the more they depend on the gaslighter, the more they become socially isolated.

So ultimately, gaslighting is to implant a narrative that there is something wrong with you. Prove to the person the narrative is right. Get the person to be that narrative and then isolate them and now you've controlled them. They have no one to reach out to. They believe you're the only one who loves them, and you ensure that they are going to keep swallowing that cup of narrative Kool-Aid over and over again. And it's a horrible, horrible, horrible thing for a person to have, because some people suffer it most of their life, if not their whole life.

**Niki Gratrix:** And that's pretty crazy because a lot of people when we think about trauma, they just think about physical trauma, being sexually abused, physically abused.

This is a type of emotional abuse and it's like invisible, which makes it even harder to see and acknowledge that it happened. The invisibility of narcissism, actually. Right?

**Ross Rosenberg:** The thing is, well, I'm going to say two things. One is that gaslighting can only happen to someone who is a codependent, the narcissist needs someone who is a certain type of codependent. They look for other victims much like a pedophile is going to look for a victim to molest. They need someone who has all of these weaknesses and vulnerabilities. And gaslighter and narcissism is not invisible, it's invisible to the codependent.

If the gaslighter, the narcissist, I don't know about you, but I can spot them, have a video, I use the saying from The Sixth Sense, "I see dead people everywhere." I see narcissists. And the point is, the healthier you get, the more you see them, the more you recognize them. They're very easy to see when we're healthy, they're invisible when you're a codependent.

So it's a matter of perspective. The narcissist hides from healthy people because they kind of know that they'll be spotted. So, no, they're not invisible, yes, they are invisible. And the way to get help, the way to fix it is to get some glasses, and which is my metaphor for psychotherapy, and go 'Oh, my gosh. You're a narcissist.' Not you particularly, Niki!

**Niki Gratrix:** No, that's great. So, Ross, where can people get access to your work? And what's the best thing that you have on offer? What's going on that people can get involved with? What's the best way?

**Ross Rosenberg:** The hub for all my work is [selfloverecovery.com](http://selfloverecovery.com). That's the Self Love Recovery Institute, [selfloverecovery.com](http://selfloverecovery.com). You can get my training.

I have a retreat coming up in September, it's an intensive weekend experience where we access the trauma child, the wounded child. And my videos, my books even have a t-shirt or two about self-love. Also, Amazon, I get less for my son's college from Amazon. They sell the audio book, the Kindle and the paperback. So Amazon, Self-love Recovery Institute and of course, YouTube. Just put YouTube in Google browser and Ross Rosenberg, and I promise you'll find it.

**Niki Gratrix:** Awesome. So, Ross, thank you so much. It was awesome. I really enjoyed our conversation. It was great.

**Ross Rosenberg:** Well, thank you, Niki. You're doing awesome stuff and I'm so happy that there's someone out there who's spreading the gospel of taking care of your body, so you can get to your emotional well-being.

**Niki Gratrix:** Lovely. Brilliant. Thank you so much again, Ross.

Take care, everybody, we'll see you all again soon.